

Selena Gomez and Justin Bieber Split



By Nicole Weintraub

Justin Bieber and Selena Gomez are officially over, according to [People](#). The couple split about a week ago with Gomez being the one to pull the plug on the relationship, reported a source. The pair dated for almost two years with Gomez being two years older than Bieber. The couple has been having difficulties since the summer when fighting ensued and Gomez was reported crying over Bieber. Bieber was reportedly seen hanging out with models backstage after the Victoria's Secret Fashion Show in New York City while Gomez was all the way in LA. Bieber's mother had reported that she did not think marriage was a likely option for the two, revealing the essence of their young puppy love. "I don't know what to say," Bieber responded on a radio show Saturday, unsure as to the current state of his own relationship. "I don't know really

what's even going on in my life.”

What are some signs that a break up might be in your future?

Cupid's Advice:

Break ups are difficult to get through, but sometimes there are clues that there might be a visit to splitsville in your future. Here are some key signs to look for:

1. Fighting: If the two of you are fighting frequently and arguing over every little thing, it could be time to take a break. Sometimes when we spend so much time with the same person they start to get on our nerves, even if they do nothing wrong.

2. Distance: If your partner and yourself are spending more and more time apart, it might be time to break things off. The less time you spend with your partner, the less you feel like you are in an actual relationship.

3. No Passion: If the chemistry between the two of you is dwindling, it might be time to try to rekindle the spark. Though, if there is no more passion in the relationship it might be time to call it quits.

What are some signs you look for? Share your ideas with us in the comments below!

Eva Longoria and Mark Sanchez Split

Cupid's Pulse

★ Celebrities. Love. Opinions. ★



By Jennifer Ross

It's back to the drawing board again. The relationship between Eva Longoria and Mark Sanchez has officially ended, a source told [People](#). The insider went on to say that Longoria, 37, and Sanchez, 25, ended their very brief relationship amicably and without any hang ups. "There is no drama." The former couple has been seen in public together since last July, although Longoria denied any relationship back then. Previously, the former *Desperate Housewives* star dated Eduardo Cruz, while New York Jets quarterback was seen with supermodel Kate Upton.

What are some ways to remain civil with an ex shortly after a breakup?

Cupid's Advice:

After a breakup, there will be instances where you will need to remain in contact with your ex, such as you both work together or share custody of a child. Whatever the situation is, you will need to be respectful and courteous with him/her,

regardless of whether you want to reconcile or not. To keep things even keel and successful, here are a few tips on how to approach situations with your ex:

1. Be kind: A great way to get along with you ex is to be kind in a respectful manner. If your ex doesn't agree with your mature attitude, don't stoop to his/her level. Continue in the same way, and eventually, he/she will come around to understand that you are serious about moving forward positively.

2. Avoid intimate history: The only way to leave your intimate relationship in the past is to not bring it up in the future. Therefore, don't dwell on why you two broke up or any of the bitter/sweet moments you had together. While the breakup is still fresh and new, focus only on the important topics and being amicable towards each other.

3. Don't get others involved: So as not to start any fights with your former partner, and show the respect they deserve, don't get outside parties involved by talking negatively about the breakup. It simply is too risky. There are many ways your words can get misconstrued and relayed back to your ex.

Were you able to remain civil with your ex shortly after your relationship ended? How did you do it? Tell us below.

'Bachelorette' Couple Emily Maynard and Jef Holm Break Up

Cupid's Pulse

★ Celebrities. Love. Opinions. ★



By Jennifer Ross

It looks like there won't be the sound of wedding bells in the near future for Emily Maynard and Jef Holm. The *Bachelorette* couple confirmed last week's rumors that they are splitting up in exclusive statements given to [People](#). "I have nothing but respect and love for Jef and his family, but ultimately we are just at different points in our lives, Maynard, 26, said about Holm. Neither one of them regrets any part of their journey together. In Holm's, 28, statement, he hopes that they will remain life-long friends. "Emily and I are great friends and I hope we can continue to be friends forever... I will always love her."

How do you know if you're in the same place in your life as a potential partner?

Cupid's Advice:

There are many bad reasons why a relationship doesn't work. However, ending a relationship because the two of you are not

in the same place in life can be one of the most difficult to handle. Your friends may not understand the decision; yet, you know it is the right one. To help you in the next relationship, here are a few things to consider when looking for someone on your same path:

1. Old relationships are closed: In order to be ready for the next relationship, both of you must have closure in your hearts with previous relationships. Holding on to any negative thoughts or unfinished business with an ex will only become an obstacle in the future. Clearing the air from the past will allow each of you to be independently available to each other.

2. Know thyself: To know thyself and what each of you want and need in life is the only way to reduce any future confusion or unexpected arguments. Each person is able to come to the table with an honest plan for the future as a couple. If you don't know yourself, then you cannot expect your potential partner to know you.

3. You've had the discussion: To be on the same path means you and your future partner have had the discussion, or several discussions, about what each other want and expects in this relationship. It is not about your list of demands. Rather, it is about the joining of two people to live together in harmony and in love.

Are you and your new partner in the same place in life? Tell us your story below.

Demi Moore Is 'Jealous and

Frustrated' by Ashton Kutcher and Mila Kunis' Relationship



By Jennifer Ross

It can be extremely painful for a woman to tolerate an ex finding a new love; even celebrities are not immune to this sadness. Demi Moore has had a rough year, starting with ex Ashton Kutcher's cheating scandal, leading to their divorce and now – coping with his new love, Mila Kunis. Moore, who will celebrate her 50th birthday this November 11, has been described by a close source as "jealous and frustrated." Also, many sources have reported to [People](#) that friends are worried she hasn't fully recovered. On the other hand, a separate source maintains that Moore is moving forward and doing well. "...despite the depression of going through a divorce, she came through it."

What are some ways to cope with your ex's new relationship?

Cupid's Advice:

Your relationship has broken up. You are trying to move on. So far, you are doing a pretty good job. Then, you hear your ex has a new love and the pain feels like you are back to the day after the breakup. Have no worries. Coping with the news can be easier by considering these three tips:

1. Accept the sadness: Unfortunately, the wound is open again no matter how "over it" you believe to be. Feel the pain, again. It's useless and hurtful to your future to ignore it. Realize that it will not last long and will not hurt nearly as bad as the breakup.

2. Find a new hobby: Want to learn how to surf? Or cook? Involve yourself in a new hobby, something you have always wanted to do. By focusing your mind on yourself in a positive manner, you are gaining confidence. This will help to alleviate the sadness much quicker.

3. Support your own relationships: Remember those friendships you had before your ex that slowly disappeared? Rekindle those again. Reach out to old friends and start anew. Also, go out and meet new friends. Thankfully, a partner is not the only form of love and support in this world.

How did you cope with your ex finding a new partner? Tell us below.

Jef Holm Unwinds with Golf Post-Split from Emily Maynard



By Nicole Weintraub

The day after it was publicly known that Jef Holm and fiancée Emily Maynard were calling it quits, Holm was seen out golfing, according to [People](#). “Just what I needed,” Holm announced via his Twitter account on Tuesday – a day after announcing his split from fiancée *Bachelorette* Maynard. His golfing buddy ironically was Arie Luyendyk who was the runner-up on the *Bachelorette*. In response to calling off his engagement with Maynard, he commented that the two remain “great friends” and he hopes to continue his friendship with her. The duo “tried our hardest to make it work”, but it looks like the two will remain friends for now.

What are some ways to keep yourself busy after a breakup?

Cupid's Pulse

The first few days after a breakup are the hardest from coping with the loss of a valued relationship to dealing with the sudden amount of free time. Here are some ways to busy

yourself:

1. Catch up with old friends: When we are in a relationship we tend to replace the time that we would spend with friends with time spent with a partner. Go out for a drink with a few friends or take an old pal to lunch to catch up. Reunite with an old classmate or friend that you lost in touch with.

2. Cross that item off your bucket list: Never had time to take those dance classes? How about that movie you've been dying to see? Go see it and cross it off your to do list! While you have the time, do all of the things you had wanted to do but never got around to do yet.

3. Avoid the computer: Whatever you do avoid the computer including Facebook. Nothing good can come out of seeing your ex and his current whereabouts. Plus, you don't need to log your daily activities on the computer for your ex and his friends to see.

How do you keep yourself busy after a breakup? Share your ideas with us.

Sources Say Russell Crowe and Danielle Spencer Have Split





By Nic Baird

Oscar winner Russell Crowe and musician Danielle Spencer have split after an eight year marriage, according to the [Sydney Morning Herald](#). The relationship blossomed after the two were cast as lovers in the 1990 movie *The Crossing*. The New Zealand-born actor married Spencer in her native Australia April 7, 2003. Spencer is currently in Sydney with their two children, while Crowe is on a N.Y.C. stage with Alan Doyle, Sting, and upcoming *Les Misérables* co-star Emma Watson. Crowe's rep did not respond to [People](#)'s request for comment, Sunday.

What are some ways to get through a rocky patch in your relationship?

Cupid's Advice:

Getting past the hurdles in a relationship is easy. Every couple has problems, but all it takes is a bit of effort to move on. Before you go wasting your money on therapists and bartenders, check that you're both completely invested in making it work. It only takes a spark to get the fire going again.

1. Clear the air: Don't tiptoe around ongoing issues. Find out what burdens your relationship. Tell your partner what makes you unhappy, and listen to your their problems as well. Think about the times when you worked well as a couple, and examine why relations are suddenly different.

2. Compromise: Someone's needs are being neglected in your relationship. Trying to push past a rocky patch means resolving to make the necessary adjustments. Talk with your partner about the needs you both have. Figure out what structural tweaks will keep your twosome blissful.

3. Change: Resolving to improve means nothing without action. As a couple, you move forward together. Half the pair can't be crushed by all the relationship maintenance, while the other shows no interest. Obviously your relationship changed once before when it slid into this rut, now something has to change again. Follow through on the changes you discussed with your partner.

How did you get past a rocky patch in your relationship? Share your experiences below!

Courtney Robertson Is Spotted Without Engagement Ring





By Jennifer Ross

Nothing spells a breakup any clearer than when a woman takes off her engagement ring, as is the case with *Bachelor* couple Ben Flajnik and his ex-fiancée Courtney Robertson. This Monday, Robertson, 29, was spotted out wearing workout gear minus an engagement ring just a mere few days after Flajnik, 30, had confirmed to [People](#) that the two had split up. As if this was not enough confirmation, Flajnik then posted online, “Welp, another weekend ahead and there is so much going on in San Francisco. I can’t even begin to tell you how crazy of a weekend it’s going to be.” Will Flajnik be the next second-time Bachelor? Stay tuned.

How do you know when to call off your engagement?

Cupid’s Advice:

Thankfully, most of us do not have to deal with a breakup while being constantly followed by the media. However, this does not make ending an engagement any easier for you. Before you walk down the aisle, here are a few signs leading towards ending your engagement:

1. Infidelity: Without a doubt, if someone is cheating in your

relationship, this is a major sign that the engagement needs to be called off; at the very least, the wedding needs to be postponed. Infidelity is a usually symptom, and not the cause, that someone is not 100 percent on board with a union between two people. Without full commitment from both parties, your future marriage will not last long.

2. Too many missing links: By the time you are engaged, certain fundamental questions should be agreed upon by you and your partner. Where will you two live? How many children will you have? What, if any, religion will the children learn? Who will stay home with them? Not agreeing or compromising to these questions will set your relationship up for future surprises and high risk failure.

3. Instincts are loud: If on the outside everything in your relationship seems perfect but your internal instincts are screaming “run,” feeding it cookies will not do you any good. Never let a perfect, albeit false, image of your love life prevent you and your partner from having true happiness, even if it’s separately. Like all other challenges in life, you will survive a breakup and be stronger for it.

What made you decide to call off your engagement? Share with us below.

‘Bachelor’ Stars Ben Flajnik and Courtney Robertson Call It Quits

Cupid's Pulse

* Celebrities. Love. Opinions. *



By Nic Baird

Ben Flajnik, the *Bachelor* from the show's 16th season, and his final rose recipient, Courtney Robertson, have ended their eleven month relationship, according to UsMagazine.com. The couple explored Baker Beach, San Francisco in August, and Flajnik even commented on Twitter that it'd be an ideal location for their wedding ceremony. The pair seemed in love this summer, despite Flajnik's rumored indiscretions four months after their November 2011 engagement. Before this recent split, the California winemaker's proposal to *Bachelorette* Ashley Herbert was turned down in favor of competitor J.P. Rosenbaum.

How do you know when it's time to call it quits?

Cupid's Advice:

It's always good to be optimistic about love. Being in a healthy relationship means fostering a connection, allowing growth, and maintaining trust. Looking for a way out is

different than examining the strengths and weaknesses of being together. That being said, recognizing these important fundamentals will save you from picking up the pieces of your heart with the boxes of clothes you left behind:

1. Friendship: All relationships are based on the enjoyment you have spending time as a couple. Like any friendship there can be rocky moments and tension. But in spite of this, both parties should still care for each other. This means building a comfortable foundation and finding new ways to spend time together. A relationship includes intimacy, but if it doesn't feel like you're friends than how could you be more?

2. Future: Most people enter a relationship with the idea that it could progress further. Unless otherwise stated, it's reasonably assumed that your partner is a candidate for marriage. You're stalling if you've already dismissed this in your head. Your partner's life, may have no room for you. If they're unwilling to ever compromise on solutions to develop your partnership, then remember to prioritize your relationship needs. Decide on an appropriate time to put down the candle.

3. Trust: Some broken hearts can't be mended. Second chances are great, but not always realistic. Even with forgiveness, baggage can still tear your relationship apart. Establishing trust is hard, but repairing it is even harder. If there's no hope of trust with this person than don't torture yourself. Confront issues head-on, talk with your partner, and make a final decision.

What are signs that told you to call it quits? Share your experiences below!

Celebrity Break-Ups That Broke Our Hearts



By Jessica Nappi

We've all gone through our own break-ups, and no matter how painful they can be, sometimes, seeing [celebrities break-up](#) is even worse. These splits involve not only the two in the celebrity relationship but also their entire fan base. Break-ups in Hollywood mean more than just broken hearts; they also mean no longer seeing them pose together on the red carpet, waving goodbye to those PDA-filled paparazzi shots, and saying sayonara to those lengthy interviews where they gush about how much in love they are. Here are three celebrity break-ups that had us crying:

Three Celebrity Break-ups

1. Tom Cruise and Katie Holmes: Tom Cruise and Katie Holmes's split is the most recent and therefore the most sensitive of topics. From the moment Cruise not-so-humbly jumped on the couches of *Oprah* proclaiming his love for Holmes, we all envisioned a happy ending to this celebrity love story. There was the birth of TomKat, followed shortly by the actual birth of their daughter Suri. The famous couple had a six-year run before Holmes shocked the world by filing for divorce in New York City earlier this month. What will we do without seeing ever-so-cute family photos of the duo with their fashionable little girl?

Related Link: [Five Celebrity Divorces We Really Weren't Expecting](#)

2. Brad Pitt and Jennifer Aniston: This golden Hollywood couple married in 2000, and everyone dreamed of watching their picture perfect celebrity love story play out. From [Brad Pitt's](#) guest appearance on Jennifer Aniston's show *Friends* to always walking hand-in-hand on the red carpet, it seemed like this celebrity couple was as strong as could be. Then came the 2005 movie *Mr. and Mrs. Smith*, in which Pitt co-starred with the one and only [Angelina Jolie](#). The rest is history: Pitt and Jolie are now engaged with six kids. Aniston isn't doing so bad either: She has found a new man – Justin Theroux – and was recently voted hottest woman of all time by *Men's Health* magazine.

Related Link: [Love in the Limelight: Why You Should be Happy You Aren't Famous](#)

3. Sandra Bullock and Jesse James: It *seems* like a woman can't win the Academy Award for Best Actress without subsequently splitting with her man. Kate Winslet, Reese Witherspoon, Halle Berry and now Sandra Bullock are just a few of the many actresses who won big in their career yet fell short in their

love life soon after. Bullock's marriage to TV's *Monster Garage* host Jesse James seemed better than ever, especially due to the heartfelt award speech she gave about him. But just days later, Bullock and the entire world discovered James' cheating rampage. As if we couldn't feel any worse for America's sweetheart, the famous couple was in the process of adopting a baby boy, whom Bullock now solely cares for. However, she now seems very happy as a mother.

What celebrity break-up broke your heart? Tell us below.

Arnold Schwarzenegger Admits to Another Affair in Memoir



By Jennifer Ross

Just when you thought you had heard it all, Arnold Schwarzenegger confesses to another love affair. From his new book, *Total Recall*, the former California governor wrote about an affair with his one-time co-star Brigitte Nielsen that happened back in the 1980's. The latest news comes just one day after *60 Minutes* released an interview excerpt where Schwarzenegger admits to fathering a child with a former housekeeper while married to Maria Shriver. According to AP, it was his affair with Nielsen that made him want to marry Shriver even more.

What are some ways to deal with the revelation of a partner's affair?

Cupid's Advice:

Apart from a death, finding out your partner had cheated is one of the most saddening news to receive. You will go through many negative emotions and, more importantly, need to decide what to do next. So to help you with your dilemma, here are a few ways to deal with the revelation:

1. Answer the hard question first: One of the hardest questions to answer after an affair has happened is will you stay or leave your partner? No matter which you choose, the road will be difficult, so it is useless to look for the easier path. Even so, you must choose wisely and not go back on your decision.

2. Know your part: Unless your partner is a philanderer, he did not go out looking for an affair. This means that the affair more than likely was a slow process that started when you two had issues, and way before the other person came around. To truly deal with the issue, you must look inwards to understand your part, even if your part was just looking the other way.

3. Understand the stages: The next few months will be a roller

coaster. Understand that you will go through times of anger, frustration, sadness, and moments of feeling absolutely nothing, in any order. Eventually, the negativity will lessen and you will get to peace and rekindling.

How did you deal with your partner cheating on you? How hard was it to deal with? Comment below.

Rachel Bilson and Scott Porter Dish on Love Triangle on 'Heart of Dixie'



By Jennifer Ross

In the season finale of *Hart of Dixie*, Dr. Zoe Hart (Rachel

Bilson) and Wade Kinsella (Wilson Bethel) finally have their love affair. However, the show didn't end like that. Soon after, George Tucker (Scott Porter) decides to call off his wedding to Lemon Breeland (Jaime King) and confesses his love to Dr. Hart. What's a girl to do? Bilson, 30, tells UsMagazine.com that although she does not know who her character will end up with, she thinks the love triangle will continue for awhile. As if that was not enough to keep you waiting for next season, poor Lemon will battle with maintaining her perfect image before society. How will she handle the humiliation? Will she fight to get her man back? Will she go back to her former lover, Lavon Hayes (Cress Williams)?

What do you do if you're caught in a love triangle?

Cupid's Advice:

Whether you are torn between two lovers or happen to be one of the two hanging on, being in a love triangle is exactly like being stuck between a rock and a hard place. There really is nowhere to turn and no matter if you believe they love you, you are ultimately alone. When you are ready to move forward to a better relationship, here are a few tips to get you going:

1. Be honest: One of the main reasons you got yourself into this mess is because you were not honest with yourself in the beginning. Do it now! What pain or void are you trying to fill? Aside from the actual person, what do you truly want in a partner? Never mind the guy, what kind of love do you want for yourself? Make a list and read it daily.

2. Listen to logic: No matter how much you feel you need to stay, chances are you know or have heard all the reasons for getting out. You must take time (a week, a month, etc) to slow down your emotions and think about your love triangle in its entirety. Remember, holding on tighter to your lover(s) will

not make the spinning stop; it only makes you dizzier.

3. Let go: Do this; imagine your younger sibling or best friend came to you with this exact same problem. Would you tell them to stay or would you tell them they deserve better? One thing you forget to realize is that the only reason you are in a love triangle to begin with is because you continue to stay in your corner. The sooner you get out, the sooner your pain will heal.

How did you come out of a love triangle? Tell us below.

Robert Pattinson Moves Back In With Kristen Stewart



By Jennifer Ross

It appears that Robert Pattinson and Kristen Stewart have taken the next step in making up. The *Twilight* couple has moved back in together and have officially reconciled, a source told UsMagazine.com. However, not everything is roses and lollipops between them. Although their make-up was dramatic, Pattinson, 26, is insecure and sensitive to the relationship, say sources. No doubt, he still is not over Stewart's, 22, infidelity with her *Snow White and the Huntsman* director, Rupert Sanders. Will the couple's first indiscretion be their last? Only time will tell.

How do you know when to forgive your partner after cheating?

Cupid's Advice:

Forgiveness can be a very difficult thing to do when your partner has betrayed your love. Never-the-less, it is very important to eventually forgive, regardless of whether or not you decide to reconcile. So to help you decide, here are few clues to look for that tell you it is time to forgive:

1. You've dealt with the truth: Although you wanted to blame everything on your partner, the two of you have realized that cheating was only a symptom to something else and steps were taken to resolve it. Dealing with the real issues in your relationship is necessary in order not to end up back where you two started.

2. You've let go: In dealing with the main problem, you have found ways to accept the pain your mate has caused you. You may never forget, but you also choose to focus on the positive aspects as a result of his cheating. Also, you've realized that you needed to let go for the welfare of your relationship and your health.

3. You feel it: When you think about the infidelity, you are comfortable sharing your story in a positive manner. You are confident in yourself and your relationship with your partner.

Overall and in general, you simply feel better inside and out.

What signs did you find that made you forgive your partner?
Comment below.

Tom Cruise Is Moving On But Misses Suri



By Jennifer Ross

Although Tom Cruise has moved on from his divorce to ex Katie Holmes, he deeply misses Suri. With his new role in the upcoming action film *All You Need is Kill*, Cruise has been based in London since August for pre-productions, which has made it virtually impossible to see his 6-year-old daughter. As reported by a friend to [People](#), Cruise, 50, has said, "I've

got to see her.” Adding to that difficulty is Suri’s permanent relocation in New York City, where she began first grade at the private Avenue’s School in Chelsea. However dim, all is not lost. The first grader is still able to have a relationship with her father, via phone, several times per day.

What are some ways to remain in your child’s life after a split?

Cupid’s Advice:

In any break-up, the relationship between you and your child may become estranged. In order to regain that special bond between parent and child, Cupid’s Pulse has a few tips to help you stay connected:

1. My home is your home: When you are settling down in your new home, be sure to create a personal room/space for your child as well. Allow them to decide on the room decorations. Their very own room will make them feel wanted and welcomed, giving them a sense of security during the time they are with you.

2. Share a common interest: Start a hobby that you both like and can enjoy together. Whether it is an outdoor sport like football or something calmer, such as starting a book club, the interest needs to be exciting for both of you. This will give you a common ground to relate and help create a positive connection with your child.

3. Always remain consistent: No matter how busy your life may get or how difficult your ex may be, there must be consistency between the parents! Therefore, set the ground rules with your ex regarding your child and follow them. Otherwise, different rules in different homes will only lead to emotional chaos and destruction.

How have you remained in your child's life after your break-up? Tell us below.

Breaking Up Without Breaking Down



By Dr. Tranquility

– Lydia Belton, PhD, Ct. H.A.

While breaking up is a part of dating, going back to a single life can be scary. It's time to stop worrying about lost love and start taking care of yourself. By enjoying life and staying positive, you'll climb out of this rut in no time. As Russell Brand told host Liz Hayes. "Sometimes it goes well, sometimes it don't. But if you sort of sense there's an incompatibility, then in any relationship, regardless of the

status of the individual, it kind of is best to go separate ways.”

Here are four tips to help you get back on the horse and have fun while doing it. Let’s start with our post breakup tips.

Related Link: [Letting Go of Past Loves](#)

1. Don’t call them under any circumstances

Once more, don’t call them under any circumstances. If you’re a woman – and you know who you are – just say no. We have a need to communicate our feelings. It is our way of processing. This is not as true for men. Write a simple e-mail, which states your feelings factually without gushing. Keep it as short as possible. Using bullet points can be helpful to keep you on point. If it truly has been a loving relationship they will eventually call you, if only to say hello and wrap up any loose ends. At this point, you may be concerned it will be too late. You will be looking ahead to a new relationship. It may very well be too late. That is their problem, they blew it. This is why you don’t sit around pining!

Related Link: [6 Things Women Should Never Do In A Divorce](#)

2. Occupy your darn time

Book yourself up continuously. Now is a great time to hang with friends, go to dinner, go to the movies, stay home and watch your favorite show with the girls and, even better, popcorn. Try wine tastings, spas and gallery events. You name it! It’s also good to hang out with your male friends. Get some of that testosterone energy to keep you strong and reduce the sobbing. You will be less tempted to call him as well.

3. Date like crazy

Dating like crazy accomplishes two goals. One, it keeps you busy. Two, it releases PEA and endorphins. This works

particularly well for women. You'll feel more secure, sexy and desirable. This shifts your attention off of him and back to you where it belongs. You will do far less pouting, and because your self esteem is stronger, you will get over your old flame far more quickly. So log into a dating site, go see a matchmaker, write a personal advert and let all your girlfriends know you are single so they can fix you up. Now, you may not be that attracted to some of these guys. Some you may not like that much, and a couple not at all. The point of this exercise is to get you out and about again. One thing I can promise is if you sit at home pining the only men you are going to meet are doing pizza and Chinese delivery. Even if your former romance is gorgeous, he's probably not the one for you.

4. Take advantage of quiet time

Know there will be some quiet times. When you find yourself with peaceful moments, try meditation on for size. Do this whenever possible and visualize positive thoughts: times and relationships that are supportive and loving. This past one wasn't, or you would still be together. Having more time with your thoughts isn't bad!

Remember, you deserve to have someone in your life who is caring, honest and faithful to the terms of your relationship. Take solace in the fact you're free from guy problems for awhile. You are now set to find the right person and have a good time finding him.

Developed by Lydia Belton PhD, Ct.H.A. of DrTranquility.com, Date Therapy® is an effective protocol that helps people get in touch with their criteria for an ideal mate. DrTranquility's protocols® have been featured most recently on Forbes.com & Yahoo, ABCNEWS.com, ABC's the View, KISS FM, CupidsPulse.com, Metromix for the Chicago Tribune, British Glamour, REDBOOK, Cosmopolitan Magazine & promoted by Match.com.

Carrie Ann Inaba Calls Off Her Engagement



By Jennifer Ross

Dancing with the Stars judge, Carrie Ann Inaba, and her fiancé, Jesse Sloan, have called off their wedding. The two came to this decision back in early summer and have remained friends since then, according to [People](#). There is no news yet of the official reason for the break-up. Sloan had proposed to Inaba, on *Live! With Regis and Kelly* in March 2011.

What are some circumstances in which you should call off your engagement?

Cupid's Advice:

You have just begun to plan for your wedding, but something seems wrong with your vision. Is it the venue, the dress, the caterer...or the fiancé? Before you pick out the invitation card, you had better confirm your fiancé is the one. Here are a few warning signs that it is best not to move forward with the wedding:

1. Simply too young: As you think about your future wedding day, you notice your fiancé thinks about future clubbing days. Are you two on the right path? Sometimes, an engagement can make a person realize just how young they are and whether they are ready for the life-long commitment of marriage. If being engaged is too much too soon, do not fret. There is plenty of time to get there, as long as you are willing to work it out.

2. I don't know you: As exciting as it is to become engaged, it is also added pressure to your relationship. It is during this new level of stress that deeper levels of a personality will come out and they are not all positive. Is your partner the same person you thought you they were? Do they handle the pressure in a good or bad way? If the engagement had brought out a bad side you have never seen, you may have not known them after all.

3. Avoids discussing the wedding: It is only natural that one partner may be more interested in the wedding details than the other. However, if your fiancé completely objects to speaking about any details at all, there is a bigger problem. To have any annoyance or hostility to an event that is suppose to join you two as one means one of you either is not ready to get married or believes they are marrying the wrong person. Either way, all plans should stop.

Did something happen that made you realize it was time to call off the engagement? Tell us below.

Kristen Stewart Is Spotted in Rob Pattinson's Old T-Shirt



By Nicole Weintraub

Kristen Stewart emerged Wednesday wearing a familiar looking t-shirt. According to [People](#), the *Twilight* star was wearing former beau Robert Pattinson's T-shirt that he was photographed wearing whilst walking his dog last year. If it was not his t-shirt, it was an exact copy since the two shirts are identical. The infamous couple split when Stewart had an affair with her *Snow White* co-star Rupert Sanders. Once the scandal went public, Stewart made a public apology directed towards Pattinson. Since then the two have not been photographed together, but will need to promote their upcoming film that is the final installment of the *Twilight* series so

confrontations are bound to occur in the upcoming months.

What are some ways to show your ex-partner that you miss them?

Cupid's Advice:

Break ups are hard to endure, especially when you regret having them. Sometimes parting ways is beneficial for both parties but other times you still have feelings for them. Here are some tips on how to show your ex that you miss them:

1. Don't rebound: If you're constantly going out and about, looking for other guys then your former beau is going to get the message that you are ready to move on. Seeing you with members of the opposite sex will not make them jealous but ruin chances you have of getting back together.

2. Let them know: Be honest. If your former beau does not return the same feelings, then at least you can say that you tried and did your best. Just let them know that you still care about them.

3. Talk to them: Avoiding your ex-partner is going to do the exact opposite of what you are hoping for. By letting them know that you are still involved in their lives, they will see that they are still important to you.

Have you ever had feelings for an ex-partner? How did you let them know? Share your experiences below.

Maria Sharapova and Sasha

Vujacic Call Off Their Wedding



By Jennifer Ross

It is game over for professional tennis player Maria Sharapova and fiancé, former Los Angeles Laker Sasha Vujacic as the couple decides to call off their wedding. The two began dating back in 2010 and had gotten engaged on the one year anniversary of their first meeting. The cause of the breakup is reportedly their hectic career schedules, according to [Too Fab](#). On a positive note, Sharapova is currently playing in the U.S. Open where she has advanced to the semifinals and Vujacic is in training camp overseas for the Turkish basketball season. With a little time, the two will be back on top in their own personal lives again.

How do you know it's time to call off your wedding?

Cupid's Advice:

Walking down the aisle is a life-long commitment to each other that can destroy hearts and bank accounts if you have chosen the wrong one. So before you take your first step, make sure there aren't any red flags to stop you. Here are a few tips to think about before saying "I do":

1. Save the date: If time has passed since the engagement and a wedding date has not been set, then you may have a problem. It is understandable to wait a little while before setting a wedding date. However, if more than a year has passed and your loved one is still avoiding the calendar, chances are their "life" schedule does not include you.

2. No bachelor/bachelorette party: The bachelor/bachelorette parties are a rite of passage and the last single party of your life. So if your mate demands that you forsake this for their benefit, find out the true reason why. It may be possible that your mate does not trust you. Without trust, you two will never make it in the long run.

3. Baby names: Planning a wedding requires many details to discuss and finalize. What it does not include are baby names and pre-schools, although it is wise to discuss how many children you want **before** proposal. However, if your mate wants to plan too far into the future now, they may have a case of "wanting to catch-up" to their already settled down friends. If so, is your mate marrying you or making up for lost time?

**What was it that convinced you it was time to call it quits?
Tell us below.**

Seal Clarifies That Heidi Klum Did Not Cheat



By Nicole Weintraub

After seven years of marriage Heidi Klum and Seal called it quits in January, with Klum officially filing for divorce in April. According to [People](#), Seal would like to clear the air and state that Klum was not cheating on him whilst they were together. In a statement he had made prior in an interview, rumors spread that Klum had cheated on Seal with her bodyguard Martin Kirsten. Seal sets the record straight by explaining the statement in his interview by claiming that they are separated, but still legally married. Photos of Klum and her bodyguard vacationing surfaced and Seal said he expected her to “have shown a little more class...before deciding to fornicate with the help.”

What are some ways to know that your partner is being unfaithful?

Cupid's Advice:

Being in a relationship, no one wants to find out that the person they trust the most is the one that is hurting them. Here are a few tricks on how to find out if your partner is being unfaithful:

1. Hot and cold: If your relationship has been on the rocks or unstable recently, that could be a huge clue that your partner is experiencing a wandering eye. When we are not happy in current relationships whether it be due to the spark dulling or constant arguments, we tend to look elsewhere to see if we are missing out on anything. Keep an eye out for your partner being out of tune with you emotionally and keeping you out of their schedule.

2. Excuses, excuses: Honesty is one of the most important ingredients in a healthy relationship. When you start hearing excuse after excuse, it's time to start looking for more clues. One late night at the office is understandable, but when the same excuse comes up over and over again, chances are it's not just an excuse anymore.

3. Sudden changes: Sudden changes in mood, behavior and scheduling may be indicators that your partner is unfaithful. Constant canceling and postponing plans that your partner has with you is a red flag. It may be a sign that your partner is seeing someone else, or it may be a warning that the spark is dulling in your relationship.

Have you found your partner being unfaithful? What red flags did you find? Share your comments below.

'Bachelor Pad' Star Chris Bukowski Says He Still Has Feelings for Emily Maynard



By Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

What do you do if you're having a hard time getting over an ex?

Cupid's Advice:

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips to getting over that heartbreak:

1. Get your ex off that pedestal: You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a good reason why this break-up happened, even if you cannot see this right away.

2. Get rid of the reminders: The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

3. Dust off those hobbies: Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!

Hilary Swank and John Campisi Split



Hilary Swank's

five-year relationship has ended. She and (now ex-) boyfriend John Campisi have called it quits, according to [People](#). The pair began dating in 2007, a year after her divorce from Chad Lowe.

What do you do directly after a breakup with a long-term partner?

Cupid's Advice:

It's difficult to navigate a breakup, especially with a long-term partner. Here are some things you can do to ease the ache:

1. Control your environment: Surround yourself with people you love who make you happy to lessen the blow from a split.

2. Do what makes you happy: Find ways to find comfort in yourself: pamper yourself, work out, and set goals that you know you can reach.

3. Reflect: Think about your relationship and what you have gained and learned from it – and from the breakup. Forget the negative and seek out the benefits from this experience.

What do you do directly after a breakup with a long-term partner? Share your story below.

Celebrity Couples Who Function As Families After Divorce





By Evan Goldaper

In the world of Hollywood, it's easy for celebrities to move on after they've been through a breakup. After all, there are always new and exciting people for them to meet, and everyone already admires them. However, some celebrities don't choose to completely separate from their exes. Although they didn't start dating each other again, these celebrity couples had their reasons to remain a family even after their divorces:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Bruce Willis and Demi Moore: For thirteen years, Bruce Willis and Demi Moore were among Hollywood's strongest power couples. The two actors were at the heights of their careers when they married in 1987, making their wedding one of the most talked-about events of the year. However, by 2000, their marriage had fallen apart and the two divorced. Unlike many other settlements, both in and out of Hollywood, Willis and Moore's split was uncontested and ended peacefully. They both agreed on the reasons for the divorce, blaming the increasingly small amount of time the two could spend together. Willis always said that Moore and their children's happiness was the most important thing to him, and he gave

around \$90 million to her in spousal support. When Moore was still married to Ashton Kutcher, they would their spend holidays with Willis as one large family. As Bruce said to *People*, "Life is too short to spend what little precious time you have alive being unhappy."

2. Courteney Cox and David Arquette: It's rare to see any relationship end as amicably as that of Courteney Cox and David Arquette. After meeting on the set of *Scream* in 1999, the two actors were married. Eleven years later, they began a separation that ultimately ended this June with a legal divorce. This separation was very simple and surprisingly friendly. Neither used a lawyer, assets were split 50/50 and Arquette didn't ask for any support. In a statement they both released, they said that "the reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage." Even while separated, the two remained committed to raising their daughter Coco as a team. Cox told *People* in 2012 that Arquette is still her "favorite person in the world." It's easy to believe that: Cox came to cheer Arquette on when he appeared on *Dancing With The Stars*, Arquette had a guest role on Cox's sitcom *Cougar Town*, and their joint production company Coquette Productions still makes television shows.

Related Link: [Hollywood's Messiest Splits](#)

3. Arnold Schwarzenegger and Maria Shriver: Although this divorce was one of the messiest splits in recent years, Arnold Scwarzenegger and Maria Shriver have managed to remain respectful and friendly. We've all heard the story: after being married for 25 years, Schwarzenegger revealed that he had fathered a child with their housekeeper over a decade earlier. He remained apologetic and said he deserved all the criticism he was sure to get, making him very accepting of his marriage's inevitable end. In part because of the love they still shared and in part because of Schwarzenegger's political position, the two tried to fix their marriage in couples

therapy, but a divorce still seemed likely. Though the two are now separated, Schwarzenegger still has a great deal of respect for Shriver and the two raise their children as a team. As he said to the [Huffington Post](#) earlier this year, “The most important thing is that the kids are doing well, and Maria always has been an extraordinary mother and always has worked with the kids very closely.”

What couples do you think have had the friendliest breakups? Tell us below.

Rihanna Says the ‘Slightest Things’ Remind Her of Chris Brown





We all remember the

tragic ending to Rihanna and Chris Brown's relationship in February 2009 after he physically assaulted her. But, recently on *Oprah's Next Chapter*, the pop star confessed that her ex will always have a special place in her heart. Rihanna continued to tell Oprah Winfrey, "I am reminded by a lot of things. A lot of memories we had. By the slightest things: hotel rooms, tour venues. Any little things: music, songs." Not only is Rihanna still reminded of the singer, but she felt protective of him when he was being charged for assault. She felt he needed help rather than to be locked up. Rihanna revealed a lot of mixed feelings in this interview, which could ultimately lead her back into the arms of Brown.

How do you keep thoughts of your ex from preventing you from moving on?

Cupid's Advice:

Usually when a couple has a dramatic break up, there's a lot of baggage that comes along with it. Here are some ways to prevent that from helping you move on:

1. Accept it as the past: A big problem of past relationships, is that you continue to dwell on things that already happened.

You have to accept them as things that you cannot change and just learn from any past mistakes. Accept it and move on.

2. Become friends with your ex: You don't necessarily have to become best friends with your ex, but if you have friendly conversation from time to time, you're most likely to get any thoughts about them out of your system. Hopefully by having a friendly relationship you can learn to be happy for them in the present, and having their support will help you move on.

3. Go out and meet people: The best distraction from an ex, is someone else in your life. Go out and meet new people. Go on dates and allow yourself to be distracted from any thoughts you may have about a past relationship.

How would you keep yourself from thinking about an ex? Share your thoughts below.

How to Kick That Bad Relationship to the Curb





By AJ Harbinger

You did it. You finally broke things off with your old partner, and now you feel great. The only problem is that now you're constantly thinking about your ex and wondering if you did the right thing. Ending a relationship is never easy, but if there was more drama and hurt feelings than good times and fond memories, then it's better for the both of you to say goodbye and move on. As any dating coach will tell you, the longer you stay in a bad relationship, the longer it will take for you to find a happy and healthy one. That said, moving on from a relationship can be more difficult than actually ending it. Though everyone handles a breakup in slightly different ways, the following guidelines can help you get through the process with as little self-torture and suffering as possible:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Don't contact your ex: Maybe at some point down the road you two can be on good terms with each other; however, now is not the time to forge that bridge of friendship. No matter how bad the relationship may have been, many individuals may have a hard time accepting the fact that their ex will no longer be a part of their life. To ease the transition of being newly

single, they decide to “be friends,” or worse, attempt to hash out over and over again the reasons why you broke up in the first place. Neither of these tactics will help you to truly move beyond the relationship: they’ll just cause frustration. Instead, commit to at least three months without contacting your ex. After that amount of time, you’ll be better able to determine if you want them in your life again.

2. Get rid of anything that could tempt you to contact them:

This is a hard rule to follow, but a necessary one if you really want to get over your relationship. Most dating coaches will advise you that any form of temptation, whether it’s Facebook, Twitter or texting, should be temporarily disabled to prevent you from reaching out to your ex and creating a messy breakup situation. This might sting at first, but it’s for your own good. Don’t fool yourself that you need her phone number or email “just in case.” For the time being, your priority should be trying to move on, not finding ways to stay stuck in the past.

3. Don’t isolate yourself from friends: If you and your ex share mutual friends, things might get a little tricky for a while. Expect that their friends will take their side and quickly disappear from your social circle. On the flip side, your buddies will still be there for you and more than willing to throw back one or two drinks as you drown your sorrows. Be sure to take them up on their offers to hang out whenever possible. Though some activities will have to be put on hold, such as any parties where your ex will most likely show up, now’s the time to rally your friends and have them remind you why splitting was the right thing to do. Plus, spending time with your friends will leave fewer hours to obsess over your ex and possibly contact them.

Related Link: [Can a Rebound Relationship Turn Into True Love?](#)

4. Test out the dating waters: As most dating coaches will attest, you typically can’t get over an old beau until you

find a new one. Though no one is recommending that you dive right into the dating pool, especially after a particularly difficult breakup, there's no harm in dipping your toes in the water. Who knows, you might just find someone else testing the waters and looking for a person just like you.

AJ Harbinger is one of the creators of The Art of Charm Academy. He has written a number of interesting guides, from dating advice on how to meet women to dating after divorce.

Jenni “JWoww” Farley Tells Off Her Boyfriend Roger Matthews



Arguments between

reality-TV star Jenni “JWoww” Farley and her boyfriend of two years Roger Matthews have been heating up since the start of JWoww’s *Jersey Shore* spinoff: *Snooki & JWoww*. While in Mexico with her pregnant co-star Snooki, the couple got into a fight regarding the fact that Roger had made plans the day that Jenny was supposed to return to the U.S. The argument continued to get worse until Roger suggested that Jenny reunites with her ex-boyfriend, and alleged abuser, Tom Lippolis, reports UsMagazine.com. In a sneak peek of the upcoming episode, JWoww can be quoted saying, “By telling me I should be with my ex, you can go f–k yourself! And you can burn in hell.” The two have been through many ups and downs throughout their relationship, but this argument may prove too hard to come back from.

What are some ways to avoid heated arguments in your relationship?

Cupid’s Advice:

Sometimes, a problem can get out of hand between you and a loved one. Cupid has some advice on how to avoid an argument with your partner:

1. Be open with your feelings: When your partner says or does something that upsets you, be honest. Don’t assume that they will understand why you are upset; it is your responsibility to explain what they are doing wrong and why it hurts your feelings. Open communication is one way to not only stop arguments, but to avoid them all together in the future.

2. Stay calm: One thing that will escalate an argument is yelling at your partner. Make sure to explain the problem calmly. If you raise your voice, your partner may feel attacked and the need to defend their actions can lead to a full-blown fight. If you can explain your side peacefully, your partner is much more likely to listen and take in what you say.

3. Watch your words: Words can be hurtful, especially when in the midst of a heated argument. It is important that no matter how mad you are, you try your best not to say something you will regret. Saying something you don't mean can make an argument much worse, and lead to a breakup, so try to be honest and don't say something merely to hurt your partner.

What are some ways that you avoid arguments in your relationship? Leave a comment below.