

# Biggest Break-Up Mistakes



By Amy Hoglund for Galtime.com

Break-ups can be absolutely horrible, especially when it's not expected. Sometimes our heart makes us act, think, and do crazy things. What may seem like a fantastic idea at the time turns out to make you feel even worse about yourself afterwards. I'm a personal fan of just cutting all contact, which means deleting their number, Facebook, email, and giving back all of their personal belongings, or at least tossing them out! But we all know it's much easier said than done.

SO, WHAT ARE THE BIGGEST MISTAKES PEOPLE MAKE AFTER A BREAK-UP? Writer, Editor & Creator of "Your Boyfriend's Best Girlfriend" gave GalTime a list. Let's count up to the worst.

## **#5 Broadcast your pain...in song**

We all love to listen to our break up music. Songs like “I’m a Mess” by Anthony Hamilton comes to mind. You may even find yourself cry-singing along. However, there is no need to make your depressed musical debut on YouTube for all the world to see. This is one part of the break up you should suffer in silence.

## **#4 Beg**

Sure, all of those romantic movies show the poor sap coming with his tail between his legs pleading to get back with the love he lost. Yeah, well, it does not work like that in what we call reality. Apologizing is one thing, but begging is a bit of an overkill. Will the person really respect you, once you are back together? Probably not. Value yourself enough to have a spine.

## **#3 Get back together too soon**

Some break ups are necessary. If you have issues in the relationship, time apart may be exactly what the love doctor ordered. However, if you rush to get back together, without working on the issues, you may find yourself back in the same predicament sooner than you think. Take time to work on your issues while apart.

## **#2 Develop (or nurture) a vice you can’t handle**

Break ups can be devastating. Life altering even. But the way you react to them, will determine how much they actually affect you in the long run. Sure you can turn to the comfort of a vice like overeating or not eating, having a drink or whatever. Just be mindful that the results of drowning your sorrows may mess you up for some time. So choose your vices wisely.

## #1 Seek revenge

It may seem like a great idea to get some “get back” against the one who broke your heart. But you really are only hurting yourself in the long run. Maybe the break up is temporary, but your actions could make it permanent. Most people will tell you, revenge has a way of reversing course and smacking the heck out of the perpetrator.

All in all...suffering a break up is hard. The key is to go THROUGH the break up, and not DWELL on the break up.

So what can you do to get through a break-up with some grace?

Contributor ASK DAN AND MIKE suggest you break ties, set boundaries and surround yourself with true friends. Here are there best tips.

- Get over it! We know this is harsh, but it’s the reality that you need to work towards. It’s a process, it won’t happen overnight, but you’ll get there.
- Release all tethers. Get any necessary items back ASAP. Put all of his/her stuff in a box and give back to him immediately.
- Erase his numbers from your phone, because we’ve all drunk dialed and made that embarrassing “booty call.” Avoid the “I Need You Now” behavior.
- Break social media ties for example unfriend on Facebook, quit following them on Twitter, Instagram, Pinterest, Google+ and block them on any and all dating sites you subscribe to.
- Surround yourself with friends and family to eliminate alone time.
- Take a break from mutual friends that you have.
- Put yourself out there and begin dating immediately. It will

help build self confidence and eliminate the feeling of loneliness.

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# Selena Gomez is 'Having a Good Time' Post-Split with Justin Bieber



By Meghan Fitzgerald

Unfortunately, Selena Gomez and Justin Bieber are still broken up. Even though the couple were loved by many, they are learning to deal in separate ways. Gomez has been completely

content with their breakup. According to [EOnline.com](http://EOnline.com), she said, "I've been recording, having a lot of fun with my girlfriends, having a good time." Bieber on the other hand is not handling the breakup well, reports [People](http://People). Gomez is even using her breakup to separate herself from her Disney image.

**What are some ways to quickly get over a painful breakup?**

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

Breakups suck. It's as simple as that. They are not easy and they are not something a person wishes for; however, they do happen and there are ways to cope with them. Every person reacts to breakups differently and there are certain ways to get over them. Cupid has some advice:

**1. Rebound:** Although this may not be the most mature decision, rebounds get your mind away from the situation that you're in. You can simply delve into another person to forget about the person who just broke your heart. This will still hurt and it may not be easy for you to be intimate with someone else however, you will have fun and stop thinking about your ex.

**2. Drink your pain away:** Similar to the first scenario, drinking excessively may not be the best situation for you. Depending on how you live your life, drinking may not help you cope. However, for most women, a bottle of wine in, you will not remember the guy who broke your heart. All you will love is the bottle of Cabernet on your counter.

**3. Talk to your parents:** Who better to help you with your relationship problems than your mother or father? The most wise people on the planet are simply a phone call away. Even if your parents are not always the person you want to talk to, they have so much wisdom to spread. Also, you can cry to your parents and they won't judge you.

**Have you got over a breakup quickly? Explain below!**



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# 5 Celebrities Who Don't Know How to Date



By Courtney Allen

Some of the hottest celebrities in today's world find their soul mates on the Hollywood forefront. Couples from the likes of Brad Pitt and Angelina Jolie and Justin Bieber and Selena Gomez are deemed "the lucky ones" in just a handful of celebs who have hit the jackpot on love. But for others, dating is nothing more than a love taboo. After endless relationships, dates, splits, and shots at love, these five just can't seem to settle down with the right one:

**1. Taylor Swift:** If there's one thing Taylor Swift is known for, it's her willingness to share her heart-wrenching and disastrous relationships with the entire world. This seems to be one of the many reasons why this flawless Cinderella can't find a Prince Charming to last forever. Swift has dated a series of celebrities ranging from John Mayer to Jake Gyllenhaal and she has the songs to prove it. The musical genius even confessed her dating troubles, telling *British Cosmopolitan*, "I don't know how to make relationships last." Swift may not be able to make them last just yet, but practice makes perfect. The gorgeous musician recently split from One Direction's Harry Styles.

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**2. John Mayer:** Heartthrob John Mayer has a way with musical lyrics, but certainly not with the ladies. The smooth singer and his unfavorable habits were exposed with release of Taylor Swift's "Dear John," in which she calls Mr. Mayer out for a number of wrong-doings during their rocky relationship. The song called fans to speculate the 35-year old brown-eyed boy's past relationships, which includes celebs like Jennifer Anniston, to see if he was a repeat offender of breaking hearts. It's clear Mayer was nothing less than a heartbreaker for Swift. Let's just hope Mayer takes better care of alleged new girlfriend, Katy Perry.

**3. Emily Maynard:** Both *The Bachelorette's* and *The Bachelor's* Emily Maynard has been in the center of love's battlefield for the past two years. This sweetheart momma has been engaged twice since both shows have ended and still remains single. Her relationship status leaves us wondering exactly how this tan, blonde bombshell's fairy-tale like relationships take a turn for the worst so quickly. Not only are her engagements called off, but they end rather messy with ex-fiancée Brad Womack's insults and Jef Holms' digs on Twitter. Seems like the last thing Miss Maynard needs is for her next few dating experiences to be televised for millions to see.

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**4. Joe Jonas:** One-third of the Jonas' Brothers, Joe Jonas, has had his fair share of dating experiences amongst some of the youngest and hottest Hollywood starlets. His flings include powerhouse singer and actress Demi Lovato, *Twilight* star Ashley Greene, and even girl next door, Taylor Swift. It is said that Miss Swift's "Forever and Always" is all about the boy band's lead singer, but Swift wasn't as forward in revealing who ripped her heart to shreds in this tune. Not much is said about the musician when it comes to dating, but it seems like he has some trouble keeping a girl around for good.

**5. Flavor Flav:** It's hard to forget Flavor Flav as he was once the face of VHL for his popular reality television show *Flavor of Love*. The ex-rapper searched for three long seasons for a woman to call his own, with at least twenty five girls to hand-pick for himself, and still ended up with nothing. Flavor Flav did eventually find what he was looking for, but none of the girls from his show proved worthy. Even so, we can't help but think the long chain-wearing goofball has trouble dating after several failed opportunities placed directly in front of him.

**Which celebrities do you think have the most trouble dating? Share your thoughts with us!**

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# **Exes Taylor Swift and Harry Styles Avoid Each Other at**



# NRJ Awards



By Jessica Conigliaro

Now that Taylor Swift and Harry Styles have broken up, they seem to be avoiding each other in every way possible. An insider from [UsMagazine.com](http://UsMagazine.com) reveals that the British singer had “said something he shouldn’t have ... This [breakup] is definitely going to be for good.” Sources said that the two celebrities kept their distance at the NRJ Awards in France, and carefully scheduled their red carpet appearances so they wouldn’t bump into one another.

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

**Cupid’s Advice:**

Being in the same room as your ex can be an awkward situation.

Keeping your distance from them is often a struggle, especially if you have mutual friends. Here are a few tips on ways to stay on good terms with your ex:

**1. Set boundaries:** Once your relationship has ended, keeping your ex in your life means adjusting the way you hang out with them for now on. For instance, going to the movies alone with them may not be the smartest idea; both of you will begin to feel like you are dating again, which may bring up old arguments. Try to hang out with each other in big groups to avoid rehashing old wounds.

**2. Establish comfortable conversation topics:** When talking to your ex, try to avoid mentioning any new relationships you are getting involved in. They probably don't want to know about it, and would get offended that you brought it up to them. Try talking about things you have in common; if you know for a fact you both enjoy action movies, bring that up in the next conversation you have with them.

**3. Don't fall into old habits:** Although it may seem easy to rely on your ex for emotional support, it is not a good idea. This may lead to a feeling of comfort, making you question why the breakup even occurred. For now on, if you're having a bad day, you can't call them up to make you feel better; call another friend instead. Avoid romantic encounters at all times, including innocent kisses on the cheek and hands. Any type of affection towards one another could end up damaging the friendship.

**How were you able to stay close with your ex after a rough breakup? Share your thoughts below.**

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# Notre Dame Star Manti Te'o's Real Ex-Girlfriend Speaks Out



By Meghan Fitzgerald

The Manti Te'o [girlfriend](#) hoax story has been constantly in the news since [Deadspin](#) released the first article reporting the entire [relationship](#) was bologna. Te'o's ex-girlfriend Alexandra del Pilar is a Junior at a Notre Dame sister school who says nothing but kind words about Te'o. According to [People](#), she states that he is kind and gentle, and loved Lennay Kekua. When Te'o called Pilar to tell the [truth](#) about the h0ax, she couldn't believe it. She still believes that he had nothing to do with the 'catfishing' scenario and genuinely loved Kekua.

**What are some ways to stand up for your partner in the face of**

## controversy?

### Cupid's Advice:

There will always come a time when your partner will be in trouble and it is necessary for you to stand up for them no matter the circumstance. In the face of controversy, it is challenging to know what steps to take. Fortunately, once you love someone, you will do anything possible to help them out. Here are some ways to stand up for your partner:

**1. Tell the truth:** Telling lies in the midst of controversy is never a great idea. When you are standing up for your partner, simply tell the truth. Even if the truth isn't flattering for your [partner](#), it is essential that you speak wisely and honestly. People will respect that you told the truth; even if it's in the face of controversy, it's honest.

**2. Express love:** *The Beatles* said "All you Need is Love," which is entirely true! By expressing your love for your partner, you are showing the world that even though they may express deviant behavior, you will always be on their side. This is also key for your partner, as they will know how much you truly [love](#) them.

**3. Fight on:** When your partner is facing an issue, it is best to put on your suit of armor and fight on. There will be a lot thrown at you that you will not like, but you have to realize that you and your partner will inevitably get through this speed bump in your [relationship](#).

**Have you ever stood up for your partner in the face of controversy? Share below!**

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# Five Relationship Game-Changing Plays from 'Silver Linings Playbook'



By Kimberly James

In the blockbuster film, *Silver Linings Playbook*, Pat Solatano, played by Bradley Cooper, seeks the counsel of a psychiatrist. After disclosing details about his dysfunctional relationship with his ex-wife, Dr. Patel offers Pat sage advice: "True love is about letting her go and seeing if she returns."

When you still have strong emotions for an ex, it is very easy to romanticize about the past. Good memories become great and bad memories become better. The problems that you had suddenly



minimize and every argument, fight or issue can be rationalized away. If you are looking at a previous relationship with rose colored glasses, you may not have unplugged your heart strings. When you are still holding on to love gone wrong, you can begin to think an unhealthy relationship was the best thing that has ever happened to you.

If you are pining over your ex, take a few notes from *Silver Linings Playbook* to determine if there's something there or if it's time to move on:

**1. Turn to your family.** Your family can be the eyes when you cannot see. Discussing your intentions of reconciliation can often be met with resistance or embraced with acceptance. If your family was privy to the inner workings of your relationship, let them know how you are feeling about your ex.

**Related:** [How to Kick That Bad Relationship to the Curb](#)

**2. Find a diversion.** Finding an outside hobby will not only keep your mind occupied but it will also put you in close vicinity of people who share your same interests. You may meet someone new to befriend or possibly date.

**3. Spend time with your friends.** Be around people who knew you before and after the break-up. They can let you know if you are handling the break-up ok or if you are spiraling. Your friends are the lifeguards who can save you if you start drowning in a pool of sorrow.

**Related:** [Cameron Diaz Discusses Her Break-Up Style: Break Up and Move On](#)

**4. Be open to new experiences.** The old way didn't work. If it did, you would still be together. This is a time to invest in self-help books or seek professional help. Breakups are difficult and can break a heart wide open. It may take time and self work to heal properly.

**5. Accept your role in the relationship.** By taking responsibility for any wrong doing, you are accepting that it takes two to tango. If you know the steps you took that may have led to the end, you can consciously work to avoid these mistakes again. Rather than waltzing through life as if everything was someone else's fault, you know take ownership for your own two step.

Learn to win at the game of love by looking for your personal silver linings. A break up can be an opportunity to make yourself up to be healthier, happier and more emotionally mature.

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## Selena Gomez Opens Up on Life After Justin Bieber Split





By [Nic Baird](#)

Selena Gomez made several references to [moving on](#) from a [breakup](#) during a private UNICEF benefit concert on Jan. 19, according to a [People](#) source who attended the event. Gomez performed an acoustic cover of Justin Timberlake's "Cry Me a River," which recent [ex](#) Justin Bieber had done in concert a few months before. She "seemed so angry" during the song, the source reports. Gomez told the crowd that she'd "been through a lot the past few months. It's been weird and sad and cool."

**How do you move on from a bad breakup?**

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

Even if you're still balling from a fresh [breakup](#), have hope! Your feelings will settle and things will get better. Life's not over and there's many more worthwhile connections to make. First of all though, you have to move on! Here's how:

**1. Understand your feelings:** The [end of a relationship](#) can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about with

friends and family helps you sort things out. Listen to some music and use it as a catalyst for your thoughts. Make sure to move towards closure, but don't shy away from your emotions.

**2. Find perspective:** Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting [dumped](#). Ask Taylor Swift, she'll tell you! No doubt the effect of a personal tragedy like a significant breakup can't be belittled, but, really, these things happen. Will you persevere despite this undeserved hit?

**3. Live life:** Go out and enjoy life as a single person. It can be a fantastic experience. You can be whoever you want and act with spontaneity. Put more into your life, and you'll get more out of it. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything else that raises your interest. Spend your time wisely, even if you suddenly have much more on your hands.

**How have you moved on from a broken heart? Share your experiences below!**

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## Find Out the Truth Behind Britney Spears' Split with Jason Trawick







By Meghan Fitzgerald

The rumor mill has been turning when it comes to the truth about Britney Spears and Jason Trawick's breakup. January 11th was a sad day for love, as a rep for the two stated to [Life and Style Magazine](#), "Britney Spears and Jason Trawick have mutually agreed to end their one-year engagement. As two mature adults, they came to the difficult decision to go their separate ways while continuing to remain friends." According to [Hollyscoop](#), Spears' father did not play a part in the split between the two celebs. Both Trawick and Spears insist they will remain great friends.

**What are some red flags in a relationship?**

**Cupid's Advice:**

**1. Distance:** It is never a positive aspect of a relationship when you don't feel as close to the person you spend all your time with. The red flag should be thrown up when you do not feel a strong connection to your partner because the distance between the two of you has been excessive. This distance does not always have to mean physical distance between the two of



you however, an emotional distance can loom even from being together. You need to confront your partner and discuss the distance you feel amongst the two of you. Once that distance is felt, your possible love and future plans may be jeopardized, so make sure to throw the flag!

**2. Secret phone calls:** In relationships, one of the persons involved tend to become a bit paranoid or nervous, constantly thinking the other is cheating. When secret phone calls come in, you better throw that red flag darling. That person needs to be called out on their constant mysterious phone calls. Put aside all assumptions that you're crazy, or there is nothing going on because he is "perfect." Wouldn't you rather find out sooner than later if the person on the other side of the secret phone calls was another woman? If your beloved partner goes outside or into the bathroom for a "work call," throw the flag up. Don't risk it.

**3. Unresolved fights:** The worst types of fights are not the explosive, unbearable, destructive ones. Rather, the ones that get put aside to the next day and are never touched on again. When your significant other wants to talk about it tomorrow, throw up the flag sweetie. If your partner wants to be with you, they should have to fight for you also. Which means fighting even when they don't want to.

**When have you thrown up the red flag? Explain below!**

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## **Can You Be Friends With an Ex?**



By Melanie Mar

Lovers cannot be friends until both parties have a new lover. Many factors come into play with regards as to whether you can remain friends with a former loved one.

Did the relationship end on good or bad terms? If the two of you merely grew apart and perhaps the physical intimacy died in the relationship, then you may have already started developing a friendship within the relationship. It is far easier to continue an already-established friendship post-breakup. However, if one of the parties did something immoral or unethical and hurt the other one deeply, the chances are certainly much slimmer.

Does one of you not have the ability to remain friends mentally or emotionally? One's life experiences and role models (i.e. if you are a product of divorced parents, did they maintain a friendship post-breakup?) will dictate one's

emotional ability and openness to establishing a future friendship.

Is it in your nature to remain friendly after an intimate relationship? I have clients who literally go into relationships telling their partner that, if this doesn't work out, there will not be a friendship afterward, which makes your desire to maintain a friendship impossible, however disheartening this truth may be to you. I have other clients who are friends with most everyone they have dated and would feel sad at the thought of losing that person from their lives.

If you're currently in a relationship that you know has a limited shelf-life, but you desire to eventually have some form of friendship post-breakup, here are some things to consider:

**Related Link:** [How to Break Up Without Breaking Down](#)

1. Why is the relationship breaking down, and is it mutual? A lot of relationships fade to grey.
2. Were you friends before you became lovers, and had you put in the foundations of friendship before you became intimate?
3. What will this person positively bring to you and your life as a friend, and vice versa?

After asking yourself these questions and writing down the answers, you'll have a clearer vision of whether or not a friendship is something viable. Here are a few more points to remember:

1. If you want to end this relationship, and your partner is unprepared, unaware, or wanting to continue the relationship, it is unrealistic to think he or she would want a friendship with you.
2. If you had a secured friendship prior to becoming intimate,

the chances of you establishing a friendship are higher. If you became intimate sooner rather than later, having not gotten to know the other person as an individual, and your connection was short-term and sexually driven, then it could be less likely.

3. Are your lives better by having each other in it? Can you rely on this person? If you're in need in any way, is this person going to be there for you? If the answer is yes, that is a true friend. Nobody needs another type of friend, so make sure the ones you choose to have in your life are worthy.

**Related Link:** [Falling Out of Love and Back into Life](#)

Now, if your relationship has already expired and you hope for a friendship with an ex, the only thing that you can do is lay yourself bare. Put yourself out there and ask your ex if enough time has passed for feelings to heal and if he or she is willing and wanting to be your friend. There are many famous faces that have achieved a post-split friendship; examples include Demi Moore and Bruce Willis, Reese Witherspoon and Ryan Phillippe, and, most recently, Courteney Cox and David Arquette. And some relationships actually work better as friends. Engaging in a friendship with someone who knows the most intimate parts of your life and accepts you despite them means that the friendship will be stronger and much more successful than any romantic relationship could have been for the two of you.

Ultimately, there are no hard and fast rules on whether or not you can be friends with your ex. Each split is the same as each relationship: completely different. The most important thing to consider is...do you both really want it?

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# Britney Spears and Jason Trawick Call Off Their Engagement



By Michelle Danzig

In a mutual agreement Friday, Britney Spears and fiancé Jason Trawick called off their engagement. According to [People](#), it's been only a year since Trawick, 41, proposed in Las Vegas. A source told *People* that the two decided to split because of different relationship goals. Spears, 31, who began dating the actor in 2009, reportedly was upset by his constant desire to have his own life outside of their relationship. Sources also say that Spears and Trawick didn't see eye-to-eye about continuing a family as well. The pop singer and former *X-Factor* judge currently has two sons, Sean, 7, and Jayden, 6.



Although Jason loves her boys, he wasn't in a place to have his own family. In addition to ending their four-year relationship, Trawick also resigned as Spears' co-conservator over her person, which gave him authority to make decisions about her general well-being. Her father, Jamie Spears, is her primary conservator. Despite the heartbreak, Spears desires to return to her original passion: music.

## **How do you know when to call it quits on a long term relationship?**

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

Ending a long-term relationship can be difficult. As the years go by, it is hard not to become comfortable and immersed into life with a significant other. Sometimes, however, the relationship just doesn't work. But, how can you tell? It is definitely hard to pinpoint the reasons and spot the signs that it is time to end your relationship. To make the breakup a little easier, here are some basic red flags that it's time to call it quits:

**1. Disconnection, isolation and avoidance:** You may find that you and your long-term sweetie have drifted apart. Maybe he is going out with his friends more often or you start doing a former group activity, by yourself. If you and/or your partner is isolating themselves from the other—and this goes double if he/she is straight up avoiding you—it may be time to step back and see it for what it really is.

**2. Lack of intimacy:** If you and your partner can't remember the last time you couldn't keep your hands off each other, chances are that intimacy has flown the coop. Think about the last time you passionately kissed or had a romantic night together, if it is difficult to pinpoint or the idea of it just doesn't seem appealing, it may be time to end your partnership.

**3. Difference in wants or needs:** This is usually the hardest obstacle to overcome. If you find that you and your boyfriend/girlfriend's options, views, and wants have shied away from each other, than it's safe to say that you no longer want the same things. In the beginning, the wants and needs may have been mutual, but people change and so does your relationship.

**How did you know it was time to end your relationship? Tell us your story below!**

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## **Justin Bieber and Selena Gomez Break Up 'for Good'**





By Nic Baird

Justin Bieber and Selena Gomez have ended their relationship for good, according to [UsMagazine.com](http://UsMagazine.com). Bieber has since been caught, days later, smoking weed in some TMZ photos. Bieber and Gomez did travel to Puerto Vallarta, Mexico, on a New Year's trip, but the holiday romance was cut short when Gomez abruptly flew home to Los Angeles on Dec. 30 where she spent the New Year with friends at a house party.

**How do you know when your relationship is truly over?**

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

There's nothing more painful than a one-sided relationship. Don't pour your heart down a bottomless pit. Relationships need sharing, vulnerability, and devotion. Find out if your partner has these qualities by looking for these signs:

**1. No values:** Getting a baseline for the personal values of your partner is a good way to decide if they're ready for a serious relationship. Discuss the principles you hold when you

enter into a relationship, such as monogamy and honesty. It should be clear if they're looking for one person, or if they have a constant flirtatious attitude.

**2. Separate goals:** Does their lifestyle support your relationship? Recognize if they'd rather spend time with you, or go out drinking with mixed company. If they don't have room for you in their schedule, it could be that they're very career oriented, but make sure you're their preference. If they're willing to spend the time to develop as a couple, it shows sincerity.

**3. Growing distance:** Fostering a connection with your partner, takes time and patience. If they're afraid to open up to you, maybe they're afraid to be honest. Players, though charismatic will be reluctant to share too many details of their life. As zealously enigmatic creatures, the fact that you haven't yet figured out if they're a player or not is a bad sign.

**How did you clue in that your relationship was over? Share your experiences below!**

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## Celebrity Couples Who Have Turned Over a New Leaf





By Courtney Allen

Hollywood just may be the one place where the phrase “love is a battlefield” is an understatement. The land of fortune and fame is the forefront for some of the most scandalous relationships and splits we’ve ever witnessed.

But finding love is not the problem for these celebs; it’s keeping it. For many, passionate romances and ‘I do’s’ end as suddenly and tragically as their last. But luckily, every love story has a different ending... and some endings turn into new beginnings. These four celebrity couples came armed the second time around on the battlefield of love and came out on top:

**1. Kourtney Kardashian and Scott Disick:** Kourt and Scott’s relationship has been public since the debut of *Keeping up with the Kardashians* in 2007. Their relationship proved to be the most entertaining in the E! hit reality show thanks to Kourtney’s headstrong, sarcastic personality and Scott’s wacky, drunken behavior. The couple was known for their rocky relationship, the majority of the blame being placed on Scott’s infidelity and immature lifestyle. Kourt pulled the



plug on Scott multiple times during their relationship as well as her pregnancy with their first child, Mason. By this point, we all thought Scott had crashed and burned for the last time. Scott finally straightened up his act after Kourtney banned him from seeing Mason. And now seven seasons later, the two are going stronger than ever with the recent birth of their second child, Penelope. If this couple can bounce back, there's hope for us all.

**Related:** [Celebrity Couples Who Made Love Last](#)

**2. Miley Cyrus and Liam Hemsworth:** The relationship between Miley and Liam is nothing but a match made in heaven. The grown-up Hannah Montana star met the blue-eyed Aussie in 2009 while filming *The Last Song*, where they played the roles of young adults who fell in love over summer break. As it so happens, their love story transferred off the big-screen into real life... taking both the good and bad. In the movie, the couple actually breaks up, much like they way they did in 2010. The exact reason may not be known, but the two just couldn't stay away from each other. Cyrus and Hemsworth gave it another try in 2011. The actor popped the question to the singer earlier this year and have been engaged for nearly six months. If there was ever a sequel to "The Last Song," this would be it!

**3. Sammi Giancola and Ronnie Magro:** If you've ever seen *Jersey Shore*, you know all about Sweetheart Sammi and Ronnie the Guido. The only thing their relationship was known for was extreme inconsistency and drama. Ronnie's unfaithfulness led us to believe their relationship was practically doomed. Sammi and Ronnie's relationship was without doubt unhealthy, opening doors to verbal and what appeared close to physical abuse. After breaking up countless times throughout multiple seasons, we all anticipated when their rocky romance would end for good. We now know the answer to that: apparently never. The couple is still together today. The good news is that they seem to actually be in a functioning relationship these days.

Their love has proved strong enough to overcome their seemingly irreparable past.

**Related:** [Celebrity Couples Who Are Better Off Apart](#)

**4. Audrina Patridge and Corey Bohan:** Audrina Patridge is known for her role on *The Hills* but her relationship with BMX biker Corey Bohan was displayed on her VHL reality show *Audrina*. Her Aussie beau was prince charming until the show revealed one of his less favorable qualities: possessiveness. Throughout the season, Audrina struggled with her controlling boyfriend who proved to also have a bit of a temper. By the end of the season, Patridge dumped Bohan with the support of her mom. But little did we know that the couple would rekindle their flame a couple months later. Since the show's end, we haven't heard much on their relationship besides the occasional romantic getaway or public event, but everything seems to be in the clear. They have been going steady since the summer of 2011.

**What other celebrity couples have made the biggest comeback in their relationships? Share your thoughts with us!**

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## Hayden Panettiere and Scotty McKnight Call It Quits





By Jennifer Ross

From *Nashville* to *splitsville*, [People](#) confirms that Hayden Panettiere is calling it quits with New York Jets wide receiver Scotty McKnight. The once thought to be perfect couple dated for over a year. However, all is not lost. Even though the relationship has been over for about two weeks, Panettiere, 23, continues to remain friends with McKnight, 24. One friend even goes as far as to tell *TMZ*, “They will probably be back together sometime down the road.” This is the Hollywood actress’ second time dating a professional athlete. In previous times, Panettiere once dated Ukrainian boxer Wladimir Klitschko for approximately two years.

**How do you make sure to stay friends with your ex?**

### **Cupid’s Advice:**

You and your ex have managed to get through the breakup without killing each other. Also, you both don’t want to lose the friendship you had before, especially since you necessarily don’t hate each other. Some people are worth keeping in your life. So as not to ruin everything, here are

several rules every friends-with-ex relationship must have:

**1. Platonic:** To remain friends, you and your ex MUST keep “the benefits” out of the friendship. That means absolutely no kissing, no flirting, no hand holding, or anything else in the intimacy department. Even on nights of drinking, you cannot go down that road...EVER.

**2. Find love elsewhere:** Both of you must begin to meet and date other people. Remaining friends with your ex hoping to someday reconcile is only going to cause pain to both of you. Also, leave the details of your new relationship for your girlfriends' ears only. Your ex doesn't need to know everything.

**3. No relationship analysis:** When either one of you decide to analyze what went wrong in the relationship, do your analyzing with someone else, such as another friend, a therapist, parents. Remember, the goal is to remain friends with your ex. Therefore, keep the topics light.

**What steps did you take ensure staying friends with your ex? Share your story below.**

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## Rita Ora Opens Up About Breakup with Rob Kardashian







By Jennifer Ross

Rob Kardashian might or might not want to speak about his breakup, but his ex Rita Ora is not afraid to tell! In a fresh new interview with [Glamour UK](#), Ora speaks about her breakup with Kardashian. The ex couple started dating in August of this year. Ora explains (via [Dailymail.com](#)), “I’m not going out with Rob. We were close for a while, but it didn’t work because I was never there. I was like a ghost. I used to get so frustrated with myself and then wonder why I was angry, so I decided it was best to keep it friendly – especially at the moment, when there’s so much going on.” On Dec. 3, Kardashian, 25, tweeted that his rumored ex girlfriend Ora, 22, had affairs with “nearly 20 dudes.” That’s not all she talks about. The British pop star also says that while she has had “young fascinations,” she has never been in love before. “I think it’s my only weakness. I’m scared of letting my guard down, and if I feel in love with someone now, he’d have to try ten times harder to break it down.”

**How do you know it’s best to remain friends when you’re considering a relationship?**

## **Cupid's Advice:**

So you have a person in your life that is a really great friend. You both love to hang out often and you also share personal past experiences easily with each other. Does this mean you and your great friend will make a great couple? Maybe yes and maybe no. To understand where you stand, here are a few clues that say you two are just friends:

**1. Favors:** Is someone calling you often to hang out, but it also involves a favor? Either you are constantly keeping him/her company while running their errands or doing their chores, or helping him/her move. This is a classic sign that you are in the friend zone.

**2. Too busy:** On the flip side, think about what answer you receive when you decide to spend a little time with him/her on a lazy afternoon. Is your friend filled with countless excuses, such as having to help their family, watching a game with a friend or reorganizing their bookshelf? Pay attention to the excuse and how often this happens; you may be missing clear signs.

**3. Flinching:** If the friend you are attracted to is not into you in the same way, he/she will flinch or stiffen up when you casually reach out to touch them. Their instant body reaction is telling you that you have crossed a line and friends don't do that.

**What made you realize it was best to remain friends when you were considering a relationship? Tell us below.**

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# 5 Bachelor and Bachelorette Couples We Can Learn From



By Sara Dawkins

It has been announced that the most recent couple from *The Bachelor* series has split. Shocking. You mean to tell us that finding love in three weeks in front of cameras, a herd of people and being thrown into extravagant romantic dates didn't really build the solid foundation that a couple needs to work out? You could have fooled me. Now that Emily Maynard and Jef 'with one F' Helms are over, we can take a minute to look and learn from other *Bachelor* couples:

**Trista and Ryan Sutter:** That's right they have the same name ... because they actually got married! And two kids later, they

boast of a happy and healthy relationship together. This is rare in Bachelor history. They proved that you can find love, but only if you work hard on it and get past all the fame that comes with reality TV. Congrats to them and we look forward to them being the only successful couple for many more years! **Lesson learned: Barrel through the muck.**

**Related Link:** [‘Hope Springs’ Is This Summer’s Guide to a Healthy Relationship](#)

**Jake Pavelka and Vienna Girardi:** Who doesn’t love a good train wreck? This couple was doomed from the start. Way-too-sweet-for-his-own-good Jake chose bad girl Vienna to be his [bride](#). It didn’t take long before there were rumors that Vienna cheated on him, and the next thing you know, both were destined to hang on to their 15 minutes of fame by going to the media. It was very messy, much like Byron Velvick and Mary Delgado’s breakup. Police were involved, so enough said. **Lesson: Don’t go for the bad guy/gal and be mature in a break up or you will end up looking like a train wreck.**

**Related Link:** [Five Reasons Men Are Attracted to Celebrity Bad Girls](#)

**Jason Mesnick and Melissa...errr...Molly Malaney:** Another successful *Bachelor* couple, but this marriage happened in the round about way. Jason was originally smitten with the bubbly and beautiful Melissa Rycroft only to dump her on national television for doe-eyed runner up Molly. Despite the outrage from fans and the media, this couple managed to make it through and get married. They just recently announced they are expecting their first child together! **Lesson: Go with your gut and make the right decision first.**

**Ali Fedotowsky and Roberto Martinez:** Ugh. This one was a tough one to get over. Not only were Ali and Roberto cute together, but they actually seemed to be happy in front of cameras. After 18 months they decided to call off the engagement and



end their relationship. **Lesson: Pretty people break up, too. Also as much as you want it to work out, sometimes it just doesn't.**

**Charlie O'Connell and Sarah Brice:** This is an oldie, but a goodie. And yes, Charlie is bro's with actor Jerry. Charlie chose blonde bombshell Sarah way back in 2006 and they broke up in 2007. They got back together in 2008 and then after 5 years, called it off again. It was a mutual break up, as they were both citing they fought over the same things the first and second time around. Who knows, maybe the third time's the charm? **Lesson: You break up the first time for a reason, don't forget why.**

*Sara is an active nanny as well as an active freelance writer. She is a frequent contributor of <http://www.nannypro.com/>. Learn more about her <http://www.nannypro.com/blog/sara-dawkins/>.*

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## **Halle Berry's Ex Gabriel Aubry Says Olivier Martinez Threatened to Kill Him**





By Jennifer Ross

There are more legal documents in Halle Berry's life these days. After a brutal Thanksgiving Day fight that ended with Berry's ex Gabriel Aubry being arrested, Aubry claims that it was Berry's fiancé Olivier Martinez who started the fight, according to [People](#). Written in Aubry's application for a restraining order against Martinez, Aubry claims that "Mr. Martinez jumped me on the side of my body... continued to punch me at least two or three times, kicked me in the ribs with his knee or foot, and took my head in his hands and slammed it to the concrete driveway." Aubry also alleges that Martinez yelled, "When you see the judge, you're going to tell him you're going to Paris, or I'm going to kill you." Because of the fight, Aubry has a restraining order against him to stay away from Berry, Martinez and his daughter Nahla. All this stemmed from a court battle between Berry and Aubry over Nahla. Berry hoped to move to France with Martinez and Nahla, but a judge ruled against Berry. With regards to Aubry's injuries, he states, "I ended up suffering a fractured rib, multiple bruises on my face and my forehead, an area under my left eye, and three areas in my mouth required stitches."

## How do you keep your ex and current partner from butting heads?

### Cupid's Advice:

Anytime your ex and your current partner are involved in matters together or involving you, it can be awkward and possibly dangerous for everyone. Whether their communication is required or unnecessary, there are ways to deal with it. To keep the peace, here are a few ideas on preventing any disruption:

**1. Let go of your ex:** You are still a friend to your ex, but your current partner is not happy about this. If there is nothing legally or financially tying you to your ex, the best thing to do is let that relationship go. Otherwise, you will end up losing your current mate.

**2. Keep relationships separate:** If you must stay in contact with your ex due to children or financial matters, you will need to keep your relationships with each one completely separate from the other. That includes no complaining to one about the other. It will be difficult, but it's the only way to ensure peace between them.

**3. Stay out of it:** Suppose your ex and your current partner are friends and want to remain that way. Then, you will have to stay out of their relationships with each other. You will not be able to be involved with any conversations about them with either one of them. Instead, let them figure out things on their own.

**What did you do to keep your ex and current partner from butting heads? Tell us below.**

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# Ashlee Simpson Reunites with Ex Pete Wentz and His Girlfriend for Son's Birthday



By [Jessica DeRubbo](#)

It seems that Ashlee Simpson is committed to remaining civil with her ex, Pete Wentz. The pair were seen celebrating their son Bronx's 4th birthday in Studio City, Calif. last week, according to [UsMagazine.com](#). Plus, to make matters more interesting, Wentz had his 24-year-old model girlfriend, Meagan Camper, in attendance as well. The birthday bash had a superhero theme, and according to a source, "The party was great – super fun." Kudos to Simpson and Wentz for keeping the peace, especially since Simpson's parents are in the midst of a bitter divorce.



**What are some ways to remain civil with an ex for your children?**

**Cupid's Advice:**

After a breakup, it can be hard to see the good in the person you used to date. You may be hurt, angry and want nothing to do with them. That said, if children are part of the picture, it's important to remain civil around your ex. Cupid has some advice:

**1. Swallow your pride:** It's often pride pushing you to pushing you toward being rude and angry in your ex's presence. If you have kids, you absolutely must get over that sense of righteousness and remain civil for their sake. Take a deep breath and put yourself in your child's shoes.

**2. Avoid long conversations:** Just because you need to see your ex every now and again, it doesn't mean you need to get into long drawn out conversations with him or her. Exchange pleasantries, but don't get into anything that might start an argument. Small talk is key.

**3. Come to a mutual understanding:** Make sure you and your ex are on the same page. If you're both committed to keeping the peace around your child(ren), it'll be a lot easier than if just one of you has that goal.

**What are some other ways to keep the peace with an ex around your children? Share your ideas below.**

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# Justin Bieber 'Hasn't Stopped Reaching Out' to Selena Gomez Post-Split



By Jennifer Ross

It's a game of on-again off-again for these two confused love birds. Selena Gomez and Justin Bieber just can't seem to decide whether to call it quits or stay together these days. After breaking up on Oct. 31, Bieber has continued to reach out to Gomez, 20. On Friday, Nov. 16, the two had a sushi date that was followed by a horrible fight. Eventually, the couple made up sometime after Bieber had a great night at the American Music Awards. Bieber, 18, and Gomez have also been spotted together in Encino, CA on Nov. 19. The issue between them is Bieber's inability to stop looking at other girls.

“Justin has a wandering eye,” a source reported to [UsMagazine.com](http://UsMagazine.com). Also, Bieber wants to date other girls and possible hold on to Gomez. “He isn’t sold on the possibility that this is forever but isn’t sold on that it’s not.”

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

### **Cupid’s Advice:**

A supportive and loving relationship can be the best thing in life. However, when necessary factors in keeping the relationship strong are abused or broken, it is time to say goodbye. Important factors, such as the three listed below, will help you to understand when it’s time to leave:

**1. Avoidance:** If either one of you stops talking to the other, especially about important matters in the relationship, it is time to end it all. Your love for each other will only survive with positive, and sometimes negative, communication. Once the communication stops, so does the love.

**2. Lack of respect:** When the disrespect begins, such as bad name calling or yelling in public, this only leads to breaking up. In order to spend the rest of your life with someone, you and your mate will need more than just love to get you there. Respect to love and care for each other is vital for the times when life’s challenges will stress you both.

**3. Isolation:** If you are in a relationship where your partner is driving all your loved ones away from you, leaving you completely reliant on one him/her for love and support, this is not a good sign. It’s one thing for your mate to want to support you. However, this type of support is more like domination. Get out fast!

**When did you know to call it quits in a relationship? Share your story below.**

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# Taylor Swift Wrote Song “All Too Well” About Jake Gyllenhaal



By Nic Baird

Despite breaking up two years ago, Taylor Swift's new song "All Too Well" reminisces about her romance with actor Jake Gyllenhaal, an insider reports to [UsMagazine.com](http://UsMagazine.com). Her latest album, *Red*, features the nostalgic track, and Swift declares it's her most "adventurous album yet." The Gyllenhaal ballad started out as a ten minute song, Swift said, but was filtered down to a digestible size. The pop-country songstress split



from the well-bred Conor Kennedy in October, and has since been hanging out with One Direction's Harry Styles.

## **How can music help you cope with heartbreak?**

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

Movies, commercials, and shopping malls have all figured out that music can alter your mood. Don't let those corporate fat-cats monopolize this strategy. Next time you're balling from a breakup, use music to your advantage:

**1. Explore your feelings:** The end of a relationship can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about it helps, but listening to some music can help you understand the break down of a breakup. This is a sudden change, and while you shouldn't take advice directly from songs, they can help you figure out the next step. Use them as a catalyst for your thoughts.

**2. Solidarity:** Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting dumped. Ask Taylor Swift, she'll tell you! By sharing the experiences of song writers it helps put this tragedy in perspective. These things happen.

**3. Get pumped up:** Breakup music can help internalize your emotions, and find the pieces of your scattered heart, but eventually it's time to put away the tissues and decide to be happy again. Play exciting music, songs that make you smile, funny songs that make you laugh, and tunes you can dance to! The world might have ended, but it's time for another big bang!

**What songs have helped you deal with the end of a relationship? Share your experiences below!**

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# Leaving Your Mark: Celebs Who Profess Their Love with Tattoos



By Nic Baird

The rich and famous get tattoos for the same reasons as everyone else: They're about self-expression and an unchanging reminder in a changing life. A celebrity's brand is their image, and that's often something to consider when deciding between Mike Tyson's tribal face design or Drew Barrymore's navel butterfly. While we common folk might get a little attention for a bold new tat, it doesn't compare to the

[celebrity news](#) created by famous new ink. Here are some of the reasons celebs get tattoos. For the most part, they're not that different from anyone else!

## Celebs And Their Ink

**1. Self-expression:** Maybe our expectations of rock stars like Amy Winehouse push artists to mark themselves as such. Music superstars seem like credible artists with some eye-catching body art. *Rock Of Love* 2 runner-up Daisy de la Hoya was a human canvas. Her iconic three-quarter sleeve led to her own dating spin-off show and attracted the attention of heavily painted rocker Tommy Lee. The bottom line is that whether it's for the fans or for themselves, real rock stars get ink.

**Related Link:** [LeAnn Rimes Announce Love for Eddie Cibrian with a New Tattoo](#)

**2. Proof of change:** [Miley Cyrus](#) went under the needle again last month to get a Teddy Roosevelt quote on her wrist. She may be trying to remind us that she isn't 14-year-old Hannah Montana anymore but instead a more serious – or at least more tattooed – adult celeb. Actress [Angelina Jolie](#), who seems to be the lead celebrity spokesperson for tattoos, described them to *USA Today* as “something permanent when you've made a self-discovery, or something you've come to a conclusion about.” Just as a serial killer might etch the names of victims into his skin, you can record important life events by marking the occasion on your body. Jolie takes this to a whole new level.

**3. Memory makers:** Fond memories and self-discovery inspired Jolie to collect at least 14 tattoos over the years. Her body is a map of her life. A Buddhist Pali incantation to protect her adopted Cambodian child sits on her left shoulder blade. All six of her children have a place beside it on her shoulder where geographical coordinates represent their scattered

birthplaces. Jolie says she uses body art to remember the good times. When it comes to relationships and love, a lot of celebrities are guilty of this celebratory use of ink.

## Tattoos For Celebrity Couples

**4. For love:** In fact, Jolie's infectious love of tattoos has spread to husband Brad Pitt. He's been marked with his celebrity loves' birthday in Khmer script on his chest. Thankfully, tattoos are not really all that permanent for those who can afford to get them removed. Jolie knows this because she was able to laser off three pieces of Billy Bob Thornton memorabilia and a Japanese symbol on her arm she had shared with Johnny Lee Miller. She also covered several others; after all, not everyone is comfortable sporting memories of their celebrity exes! Rocker Avril Lavigne shares four matching tats with her former boyfriend, reality TV's Brody Jenner, including his name under her right breast. And she's still hanging on to two with ex-husband Deryck Whibley of Sum 41, despite being engaged to Nickelback's Chad Kroeger.

**Related Link:** [Angelina Jolie's Tattoo Is 'for Brad'](#)

**5. Brand billboard:** While it's clear that celebs mostly get tattoos for all the usual, relatable reasons, there are exceptions. Pop icon Lady Gaga is blurring the line between self-expression and self-marketing. Recently, she gave her nearly 29 million Twitter followers and 53 million Facebook fans a look at her tenth tattoo. A picture showed ARTPOP printed along her wrist, which was also revealed as the title of her upcoming album. The confidence is admirable at the very least.

The only problem after getting inked up is regret. People change, but tattoos don't. It seems ironic to commemorate something as fleeting as a celebrity couple with something as lasting as a tattoo. But artists at every level have always been attracted to body art. For Gaga's sake though, ARTPOP



better not bomb.

What are some unforgettable tattoos that you've seen? Comment below.

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## Selena Gomez Beams at Bash Post-Split with Justin Bieber



By Jennifer Ross

Even though her breakup with ex Justin Bieber is still fresh, Selena Gomez is out on the red carpet, looking fabulously single. At Glamour's 22nd Annual Women of the Year Awards in New York City, Gomez looked "bubbly and upbeat," sources

reported to [UsMagazine.com](http://UsMagazine.com). “She looked genuinely happy...not like she was sad or bummed out at all.” Dressed in all white by Giambattista Valli, with a deep v-neck up top, this singer was especially excited when she won her Woman of the Year award and gave a hopeful speech to the audience. “I just want to share with all the girls out there – you have a voice, you have a chance. Just do what you love.”

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

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

Although it's difficult to go through, a breakup is not the end of the world. Sometimes, it can actually be a good thing. You now have time to re-find yourself and do the things you love again that got lost in the relationship. Don't know where to start? Here are three tips to get you moving forward:

**1. Clean house:** First, collect all the things around your home that remind you of your relationship and move them out. The goal is to make a space that is only yours, not a shrine to a past love. Also, don't worry about getting your things back from your ex. You're better off buying them again then risking a relapse.

**2. Make plans:** Now that you have free time, make plans for all the things you didn't have time for when you were dating. Meet up with old friends, dust off you surf board or roller blades take up a new class. Whatever it is, get out there again and have fun.

**3. Take time:** Regardless of whether you or your ex broke up, you are going to need time to heal. Therefore, save some of your time to be alone and reflect back on what went wrong. You must reevaluate the past issues in order not to repeat them.

**What did you do to move on quickly after a breakup? Comment below.**

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# 5 Things That Drive Men Away



By Christopher Brya

So you're in a relationship. Congratulations! Now how do you keep that relationship? That's one of the questions we got from 1,000 women, who wanted to know why men think the way they do, and what drives them away.

So we took those questions and got answers from 250,000 men about what turns them off of a relationship. The results, collected in our book *WTF Are Men Thinking*, bring you closer to understanding why he behaves in certain ways, and what could spell disaster for a relationship:

**Related Link:** [How to Master Being In a Relationship](#)

## **Nagging**

Most men told us that women that nag them drive them crazy. Now let's be honest: Sometimes men deserve a little nagging, but the difference between the helpful kind and the hurtful kind is all in the approach. Men said that if women would approach the situation at the right time (in the early evening is preferred) and with the right attitudes (to-the-point and light-hearted) that they would respond in a much more positive way. This is good news: Women really can get what they want and better results. Most men don't respond well to nagging now because they worry it will continue being the method that women will use. And nobody likes that outcome.

## **Keep your past exploits to yourself**

It might be tempting to talk about past flings with a new guy – how else are you supposed to get the dirt on him? But men really don't want to hear about your ex, let alone what you did with that ex of yours. They especially don't want to play the comparison game. As one man said to us, "This is don't ask don't tell. If I don't ask, don't tell me. But if I do, tread carefully." This is especially true of any physical conquests you may have had. Men just don't want to know and it's in your best interest to keep it that way.

**Related Link:** [5 Ways to Stop Sabotaging Your Relationship](#)

## **Being too clingy**

Men told us that they adore women that are affectionate and really engage with them. However, there is a fine line between being "into" the man you're with and suddenly being *everywhere* with him. The clingy factor is another major reason men cite for exiting a relationship. Men want an independent and confident woman. They like when you call and text, but sending 10 text messages a day or multiple e-mails



or phone calls is a big signal to men that you aren't comfortable being yourself. As one man put it, "Don't try to make a man love you but let him love you. If he wants to, he will. There is no way to make a person fall for you."

### **Bringing your baggage into the relationship**

Another element that drive men away also relates to exes: what baggage you bring to the relationship, and what you do with it. Men know that you have a past and it doesn't end with your previous relationship. But the key is learning from previous significant others, and not assuming that every man is going to behave like your ex.

### **Controlling your man**

Men were very clear in that they liked aggressive, confident women – women that were not afraid to ask men out or for their number. But one thing that was mentioned over and over was that men did not appreciate in any way the feeling that you were trying to change them. Men said to us that you need to accept them for who they are rather than who you WANT them to be. They don't want to be your project. As one man told us, "Women are always looking to change you. It's like they're saying, 'We like you just the way you're going to be when we're done with you.'"

*Christopher Brya is the co-author (with Miguel Almaraz) of WTF Are Men Thinking: 250,000 Reveal What Women REALLY Want to Know. He is founder of Solavista Research and has worked for 20 years in marketing research and user experience research for brands like Revlon and Motorola. He lives in Phoenix with his wife and two toddlers, and is one of those guys who buy wine based solely on the design of the label.*

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# Nicole Kidman Says Divorce From Tom Cruise Was a 'Shock to My System'



By Jennifer Ross

With all her professional successes and a gorgeous family, Nicole Kidman is grateful for what she has. However, her life has not always been grand. In a recent interview with [DuJour](#), Kidman speaks of the highs and lows in her life, including her painful divorce from former husband Tom Cruise. When discussing her love for Cruise, the star of upcoming movie *Grace of Monaco* said, "I was reeling with Tom. I would have gone to the ends of the earth for him." At 23 years-old, she had married Cruise in 1990. Just a few months after their 10<sup>th</sup> wedding anniversary, Cruise delivered a major blow to her when

he decided to separate. "It took me a very long time to heal. It was a shock to my system," the mother of four confessed. Over time, Kidman, 45, healed from her divorce and eventually found love again in current husband Keith Urban. "I'm happier than I've ever been in my life... My family is with me."

## **What are some ways to deal with the shock of a divorce?**

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

Being shocked by divorce doesn't necessarily mean that it happened suddenly. You may have known for some time that the marriage was deteriorating. It's basically the final realization that it is over. There are many stages you will go through, but know one thing. Life will get better. To get you through the initial shock, here are a few tips to keep your sanity:

**1. Grieving stages:** First thing to realize is that you will go through all stages of grieving, sometimes repeatedly – denial, anger, bargaining, depression and acceptance. While this may not relieve your pain immediately, learn each stage's emotional responses. In doing so, you can understand yourself better and see progress as it comes.

**2. Grant permission:** As your life has been turned upside down, you will have more bad days than good. Give yourself permission to forgive yourself not only for the mistakes of the past, but for the mistakes you will make in the future. Remember, you are going through a divorce; you cannot expect yourself to be at your best everyday.

**3. Alone time:** While you may have the constant urge to keep yourself busy and surrounded with people, this can be a bad mistake. In order to heal, you must face your emotions and process them internally. The idea may sound frightening, as if your pain will consume you, but it won't. Over time, you will learn to appreciate alone time with yourself.

How did you cope with the shock of your divorce? Comment below.

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# Justin Bieber Vaguely Speaks Out About Split with Selena Gomez



By Nic Baird

Pop star Justin Bieber and actress Selena Gomez split on Halloween, according to [UsMagazine.com](http://UsMagazine.com). "I don't know what to say," the tween idol said in an interview with Open House



Party, Nov. 10. "I don't know what's going on in my life ... To even assess that it doesn't make sense 'cause I have not made any comment." Since their Oct. 31 breakup, Gomez has been keeping a low profile. However, a Gomez insider saying the couples' challenging schedules and trust issues were at the core of the breakup. The couple had been dating for two years.

## **What's the best way to begin coping with a recent breakup?**

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

The sense of loss and [loneliness](#) that washes in post-breakup can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

**1. Forget the past:** While this person may have been important to you only days ago, it's hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is useless and painful. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and find someone better.

**2. Focus on yourself:** People always say this, but what does it mean? Basically 'be the person you want to be.' Your sense of worth and purpose are being challenged by this recent breakup, don't let it dominate your self image. Put more into your life, and that void will start to close up. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here's your chance to do the things you've always wanted to do without needing your partner's approval. Take advantage, especially if they were the bossy type.

**3. Socialize:** Olivia Wilde had this to tell *British GQ* about her divorce from Tao Ruspoli: "it's never easy... And anyway, you fall in love again. Oh God, to think that you only fall in

love once in your entire life is such a depressing thought.” Thanks, Olivia, for reminding us that whatever your feelings are for your ex, they’ll soon be overshadowed by a fresh love. Go out and have fun! Rekindle old friendships! Explore your options thoroughly as a newly single bachelor/bachelorette. This doesn’t mean start looking for a replacement, instead establish your power as a single individual.

**How have you dealt with a recent breakup? Share your experiences below!**