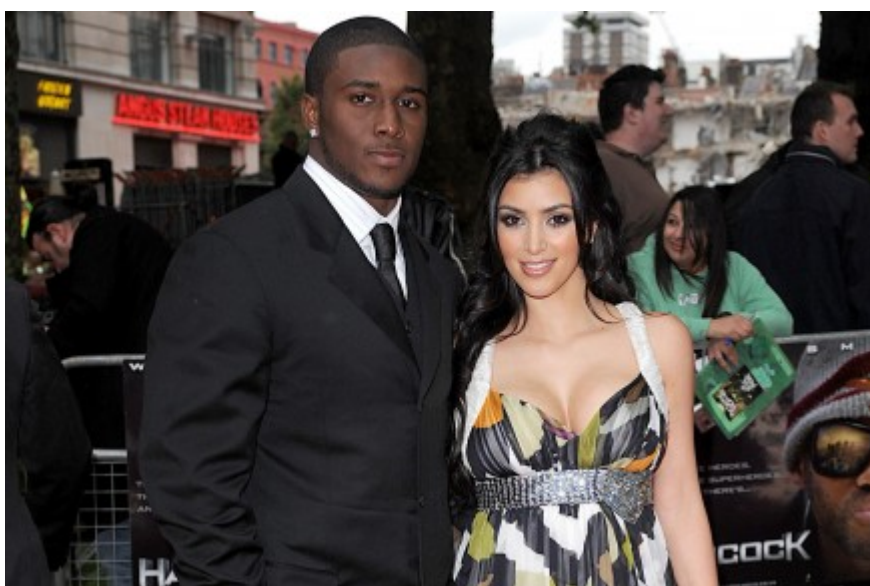


Celebrity Couples Who Have Been Hurt By Their Own Stardom



By Courtney Allen

In wonderful world of Hollywood, maintaining both a long-lasting relationship and a fast-paced career is evidently a huge challenge. The jam-packed schedules and non-stop tabloid mania in the everyday lives of celebrities leaves us constantly wondering when the next split will be—the fact they are going to happen is a guarantee. Nasty rumors of deceit, unexpected flings with co-stars and stress from an intense life can make stardom a celebrity couple's worst enemy. Unfortunately for these five celebrity duos, losing their battle to fame proved inevitable:

1. Kate and Jon Gosselin: Jon and Kate Gosselin first captured our hearts with their hit TLC show, *Jon and Kate Plus Eight*, which documented their hectic life as parents of sassy-yet-

sweet twin girls and a set of adorable sextuplets. The Gosselins graced our television screens for seven seasons as they traveled the globe as a family, while we all hoped their marriage wouldn't end like many of the reality star relationships that preceded them. But Jon and Kate proved no different as the show slowly revealed Kate's exploding temper and ego while the tabloids unraveled Jon's late-night getaways with other women. Years later, the two had one of the most public divorces in Hollywood.

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

2. Rihanna and Chris Brown: Rihanna and Chris Brown shocked the world when their relationship began in 2008. In our minds, the singers couldn't be a more perfect match, as they're two beautiful and unique voices with stunningly-good looks. Things quickly changed after an incident in 2009 in which Brown allegedly assaulted the female pop star. The two have made amends since then and rumors of a new relationship have spread, especially after the recent release of their song, "Birthday Cake (Remix)." But due to their long-lasting tabloid presence and heated past, we can't help but think that a second try will end in disaster.

3. Jennifer Aniston and Brad Pitt: The split between *Friends* star Jennifer Aniston and Brad Pitt, her "Mr. Perfect," was by far the most controversial divorces in the history of Hollywood. With Aniston's glowing skin and Pitt's captivating eyes, they always had America's attention. It wasn't until the 2004 production of *Mr. and Mrs. Smith* that things seemed to get off track. Pitt quickly fell in love with co-star Angelina Jolie while filming the movie, leaving him and Aniston's happily ever after in the dust as rumors swirled of an affair. Jen filed for divorce in 2005 and Pitt almost immediately began dating Jolie. Now called "Brangelina," the couple has six kids and have made their mark as one of the most powerful couples in Hollywood.

4. Kim Kardashian and Reggie Bush: Kim Kardashian bared it all for her E! show *Keeping Up With the Kardashians*, including her relationship with NFL star Reggie Bush. The reality show revealed their head-over-heels romance for several seasons. But after their final split, the unfortunate truth was revealed: Kardashian's stardom was too much for Bush, who never seemed to adjust. Kardashian has since been searching for her fairytale: a guy who accepts both her and her lifestyle. She found love in her marriage to Kris Humphries, but that relationship ended after just 72 days. Now the star is happily dating Kanye West. Thankfully, the socialite seems to be taking her new relationship slow, because if there's anything Kim has learned, it's that fame comes at a high price.

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

5. Katy Perry and Russel Brand: California girl Katy Perry and British comedian Russell Brand began dating in middle of 2009. The two didn't waste any time getting serious as news of their engagement hit the headlines by the end of the same year. And in just ten months, the couple was married. The world watched the pop-star and her new hubby closely as we formed our opinions on whether they would last. Fourteen months later, the pair proved all the doubters right. Russell Brand filed for divorce last December, citing irreconcilable differences. But between both of their busy schedules and separated traveling, it's no wonder the pair couldn't stand the test of time.

Which celebrity couples do you think have been most hurt by their stardom? Share your thoughts with us!

Kristen Stewart Says 'I Don't Like People Who Are Flakes' Pre-Scandal



Twilight star,

Kristen Stewart, may want to start practicing what she preaches. Just before she admitted to cheating on her former boyfriend, Robert Pattinson, she told *Entertainment Weekly* that she doesn't want anyone who's met her saying, "God, that girl is so fake," according to [People](#). For someone who doesn't like people who are flakes, she sat at Comic-Con in mid-July, with her boyfriend and their costar Taylor Lautner like everything was fine. No one yet knew about Stewart's cheating scandal with her married *Snow White and the Huntsman* director.

How do you know if your partner is trustworthy?

Cupid's Advice:

Before you can fully put your trust in someone, it's important that they prove they deserve it. Don't just assume your partner is honest because they say they are. Cupid has some tips:

1. Open your eyes: A lot of the time we get too caught up with our feelings for someone that we miss the signs that could have warned us to be careful. When you're in love, you're typically blinded by some of the more negative attributes of your partner.

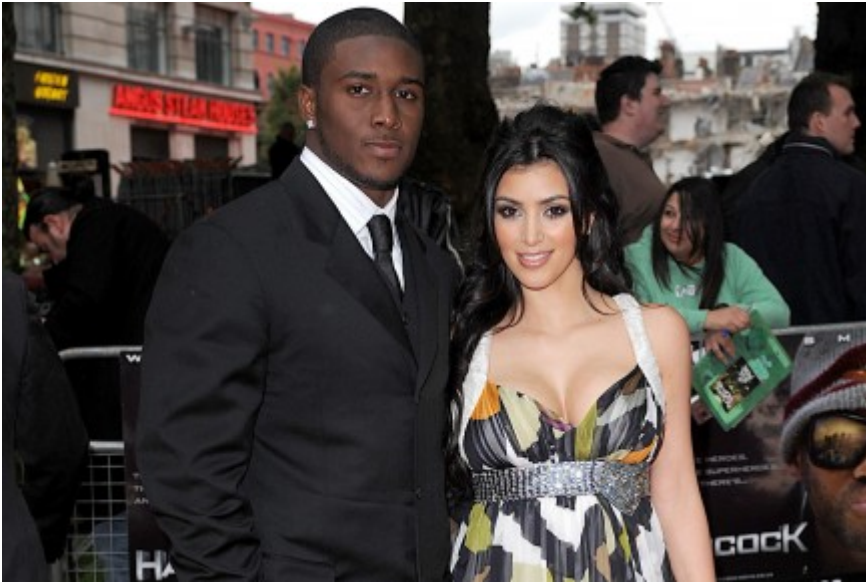
2. Their words match their actions: If you put your trust in someone that person needs to be reliable and genuine. This means that when your loved one says that he is going to do something, it gets done – no excuses. He or she respects you, your time and your feelings.

3. They have morals: A person who has integrity is probably going to be more dependable than someone with no moral values. Someone who holds responsibility and honesty to a high standard will also hold you to those standards and will be less inclined to let you down.

What are some other ways to know if your partner is trustworthy? Share your thoughts below.

**Katie Holmes Kisses
Unidentified Man After**

'Great' Dinner



After divorcing Tom Cruise a month ago, Katie Holmes seems to finally be back in the dating game. On July 27, Holmes was spotted dining with an unknown man in New York City. Before she left, she kissed the man on the cheek. UsMagazine.com reported that Holmes told a reporter from TMZ that she had a “great night.” In addition to this date, Holmes has also been working on a new life with her daughter Suri, including a new apartment in Chelsea. It’s clear that Holmes isn’t letting divorce slow her down.

How do you know when to jump back into the dating scene after a breakup?

Cupid’s Advice:

Breakups can be difficult for everyone, but they shouldn’t keep you from looking for happiness. Although it helps to wait before dating again, eventually you’ll be ready to give it another try. Here are some ways you’ll know you’re ready:

1. You aren't always thinking about your ex: After a breakup, especially if you were dumped, it's likely that everything reminds you of your ex. When you're finally able to distance your thoughts from their memory, you're ready to find someone new.

2. You've found someone interesting: There's no need to rush into a rebound relationship after a breakup. Don't go for the first person you meet after your split. Instead, try to find someone genuinely interesting in order to ensure your new relationship lasts.

3. You're feeling confident again: Breakups can severely damage your self-esteem at first. Try to build up your confidence and comfort again by hanging out with friends and doing things you've always wanted to do. Once you feel good about yourself again, people will take notice.

How did you know when it was time to start dating again after a breakup? Tell us below.

Johnny Depp and Vanessa Paradis Hold Hands at Reunion with Kids





It's been one month since couple Johnny Depp and Vanessa Paradis have called it quits on their 14-year relationship, and the love might not have gone all away. The ex couple met up with their two children Lily-Rose and Jack in their mansion in the South of France. A source for UsMagazine.com claims, "They were relieved they got along well." The two reportedly even held hands at one point. Is the love still there or can they remain friends? Depp, 49, is still reportedly seeing Amber Heard, but maybe the tables have turned and he is trying to amend his past relationship with Paradis.

What are some ways to show a united front post-split?

Cupid's Advice:

The end of a relationship can either end very badly or in a beautiful friendship. Here are some ways to maintain a good relationship after a breakup:

1. Have friendly day dates: If you have been with someone for a long time and then break up, it's normal to still maintain some sort of friendly relationship. Although you should probably avoid romantic night time dates, getting together every once in a while for lunch to catch up can be good for both of you.

2. Help each other out: It's normal to want to make sure that your ex is doing well. Check up on them every once in a while and see if they need anything. This is especially important when you two have children with one another.

3. Be supportive: Whether your ex is dating someone else or just starting a new job, show your support. You were a big aspect in their life at one point, and your support will mean a lot more than you may think.

What are some ways you would show a good relationship post breakup? Share your comments below.

Top Five Things to Do If You Get Dumped



By Chris Owen

When you're unceremoniously dumped by your partner, it could easily be a major life-affirming moment. However, most of the time, being dumped just seems to confirm that your life is awful and you're terrible to have trusted that good-for-nothing ex. Of course, even though it always hurts after a breakup, it's never the end of the world. Although you've stumbled along your path to happiness, with a little bit of reflection you can learn from your situation in order to move forward. Breaking up can be a little like overcoming an addiction, which can make it tough to move on. However, it's certainly doable, especially with the help of friends, family and time. Consider these tips for getting over a broken heart:

Related: [Dating After Being Dumped: How to Avoid Messy Rebound Relationships](#)

1. Have a good cry: Before you can move on, allow yourself time to wallow in self-pity and misery until you think you're completely done with tears. Though you might have a relapse, like if you hear a specific song or go to a certain place, it's important not to be upset if that happens. Just pick yourself and try again. Once you've had time to cry, it'll be a lot easier to get over your ex and move forward.

2. Go on holiday: Get your best friends together (preferably the single ones) and organize a holiday. It doesn't have to be an amazing series of adventure travel activities or anything else too fancy. Just getting together for a weekend in another town or country can help take your mind off your ex, letting you remember what it feels like to laugh and fun again. Be aware, however, that when you return home you might have a flood of emotions on your return. Don't let that be a setback.

3. Join a club: Concentrating on a project at work and putting in long hours can often help to numb the pain of a split. However, you don't want to overdo it, as that could make you

exhausted or sick. A good alternative is to join a club or find a new hobby, which can be similarly distracting but more relaxing. This will let you meet new people while filling the gap left by your ex-partner.

4. Spend some cash: Don't underestimate the healing power of that old classic hobby—shopping. Of course, I'm not advising that you re-mortgage your house or max out your credit cards, but there's nothing wrong with a little retail therapy to put a smile on your face and some brand new clothes in your wardrobe. Bring along a fun and funky friend to help you stay away from beige and black and find something bright and cheery.

Related: [Is Dating Your Ex Off Limits?](#)

5. Look up some old friends: With social media, it's almost impossible to hide from old friends from school, college and work. Returning to the single life is the best time to get back in touch and have some fun. Seeing old friends is a good opportunity to re-encounter the 'old you.' By talking about the good old days, you'll forget about your current situation in no time.

When you're finally going wild on singles holidays abroad with your brand-new wardrobe and new friends that you met at Scuba club, it'll be easy to remember that life is for living. After a breakup, we just often need a nudge to know where to start.

Chris Owen is well over his first breakup and looking forward to adventure holidays with his young family—time's a great healer!

Rumor: Is Katy Perry Dating John Mayer?



Although Katy Perry's divorce from Russell Brand just finalized last week, she may already be back in the dating game. Hollyscoop.com reports that the popular singer was seen flirting with John Mayer at a party last weekend. Some fear that Mayer's reputation as a Hollywood bad boy may not make him the right choice for the emotional Perry, but a source mentioned that the two "definitely appeared to be very into each other."

How can you help yourself move on after a breakup?

Cupid's Advice:

It's always hard to start looking for romance after a divorce or a breakup, especially if it was a messy one. However, eventually you'll have to move on and starting dating again. Here are some tips for getting yourself ready to find love:

1. Change your look: After a breakup, you have the perfect chance to try something new and exciting with your appearance. Getting a makeover, some new clothes or even just a different haircut are simple ways to help you move past your ex.

2. Consider what you need: A breakup can help put your wants and needs in a new perspective. Taking some time to think about what went wrong in your past relationship can ensure that your next one will be stronger and can help you find the perfect partner.

3. Give yourself time: Is your ex still occupying your every thought? If so, it's best to wait a little longer before looking for a new beau. Don't be afraid to take your time moving on. You'll be able to enjoy some of the special benefits of single life, like pursuing a new hobby.

How have you helped yourself to move past a breakup? Tell us below.

Can a Rebound Relationship Turn into True Love?





By Melanie Mar

When embarking on a new relationship, having some residual emotional attachment to your ex is not something I generally advise. Having said that, there are times when a “rebound relationship” is just what the doctor ordered. The end of any serious relationship can take its toll on your personal and sexual self-confidence and you might no longer be feeling attractive, feminine or sensual. Embracing someone whom you actually feel excited about might be exactly what you need to feel better. Though you shouldn't count on a new romance to magically eradicate all your insecurities, once in a while you will find the joy that was lacking in your last doomed coupling. Can these rebound relationships lead to true love? Absolutely! I married the man who was my rebound relationship. Here are some simple tips to help you do the same:



Related: [Dating After Being Dumped: How To Avoid Messy Rebound Relationships](#)

1. Be honest: Be completely honest with your new partner and, most importantly, yourself. Being truthful about where you are in the process of moving forward and letting go of the past is key.

2. Be vulnerable: A secure man who truly cares for a woman will not be not deterred. Hitting slight bumps in your relationship will only inspire him to protect and support you more. It's okay to be vulnerable, as that will often only make your relationship stronger.

3. Be open: Don't be closed-off to the potential of what this new relationship could be. If you're not open, you could be letting someone wonderful pass you by. Remember, rebound relationships can be successful. If you're still afraid to open yourself up, consider hiring a relationship coach to help you.

Related: [Rachel A. Sussman Helps Us Recover After A Breakup In 'The Breakup Bible'](#)

4. Be relaxed: Remember, stay relaxed, have fun, enjoy the courting phase and just let things take their natural course. Being nervous will only make things harder.

Melanie is a relationship and life coach, as well as co-owner of the Millionaire's Club International Matchmaking Agency for the U.K. and Europe. She is certified by the WANT Institute in Androgynous Semantic Realignment and a Transaction Analysis practitioner certified by the United States America Transaction Analysis Association. Visit www.melaniemar.com for more information.

Sources Say Johnny Depp and Vanessa Paradis Fought Before

Split



Contrary to popular belief, Johnny Depp and Vanessa Paradis did not have the perfect relationship. Sources say Paradis pushed Depp to take roles in high-grossing films, and then resented him for his success, according to UsMagazine.com. They would fight often and it eventually became too much. The pair split in 2010, waiting until this June to announce the separation for the benefit of their children.

How do you know when the fighting has become too much in your relationship?

Cupid's Advice:

Every healthy couple has their arguments, and no relationship is expected to be perfect. But how do you know if the fighting's too much? Here are some signs:

1. It affects all of your relationships: If you find yourself immediately on the offense no matter who you're talking to,

that's a clear sign that you're fighting too much.

2. You're looking for something new: Do you find yourself subconsciously seeking out a new partner? The fighting may have become too much, which can make you search for someone who can treat you well.

3. You're exhausted: Constant nights staying up trying to save your relationship aren't worth it. They take a toll on your body as well as your mind and bring you down too much.

What are some ways to tell that the fighting has become too much in your relationship? Let us know below.

Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise





Now that Katie Holmes has filed for divorce from Tom Cruise, she is taking matters into her own hands after breaking free from what sources say was a 'Scientology-influenced marriage' to the actor. The *Kennedys* star is now pursuing sole legal custody of their 6-year old daughter, Suri Cruise. An insider tells UsMagazine.com, "This is about protecting her daughter. She wants to be in charge of how Suri is being raised and didn't want her to have an exclusively Scientology education." With that said, the divorce of TomKat is just beginning to unfold.

What are some ways to get out of a controlling relationship?

Cupid's Advice:

Ending a relationship is hard enough, but a controlling relationship proves to be an even bigger challenge. Here are some ways to help you take back control of your life:

- 1. Seek professional help:** Searching for words of encouragement is a huge boost when it's time to take action in your relationship. You may find the perspectives of others are wiser than your own.
- 2. Make yourself your priority:** Make your relationship about you instead of your significant other. This will encourage you get out of a relationship that is not benefiting you.

3. Take back your power: Demand power in the relationship. Your significant other most likely will not allow it, which will help you find an escape.

How have you gotten out of a controlling relationship? Share your stories with us.

Six Famous Relationships That Started with Celebrity Scandals



By Jessica Smith

Nothing in Hollywood is juicier than a celebrity scandal. Many Hollywood couples work through humiliating experiences while dating, including Kim Kardashian and Reggie Bush, who went through a sex tape scandal; Justin Bieber and Selena Gomez,

who recently dealt with Bieber's accusation of getting a fan pregnant; and Miley Cyrus and Liam Hemsworth, who had to deal with negative press on Cyrus' sexual antics.

Many of us can relate to similar problems on a smaller scale, but it can still be exhilarating and deeply saddening to watch our favorite famous relationships let us down in these ways. Sometimes, celebrity couples even begin their love lives under this sort of scrutiny. Although not all celebrity affairs work out, some blossom into long-lasting relationships and love. Here are six famous couples that made the headlines with their scandalous splits, affairs, and ensuing sprint to the altar.

Celebrity Scandals That Turned Into Celebrity Relationships

1. Brad Pitt and Angelina Jolie: After being married to the beautiful Jennifer Aniston for five years, Brad Pitt and Aniston's relationship began to fail when he confessed his love for Angelina Jolie. Pitt and Jolie worked together on the set of *Mr. & Mrs. Smith* as a sexy spy couple, and they took their on-screen romance off-screen – even while Pitt was still married. The humanitarian couple has now been together for seven years. We can thank their six children for pressuring them to get engaged, so they can *finally* tie the knot.

2. LeAnn Rimes and Eddie Cibrian: These two stars met on the set of *Northern Lights*, where their characters' relationship spiraled into a real-world celebrity affair that ended both of their marriages. While LeAnn Rimes and her ex-husband Dean Sheremet claimed to go their separate ways with plans to remain loving friends, Eddie Cibrian's ex only had negative things to say about him. Rimes and Cibrian are now happily married.

Related Link: [You've Cheated, So Now What?](#)

3. Richie Sambora and Denise Richards: This was a celebrity scandal that cost Denise Richards a friendship but gained her a new man. Richie Sambora was married to Heather Locklear for 12 years before things started to get shaky between them. Richards encouraged her good friend Locklear to file for divorce, and despite girl code, Sambora and Richards were caught making out like teenagers a few weeks later. This seemingly-forbidden romance also required Sambora and Richards to deal with some pretty messy divorces of their own. Unfortunately, their relationship recently ended.

4. Tori Spelling and Dean McDermott: Tori Spelling and Dean McDermott fell in love on the set of the Lifetime movie *Mind Over Murder*, but they were both married at the time. The two quickly separated from their spouses. Before either one was legally divorced, they decided to announce their celebrity engagement. The two were married just a month after Spelling's divorce was finalized, and they have been married since 2006. They have three children and recently announced that they are expecting their fourth celebrity baby.

Related Link: [Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair](#)

From Celebrity Affair To Celebrity Engagement

5. Jesse James and Kat Von D: Jesse James and Sandra Bullock were married for five years and had just adopted a son together when rumors began about James' unfaithfulness. After confirmation of numerous affairs, Bullock filed for a celebrity divorce and decided to raise her son as a single parent. Not soon after, James started dating tattoo artist Kat Von D. The two made it as far as an engagement, but they never made it to their wedding day.

6. Blake Lively and Ryan Reynolds: Although the two didn't

date immediately after Ryan Reynolds' divorce from wife Scarlett Johansson, it's believed that Blake Lively was a factor that led to their split. Considering their marriage seemed to be going smoothly, their celebrity divorce announcement was surprising. The actor jumped from one serious relationship to another, as the celebrity couple was recently spotted house hunting.

What's your favorite celebrity scandal? Share your comments below!

Katie Holmes Files for Divorce from Tom Cruise



The survival of TomKat just may prove to be “mission impossible” for Tom Cruise after learning Katie Holmes filed for divorce on Thursday. Despite their never-ending rumors of a split, the

soon-to-be separation of the couple is a shock to Hollywood, especially after the actor told [People](#) just days ago that his perfect day is “the time with Kate.” The actor confirmed through his rep that it was indeed his wife who filed the papers, just five days before his 50th, and asked for privacy during this time. The end of TomKat marks divorce number three for Cruise.

What are some ways to tell it's time to get a divorce?

Cupid's Advice:

Choosing to get a divorce is the most heart-breaking decision you could possibly face in a marriage. Here are some signs it's time to call it quits:

- 1. Cheating:** Unfaithfulness is completely unacceptable in any marriage or relationship. Cheating destroys trust and without that, a relationship cannot thrive.
- 2. Physical or verbal abuse:** Abuse is a big no-no, being one of the biggest sign of an unhealthy relationship. The sooner the relationship ends, the better off everyone is in the long run.
- 3. Become strangers:** People change over the course of their lives, even spouses. If you both no longer share the same important aspirations, such as having kids, it may be time to call it quits.

How did you know it was time to get a divorce? Share your experiences below.

Will Roberto Martinez Be the Next 'Bachelor'?



Roberto

Martinez won Ali Fedotowsky's heart on *The Bachelorette*, but after calling off their engagement in November 2011, the single stud is not just looking for love, he's looking for money, according to UsMagazine.com. Sources suspect that Martinez is going to be the next bachelor because "the network will give him pretty much anything." The former *Bachelorette* contestant may find himself back at the place he and his ex fell in love, which is something Fedotowsky is "terrified about."

What are some ways to cope with your ex moving on?

Cupid's Advice:

It can be painful to learn your ex has moved on to someone else, especially if you're still single. However, there are a few things you should think about before you let your ex's

progress make you upset:

1. Don't force yourself to do the same: If your ex seems to be moving on faster than you expected, don't feel obligated to pursue the first person to feign interest in you if you're not ready. Everyone moves at their own rate, so don't feel pressured to rush into things.

2. Surround yourself with friends: A lot of personal time is essential for healing after a breakup, but if your past lover is moving on, try to be around people that are going to pick you up and keep your mind off it.

3. Take a trip: Take some time off from work and go on a road trip. This will give you an opportunity to clear your head and leave room for new adventures and experiences.

How do you handle an ex moving on? Tell us below.

Ryan Philippe's Ex Alexis Knapp Hooked Up With Seth MacFarlane





Project X star,

Alexis Knapp, was secretly hooking up with *Family Guy* and *Ted* creator, Seth MacFarlane while she was pregnant with Ryan Philippe's baby. According to UsMagazine.com, Knapp began seeing MacFarlane after she broke up with Ryan Philippe. When reached for comment, MacFarlane's rep insisted that the two are not dating, but a source says that Knapp really likes MacFarlane and wants the relationship to be official.

What are some ways to tell it's time to move on after a split?

Cupid's Advice:

When a breakup happens, both parties can leave with different feelings about the failed relationship and their ex. Sometimes one partner may want to hash out old feelings while the other just wants to forget their feelings. Don't be the one who can't let go! Here are some ways to tell it's time to move on after a split:

- 1. No phone calls:** If your ex no longer calls you to set up a date or texts you to let you know what time he's getting home, then it's time to move on.
- 2. They have moved on:** If you see that your ex is already talking to other people or just focusing on themselves without you, then you need to do the same.

3. Other people acknowledge the break up: If the people around you no longer refer to you as a couple, then its time to keep it moving.

How do you know when it's time to move on after a split? Share your comments below.

Dating After Being Dumped: How to Avoid Messy Rebound Relationships



By Sari Holtz

At the young age of 26, screen siren Scarlett Johansson was seen snuggling up to Sean Penn, 51, mere days after her divorce from Ryan Reynolds. Similarly, Jennifer Lopez started stepping out with Casper Smart very shortly after her marriage

to Marc Anthony ended, though she is 18 years Smart's senior. While these rebound romances may seem extreme, they are actually quite common, both among celebrities and "normal people" looking for love after a relationship sours. Although most rebound relationships end in failure, it stands to reason that anyone coming out of a breakup should be in the proper mindset before entering a new relationship. Here are some ways in which you can avoid a painful rebound relationship and find one that works:

Related: [Rachel A. Sussman Helps Us Recover After a Breakup in 'The Breakup Bible'](#)

1. Expand your options. If you've already dated your coworkers' relatives and your hairdresser's brother unsuccessfully, it's time to expand your social circles in your search for a soul mate. One great way to do this is by using an internet dating service to get new options. Online dating sites have now been used by celebrities such as Chace Crawford and Halle Berry, and have produced millions of happy couples. It helps that top online dating sites are no longer a mishmash of singles looking for love. Instead, many of today's dating websites cater to select clientele, so that singles can find someone with similar values to theirs. Research your options carefully to increase your chances of success, whether you're looking for specifics like the best gay dating websites or just a general dating website. Planning will also make the process more exciting, which will make you eager to get back into the dating scene.

Related: [7 Ways to Flirt in a Web 2.0 World](#)

2. Go slow. No matter how you plan to snag a date, make sure not to rush into things out of fear of solitude or eagerness to find love again. Carefully consider your options to make sure that this potential suitor is truly relevant before committing to a date. That way, even if it doesn't work out,

you can know you tried your best.

3. Get help. If you're nervous about rejoining the dating scene, a dating coach can help you find the balance between being careful and going too slowly. People coming out of a painful relationship are often unsure about what went wrong or what is preventing them from dating again. A coach will talk about these issues and help you focus on your positive attributes so that you can start a new relationship with confidence.

Most importantly, remember to learn from your past mistakes. By doing this, you'll be a more educated dater when you move forward.

Sari Holtz is an associate editor at Consumer-Rankings.com, a website that offers comprehensive reviews of the top online dating sites, web best hosting providers, online tax software and more.

Anne Hathaway's Convict Ex Raffaël Follieri Speaks Out





Relationships end

for countless reasons. Unfortunately for Anne Hathaway, her four-year relationship with Raffaello Follieri was over once he was arrested in 2008. It couldn't have been easy for the actor to find out her Italian suitor was being placed behind bars for wire fraud, conspiracy and money laundering, especially when the two "were talking about marriage," Follieri told [People](#). Their situation left their romance without much of a chance. However, aside from the unfortunate circumstances, they were still in love, making it difficult for each of them to let go of each other.

What are some ways to get over an ex you're still in love with?

Cupid's Advice:

Breakups would be so much easier if we could simultaneously relinquish both our feelings and our significant other, but that's not usually realistic. It takes a long time to get over an ex, especially when you really loved them, but these tips could help ease the process:

1. Be honest with yourself: Oftentimes, both men and women try to put on a front for the world and say, "I'm fine," which isn't always true. Take the time you need to heal and don't feel like you have to instantly be over your ex. It's rarely

that easy, but no one expects it to be.

2. Start something new: Always wanted to take some kickboxing classes? Here's your chance. Put effort into a new hobby or interest not only to distract you, but in an effort to love something new. It's a healthy way to keep busy and make yourself happy.

3. Remove the reminders: You don't have to erase this person from your memory completely—after all, you did at one point love them. However, it's important to take down the pictures of you two together and ditch the keepsakes that are keeping you emotionally connected to your ex.

What has helped you get over an ex that you still loved? Share your experiences below.

Johnny Depp and Vanessa Paradis Tried to Save Their Relationship





Johnny Depp, 49 and

Vanessa Paradis, 39, fought gallantly to keep their relationship alive, according to [People](#). The couple has two kids, Lily Rose, 13, and Jack, 9, and has reportedly been living separate lives for many months now. A source close to the couple confirms, "They've tried for months to save the relationship, but have known for weeks that it couldn't be saved." Paradis arrived in France last week to promote her film *Je Me Suis Fait Tout Petit* at the Cabourg Festival of Romantic Cinema. It was no coincidence that the couple announced the separation once she had landed; "It was all decided before she got on that plane," the source says.

How do you save your relationship when it's headed downhill?

Cupid's Advice:

It takes a great deal of work to keep a relationship strong and healthy. When it seems that you and your man are headed in the wrong direction, here are some ways to reconnect and salvage the loving relationship you once had:

- 1. Get intimate:** Actions say a lot more than words. Remind each other how comforting it is just to be touched or kissed. When you're not sure what to say, at least remind the other that you're there by offering a back massage or engaging in a passionate kiss.

2. Remember why you fell for each other: Do the things you used to do together. Go out to eat at that restaurant you had your first date. Take a walk through the park where he first kissed you. Bringing up old memories and reminding yourselves of the good times will help you rekindle your romance.

3. Get professional help: If you have tried communicating, but are not getting through to each other, seek out a professional. People don't like admitting they need help and therefore, relationship counselors get a negative connotation. However, therapy can be extremely helpful for the both of you as she or he is coming from an unbiased standpoint with the ability to see what you cannot.

Do you have any ideas on how to save a relationship? Share your thoughts below.

Is it Time to X-Out Your Ex?





By Jane Greer, Ph.D.

for GalTime

If you're still carrying around old baggage from a past relationship, use these tips to help with letting go.

Cameron Diaz is a good example of someone who does not burn her bridges of love. From A-Rod's statement that he cherished her even after they broke up to her working with Justin Timberlake on a movie after they had a relationship, it is clear that she doesn't cut people completely out of her life once the romance is gone. Some might say that's a good thing, but what could it mean to her future relationships? If you've kept up with your exes, you might want to keep reading:

Not all relationships end on a bad note. Sometimes the timing isn't right, or the spark is gone, but you really still like the other person. Is it so bad to text or call every once in a while to see how they are doing? It is especially easy to keep in touch these days. How many of you have looked up an ex on social media, like Facebook, and then sent a friend request? What harm could that cause? How much contact with an ex is okay? The answer is, it depends.

To begin with, does your current partner know you are in touch with your former partner? If so, and they don't see it as a threat and truly don't mind, then I would say a little contact with your old lover is harmless. If anything, that would speak

to the trust that exists in your new relationship. But if you are keeping it a secret, that could be a red flag that there is more going on that you are not comfortable enough with to share with your new flame. If what you are doing with your ex is taking away from your new relationship—either by creating problems or by taking energy away from your new relationship—that might be an indication that it is time to close that door.

Finally, there is the chance that you are fueling your ex's possible hope that you will get back together, or maybe you are keeping that door open just in case things don't work out this time around. If you are aware of that, shift your energy to the future, instead of the past, because it is probably holding you back.

Sometimes it is what brought you together that endures. Other times, though, you might want to remember why you broke up in the first place.

Five Ways Being Friends With Your Ex Can Ruin You





By Ashley DelBello

Let's be honest: remaining friends with your ex usually doesn't work. It might sound like a good idea in the beginning, especially if your relationship ended amicably. However, a few months later, you're sure to find yourself either pining away for them when they only see you as a friend or participating in late night hook-ups while one or both of you are dating someone else. To remind us about these consequences, here are Cupid's top five reasons why being friends with your ex isn't such a great idea:

Related: [Spring Cleaning: 5 Types of Guys to Dump](#)

1. You will be single forever: Okay, so maybe that's a little extreme, but being friends with your ex can keep you from moving on and looking for someone new. Not only is hanging out with them precious time you're wasting when you could be finding someone who does want to date you, but it also prevents you from opening yourself up to the idea of being with someone else.

2. It will damage your new relationship from the start: With your ex still in the picture—even if you claim your feelings are just platonic—how can you be fully committed to your new relationship? Give the new person a chance and dump the ex. The beginning of a new relationship is always a little hard,

so don't make it any harder by keeping your ex around.

3. You will end up with a jealous partner: This is related to the second point, but it's a little more specific. Think about how your current partner must feel with your ex still hanging around. Jealousy might not be attractive, but it's definitely warranted if you're constantly spending time with your ex.

4. Your ex won't be able to move on: While this won't necessarily ruin you (unless they become a stalker), it's not fair to your ex if you're giving them a false hope that there might be something more. While it may seem innocent on your end, there needs to be time after a relationship when both of you go your separate ways.

Related: [Brooke Mueller's Binge With Charlie Sheen Lands Her Back in Rehab](#)

5. You could hook up with your ex while you're dating someone else: Whether you're the one with the new partner or they are, hooking up with each other isn't going to end well, and it's easy to consider doing so if you continue hanging out together. Remember this though, you broke up for a reason.

Maybe being friends with your ex won't always ruin you, but it's likely to cause additional heartache when you've already had your fill.

Has remaining friends with your ex actually worked? Share your comments below and let us know what you think.

'Bachelorette' Star Roberto

Martinez Has No Interest in Being the 'Bachelor'



Rumors were swirling in Hollywood last week that Roberto Martinez, a former contestant on *The Bachelorette* and ex-fiancé of Ali Fedotowsky, would be the next star of *The Bachelor*. “That’s far from the truth!” a source confirms to [Us Weekly](#). “They are asking him to be the next bachelor, but he has no interest as of right now.” Martinez was engaged to Fedotowsky for 18 months until they called off the wedding in November of 2011.

When is it time to put yourself out there after a difficult breakup?

Cupid’s Advice:

Breaking up after a serious relationship requires enough time to heal before getting out there again. Here are some ways to know when it’s time to give dating another shot:

1. You feel confident in yourself: Having someone break up with you can be a huge blow to your self-esteem. Don't try to find another partner when you're lying in bed all day eating ice cream. Get back into your normal routine, hang out with your friends, eat healthy and exercise. Once you've taken care of yourself and feel good again, you'll carry around a more positive energy. That will help you feel more comfortable dating.

2. You feel positive about the future: After a hard breakup, it can seem like the days drag by and there isn't much to be excited about. Once you're able to accept and learn from your past and realize all the potential the world still holds, give dating another try.

3. You've left your ex alone: Whether your breakup was civil or not, it's important to leave your ex in past for your own sake. In order to truly move on, you need to feel comfortable putting them out of your thoughts and not contacting them. This way, you will be totally open to any opportunities that come your way.

How did you know when it was time to try dating again? Share your story below!

Sofia Vergara and Ex-Beau Nick Loeb Meet for Hot Chocolate



Modern Family star,

Sofia Vergara, was spotted having hot chocolate with her ex, Nick Loeb, in New York City this week. In May, Vergara went to the Met Gala solo and sources confirmed that the pair had called it quits. Could the two just be friends? According to [People](#), a source said, “They were not romantic at all.”

What are some ways to remain amicable with an ex?

Cupid's Advice:

Breaking up is hard to do, and staying friends after the break-up can sometimes feel impossible. However, you can keep a meaningful friendship intact when the romantic connection is gone. Here are some ways to remain amicable with an ex:

1. Let go of grudges: If you want to get past the reason your relationship didn't work out, forget about the past and focus on your future as friends or just being civil with one another.

2. Take baby steps: Do not go from a huge break-up to a dinner and movie date with your ex. When the time is right, go out

for coffee or a quick chat in the park.

3. Group meetings: To make things even more relaxed and friendly, meet with your ex in a group of each other's friends or family.

How do you remain amicable with an ex? Share your comments below.

'Gossip Girl' Star Kelly Rutherford Gets a Court Date for Marital Battles



It looks like another long celebrity breakup is finally winding down. Two years after their split in 2010, *Gossip Girl*'s Kelly Rutherford and ex-husband Daniel Giersch have set a court date

for July 12 in order to finalize their divorce. [E! Online](#) reports that the major issue of this trial is custody of their two children. Though the two had previously decided on joint custody, Rutherford later issued a restraining order against Giersch after claiming he threatened her nanny and affected her parenting.

What are some ways to solve relationship issues out of court?

Cupid's Advice:

Even the best relationships have their occasional problems. The difference between successful relationships and unsuccessful ones is how these issues are handled. Before spending time, money and energy to find solutions in court, consider the following tips:

1. Talk to your partner: Communication is the simplest way to solve relationship problems. If you talk to your partner and address your issues early on, they won't grow into the sort of major disputes that need to be handled in court. Plus, building openness in your relationship will help prevent new problems from developing.

2. Go to counseling: Before taking legal action, consider talking to a marriage counselor or going to couples therapy. Getting an expert's opinion can give you the answers you need to bring the romance back. Even better, it can give you a sense of where your relationship should be headed.

3. Bring in a third party: If you're unwilling to take your relationship to counseling, try starting by talking to a close friend. Find a person who's willing to listen and consider both sides of your issues and have them help you find a solution. Even if you can't come up with an answer, you'll feel better knowing your problems have been shared.

How do you handle relationship problems? Tell us below!

Hugh Hefner and Crystal Harris Are Back Together



Hugh Hefner and Crystal Harris have exchanged their fair share of unkind words and have given TMI a new meaning, but they've overcome it all. After a tumultuous break up in 2011 just days before their intended wedding, they are officially back together. UsMagazine.com reports that the duo took to twitter to confirm the news. Harris wrote "Yes, Hugh Hefner and I are back together. Yes I am his #1 girl again. Yes we are happy. Hope that clears up any confusion! X0." Hefner shared that the couple reunited after Harris wrote to him expressing her miserable feelings.

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

Cupid's Advice:

Break ups are often messy, but even a clean getaway leaves unresolved feelings. Some exes should stay exes, while others may deserve another shot if they follow these guidelines:

1. Standing the test of time: If a good amount of time has passed and your former partner still wants you, it's a good sign. The week after a break up can be the most vulnerable time, so let at least a couple of months pass. If your ex still wants to be with you when you've both cleared your minds, it's time for a second chance.

2. Expression of genuine sorrow: No one is happy after a break up. But, if the sorrow continues into the months after the split and you are receiving an abundance of 'I miss you' and 'I'm sorry' voicemail, letters and texts, it may be time to reevaluate your relationship.

3. Over-the-top gestures: If your ex repeatedly tries to win you back, chances are they mean it. When flowers are constantly sent to your office or a singing band appears at your door, these humorous yet heartfelt acts prove you should consider getting back together.

Under what circumstances would you give your ex a second chance? Tell us below.

Jennifer Lopez and Marc Anthony Reunite on Stage in Vegas



Recently split couple Jennifer Lopez and Marc Anthony appeared on stage together at their variety show *Q'Viva! The Chosen* in Las Vegas on Saturday. The two stood on stage together, holding hands, at the end of the show, initiating cheers as they embraced, according to [People](#). After breaking up in July, Anthony officially filed for divorce in April.

What are some ways to be civil during a bitter breakup?

Cupid's Advice:

After a breakup, it's tough to face your ex. Here are some ways to combat the hurt and stay civil:

- 1. Remember the good:** You and your partner didn't always hate each other. Recognize that your relationship didn't work out, but that doesn't mean you two have to be enemies.
- 2. Think of your surroundings:** You likely share many parts of your life with your ex. In Jennifer Lopez and Marc Anthony's case, they share very similar careers. Take a note from them to stay mature and professional and work together when you

need to, for the sake of everyone around you.

3. Apologies feel good: Sometimes clearing the waters with an ex is a great way for you to move on with your life and feel better about yourself. Take the initiative to talk things out, and you may even be able to be friends one day.

How do you stay civil with your ex? Tell us in the comments below.

‘Bachelorette’ Emily Maynard Discusses Sending Home Joe



Season

8's *Bachelorette* Emily Maynard recently talked about her tough decision to send home hopeful bachelor, Joe, in her blog for [People](#). Maynard discussed her date with Joe, mentioning how fun of a time she had with him. However, she said, “I knew

that we were just in different place in our lives.” So, even though she had a blast with fun-loving bachelor, she knew they weren’t a good match and let him go.

How do you know when to cut ties early in a relationship?

Cupid’s Advice:

1. Know both of your intentions: If one of you is just looking for someone to go on dates with and simply keep them company and the other wants marriage, that’s an issue that needs to be addressed immediately. Like Emily Maynard, you have to recognize when the person you’re dating is in a different place in their life than you. You can’t keep a relationship going if the two of you have battling goals.

2. Don’t make the same mistake twice: If you notice something that your new lover does that ruined your relationship, talk to them and see if this is a problem that can be fixed. If not, it might be time to cut your losses. There’s nothing worse than repeating a bad relationship.

3. Accept that not everyone is your perfect match: Too many people cling to a relationship even when it isn’t working just for the sake of “seeing how things play out.” If it isn’t working now, chances are it won’t work in the long run. Why waste your time?

How do you know when it’s time to cut your losses on a new relationship? Share your stories in the comments below.