

Mena Suvari Reaches Divorce Settlement with Simone Sestito



Longtime *American Pie* actress Mena Suvari and ex-hubby Simone Sestito ended their marriage on a cordial note after a year and a half of marriage, according to UsMagazine.com. Suvari's rep tells *TMZ*, "Neither party will pay the other any support," after Sestito formerly requested a little over \$17,000 dollars a month. The 33-year old star denied rumors that being in the spotlight played a role in her split with the concert promoter in *Boston Common* magazine. Suvari said, "It's taken years to get to know myself. I had never really taken time to cultivate who I was." This marks the actress' second divorce after her 2005 split with cinematographer Robert Brinkmann.

How do you compromise in the midst of a split?

Cupid's Advice:

Splits are always tough on both individuals in a relationship. Here are some important things to keep in mind in order to end on a good note:

- 1. Communication is key:** Reach an understanding about the split and find common ground. This will help put things in perspective.
- 2. Stay positive and civil:** Kindness goes a long way, especially during a split. Being genuine to one another is just as important after a relationship ends.
- 3. Keep it clean:** Avoid pursuing revenge or any sort of negative reactions from your soon-to-be ex. Nothing is worse than a messy divorce.

How have you handled a split in the past? Share your story with us.

Find Out Why Sofia Vergara and Nick Loeb Broke Up





Sofia Vergara and

Nick Loeb seemed to have the perfect relationship. But, underneath their success and PDA, it turns out the couple were on completely different wavelengths. While Vergara's focus was on her entertainment career, his was more concentrated on politics. As an insider told [People](#), "It was never a good match. She is fiery and free-spirited and wants to enjoy life to the fullest by traveling and going to parties and events. He's very concerned with his businesses, political aspirations and ultimately settling down." Though the couple are said to have broken up and gotten back together many times, the *Modern Family* star also has a history of sticking by her man both after a serious car accident and during Loeb's run for the Florida U.S. Senate.

What are some signs that it's time to call it quits?

Cupid's Advice:

Being in a relationship can be a beautiful thing, but not if it's the wrong relationship. If it really isn't working out, there's no shame in ending your relationship and starting over. Cupid has some tips:

1. Separate interests: While having a certain amount of independent interests is part of any healthy relationship, if you are on totally separate levels of stages of life, it may

be time to call it quits.

2. Infidelity: If you can't be loyal or honest with one another, you're not in a good relationship.

3. Lack of interest: Once you've lost interest in your relationship to the point where you've stopped fighting because it's just not worth the energy, it's time to get out.

Is there ever a bad reason to break up with someone? Share your thoughts below.

Russell Brand Unfollows Katy Perry on Twitter



British comedian Russell Brand and singer Katy Perry will be officially divorced soon, but Brand is getting rid of any kind of

connection between the two and unfollowed her on *Twitter*. The two had only been married for a little over a year before they decided to split, and it appears that the pop star isn't having any trouble [moving on](#). Perry was caught making out with musician Robert Ackroyd at Coachella, and although their relationship is still new, an insider told [UsMagazine.com](#), "They're having a fabulous time."

What are some advantages to cutting all ties after a split?

Cupid's Advice:

Once you split with your ex, it can be best to lose any connection you have to them to avoid drama or heartache. Cupid has some tips:

1. No jealousy: If you spend time stalking their latest facebook pictures or checking their most recent friend activity, you'll begin to create scenarios in your head about how much better off they're doing, and it'll create unnecessary and false jealousy.

2. No constant reminders: They became your ex because you wanted them out of your life, so get them out. You don't need any reminders, whether it's pictures or Twitter popping up to give you a little memory of your time together.

3. Fresh start: By cutting all ties you can get the fresh start that you need to move on to a better tomorrow. Leave the past in the past and start trekking down a more hopeful, ex-free road!

What helped you move on from your ex after a break up? Share your comments below!

Sources Say Sofia Vergara Has Split from Nick Loeb



Modern Family star

Sophia Vergara has called it quits with her boyfriend, environmental businessman Nick Loeb, says reports. On Monday, the actress attended the Met Gala without Loeb and told other guests the relationship has ended, after being together for more than two years, according to [People](#). In March, Vergara said she wasn't ready to get married or start a family with Loeb. "They have been fighting a lot recently and have been on the brink of splitting many times," a source told the *New York Post*.

How do you know when the fighting has gotten to be too much in a relationship?

Cupid's Advice:

While you and your partner shouldn't strive to be the perfect couple, you should at least aim to be healthy. Here are some

signs that your relationship has taken a turn for the worse:

1. You constantly argue: When you spend your time together arguing more than appreciating each other's company, it may be time to call it quits.

2. It becomes physical: No one in the relationship should be suffering from any form of abuse, especially physical. If that's the case, get out of the situation and get help.

3. Loss of intimacy: When you and your partner's hostility toward each other impacts your physical connection, then it could be time to part ways.

How do you know when the fighting has gotten to be too much in a relationship? Share your comments below.

Lady Gaga and Taylor Kinney Split





Lady Gaga's hectic popstar lifestyle was just too much to handle along with her relationship with actor, Taylor Kinney. The couple had been dating for ten months, and have decided to take a break. A source told UsMagazine.com, "She will be touring nonstop until next year and has found she can't have relationship at the same time." Gaga and Kinney weren't what you'd exactly call the perfect couple either, a friend claims. "Taylor was all about himself, a typical actor, and didn't completely get Gaga." Maybe they were headed for a brick wall from the start.

How do you keep work from getting in the way of your relationship?

Cupid's Advice:

Sometimes it becomes hard trying to balance your work with your relationship, especially for popstars like Lady Gaga. Here are some ways to keep work from getting in the way of your relationship:

1. Finding the right balance: The most important thing is doing well in work, but not letting it take up all your time. Once you're at home, forget all of the work stuff and just spend time with your significant other.

2. Prioritize: It becomes a problem if you begin making too

many sacrifices for work, and not for your relationship. You need to make sure the people important in your life are given the kind of attention they deserve.

3. Take some time off: Work can be all-consuming, so take a vacation. Why not take some time off to spend a couple days with your partner? Every relationship needs that every once in a while.

How do you try and balance your relationship and work? Share your comments below.

Jennie Garth Says Farm Animals Help Her Cope with Divorce



Jennie Garth is

dealing with a divorce from her ex-husband Peter Facinelli in a new way. According to [People](#), four dogs, two goats, five cats, two miniature horses and a pig are helping her cope. "Having all these animals fills a void for me because I'm kind of going through a rough time right now. The animals give you unconditional love, and that feels good," Garth said on the premier of her new show *Jennie Garth: A Little Bit Country*. "I think that my animals give me a sense of like relief, like they make me feel like none of that other bull matters," Garth told her assistant. Garth's slow, paced country lifestyle is just what she needs to get back on her feet after her break-up.

How can pets help you cope with a split?

Cupid's Advice:

Dealing with a split is always difficult. Here are some tips on how your pets can help the healing process go more smoothly:

1. You always have a companion: Your cat will love you unconditionally. With or without your ex, you will always have your pet around to make you feel better. Try snuggling up on the couch and watch your favorite movie.

2. Occupied attention: Taking care of your pet will keep your mind off your recent breakup. Give your dog an extra walk during the day instead of chatting with your ex. Your dog will love you for it.

3. Pick up a new beau: Walking your dog around the neighborhood could even lead you to meeting someone new.

How did your pet help you cope with your split? Share your stories below.

On & Off: When Celebrities Should Call it Quits



By Daniela Agurcia

With fame comes glamour and wealth. These are things everyone wants, but they can also take a toll on a relationship. With a celebrity's busy schedule and a seemingly bottomless bank account, it's hard to make time and decisions for things other than themselves. The fact of the matter is that there's only so much a relationship can take before the best decision is to just call it quits. Here are some of the issues that can ultimately break up a celebrity couple:

Related: [How to Master Being in a Relationship](#)

1. Your age becomes an issue: There are many celebrity couples whose age difference is more than a couple of years

and this starts to become a problem. Demi Moore and Ashton Kutcher seemed madly in love and happy to be with each other, until the issue of their ages caught up with them and they realized they both wanted different things in life. When your age difference is significant and you both have a different mindset, this will catch up with your relationship, causing a split. When you're young, you want to continue experiencing life, while when you're older, you're usually ready to settle down .

2. Distance: The life of a celebrity can be hectic. Hollywood stars such as Katy Perry and Russell Brand have crazy schedules that barely give them time to relax and spend time with each other. Celebrities get caught up in everything they have to do and eventually the growing emotional distance between the couples becomes inevitable on both ends. There are only so many times you can Skype before you both realize it's just not enough. If you realize that you're only seeing your beau a couple of times a month, you're not ready to settle down with each other just yet.

Related: [4 Ways to Make Long Distance Work](#)

3. There's someone else in the picture: Celebrities are constantly on tour or on set with many different people so they're bound to meet someone who they have a lot in common with. When celebrities work apart from their partner, they sometimes get lonely and end up finding that missing company and comfort in someone other than who they're in a relationship with. How can you avoid falling in love with someone like Robert Pattinson when you're cast to play Bella Swan? Sometimes things just happen.

4. Fame and Money: A lot of fame and money can get to some people's heads, and problems for celebrities are easily solved with having both, allowing them to avoid making rational decisions. With a lot of money, celebrities can make a quick escape out of a marriage or relationship, and it ends up being

a trend in Hollywood to change your mind last minute about a huge decision, just like Kim Kardashian's 72-day marriage. If you notice a pattern in someone's love life that seems too fast paced, stay away!

How do you know when it's time to call it quits in a relationship? Share your comments below.

Adam Levine Was Reportedly 'Blindsided' By Anne V Breakup



Adam Levine was apparently not planning on being single anytime soon. After two years of dating, ex-girlfriend Anne Vyalitsyna was reportedly ready to move on. The problem was that Levine

didn't get the memo, much like Seal with his impending divorce. According to UsMagazine.com, Vyalitsyna announced the break up to the world April 2 without giving him a heads-up. Friends saw it coming, however, citing a "lack of proposal" as one of the catalysts for the split.

How do you cope when a split seemingly comes out of nowhere?

Cupid's Advice:

Sometimes a breakup isn't always expected and can take you by surprise. Cupid shares how to deal with a split you just weren't ready for:

- 1. Take it slow:** Limit the stress in your life, and don't be too hard on yourself. It's not necessary to move on right away, so embrace the single life.
- 2. Acceptance:** To get to the stage of acceptance after a breakup, you must first get over the rejection. Cut yourself off from your ex, as you both weren't ready for the relationship and you each have to take your own amount of responsibility. Once you can accept responsibility, you can accept the separation.
- 3. Move on:** Make new friends, try something new and get out of the house. Your relationship is over, so don't drive yourself crazy thinking about why.

How do you get over an unexpected split? Share below.

Peter Facinelli Speaks Out About Split with Jennie Garth



Twilight star, Peter Facinelli, opened up to Kelly Ripa about his divorce with Jennie Garth on Wednesday's *Live! with Kelly*. According to [People](#), Facinelli told Ripa that Garth will always be in his life. He's right about that, as the couple are parents to three daughters: Luca, 14, Lola, 9 and Fiona, 5. Facinelli said that he and Garth are trying to stay out of the limelight for the sake of their little ones. "We're very dedicated to being great parents," he said.

How do you make a divorce drama-less for your children?

Cupid's Advice:

Divorces can get nasty, but it's important to protect you and your ex's greatest asset-your children. Here are some ways to get through your breakup without your kids having to deal with the drama:

1. Keep it between grown-ups: There is no need to let your children in on every little detail of the divorce. Keep kids out of grown-up business.

2. Don't ask them to take sides: Pinning your children against your ex will only backfire. Keep them happy by respecting your ex around them.

3. Talk it out: It's a good idea to ask your children about their feelings regarding the divorce. Divorce means change, and it's important to take the time to validate your kids' emotions.

How have you made your divorce drama-free for your children? Share your comments below.

Five Celebrity Divorces We Really Weren't Expecting





By Francesca B.

The world of celebrity is fraught with ups and downs. Scandals of drug abuse, cheating husbands and lying wives make for gripping and sensational stories when they come to public attention. We have come to expect a bit of drama from Hollywood romances, but even so, there have been some celebrity divorces that we really didn't see coming. Here are a few:

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Tom Cruise and Nicole Kidman

The original Hollywood sweethearts, Tom and Nicole met on the set of the hit movie, *Days of Thunder*, in which they played a young and romantically entwined couple very believably indeed.

It was therefore no great surprise when their on-screen romance started to become apparent off screen as well, and they were eventually wed on Christmas Eve, 1990. A popular and adorable couple, they stuck it out for over a decade before "irreconcilable differences" saw them seeking the advice of divorce solicitors and putting an end to the fairy tale romance the whole world had enjoyed. Still, both parties have now happily remarried and have children with their new partners.

Kate Winslet and Sam Mendes

The beautiful actress of *Titanic* fame, who we all thought would marry the gorgeous Leonardo DiCaprio, instead fell for dashing director, Sam Mendes. Despite being 10 years her senior, he definitely wasn't her sugar daddy, with Winslet being worth about double the Mendes fortune. They painted a picture of domestic bliss, but following the making of *Revolutionary Road*, a film starring Winslet and directed by Mendes and ironically about a couple stuck in a failing marriage, their relationship hit the rocks. To the surprise of the couple's friends and fans, they split in March 2010, leaving Winslet with two children from two marriages at just 34.

Related: [Why Celebrities Fall In and Out of Love So Quickly](#)

Courteney Cox and David Arquette

One of the world's best-known faces of the '90s for her role in *Friends*, Courteney Cox surprised everyone when she hooked up with David Arquette after starring in the *Scream* movies with him. However, even more shocking was the news that after 11 years of marriage and a child together, the couple had decided to split. Despite speculation about the real reasons, Cox stated that she "was tired of being (David's) mother."

Madonna and Guy Ritchie

We all love Madge, and when she decided to marry a quirky British director and settle down in the English countryside, the place we held in our hearts for her grew a little bit bigger. The announcement that the couple were splitting up in 2011 came as a complete shock to most, with Madonna claiming that Ritchie 'drinks too much' as the reason for the split. That's OK, Madge, we still love you.

Jennifer Aniston and Brad Pitt

Another celebrity of *Friends* fame and so popular she had an entire generation of young ladies going into hairdressers and asking for 'a Rachel,' Jennifer Aniston tied the knot with the most eligible bachelor in the world, Mr. Brad Pitt. Without a doubt the hottest couple in Hollywood, it seemed nothing could come between them. But that was until naughty Brad went off to film Mr. and Mrs. Smith and reportedly fell in love with Miss Luscious Lips herself, Angelina Jolie. Brad and Jen split a few months later, back in 2005, but even today Hollywood still rumbles with the scandal from time to time.

Whether expected or unexpected, Hollywood splits never cease to rock the Tinseltown boat with rumors and gossip. If only everyone could just be happy all the time!

Francesca is a freelance writer and blogger who enjoys writing about a variety of subjects from celebrity gossip and fashion, to travel and food. Be sure to let her know what you think of this guest post by leaving a comment below or Tweeting her @franki_blogs.

Adam Levine and Model Girlfriend Call It Quits





The Voice judge and

Maroon 5 frontman Adam Levine may have something new to sing about. Levine announced his split from model girlfriend Anne Vyalitsyna, who he was dating for two years, reports [People](#).

"Adam and I have decided to separate in an amicable and supportive manner. We still love and respect each other as friends. I wish him all the best," said Vyalitsyna in a statement. Levine and Vyalitsyna met at a Sports Illustrated swimsuit issue release party in 2010.

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

Cupid's Advice:

Even though a relationship may seem perfect on the outside, it pays to know when to call it quits. Here are a few clues:

1. No spark: After time, many couples just seem to fizzle out. If you and your partner have lost the spark in your relationship despite your tries to reconnect, consider ending the relationship.

2. Lack of progress: If your relationship doesn't seem to be going anywhere, you may want to reevaluate your goals. Your current relationship could only be holding you back, especially if you have hopes of starting a family in the future.

3. You have different goals: There comes a time in a relationship when you have to sit down and discuss your plans for the future and how your relationship fits into those plans. If you and your partner want different things in life, it may be time to end the relationship.

How did you know when it was time to call it quits with your partner? Feel free to leave a comment below.

Jennie Garth Says Her Personal Life is “Crazy” Amid Divorce



Jennie Garth recently spoke out about her split from husband Peter Facinelli, according to [People](#). The former *90210* star said,

“My life is a little hectic right now and my personal life is kind of crazy.” With three daughters to look after (Luca, Lola and Fiona), Garth is nothing if not busy dealing with the public scrutiny surrounding her separation. Despite that, however, she says her daughters are “doing great”. The family (sans Facinelli) are currently filming CMT’s *Jennie Garth: Little Bit Country* in farmland outside L.A.

How do you protect your children from public scrutiny post-divorce?

Cupid’s Advice:

Splitting from a spouse is not only hard on you, but it’s hard on your family as well, especially if you have kids.

Depending on how your family and friends (the public) reacts, it can seem like protecting your kids from the scrutiny is impossible. Cupid has some tips:

1. Remain positive: The worst thing you can do is to bad mouth your former other half in front of your children. It’s important to stay positive in front of your kids.

2. Explain: It can be confusing for kids as to why the subject of their parent’s divorce is so popular. Discuss the concept of drama with your children, and advise them as to why they should ignore any scrutiny they witness.

3. Act normal: You may be torn up on the inside, but try to keep a normal facade on the outside for the benefit of your children. If they see that you’re handling everything with grace, they will take your lead.

How did you protect your children amid your divorce? Share your comments below.

Jennie Garth Steps Out Without Wedding Ring



Jennie Garth is already moving on. The former *Beverly Hills, 90210* star was seen leaving a Los Angeles restaurant without her wedding ring on Monday, reports UsMagazine.com. Garth and ex-husband Peter Facinelli are currently in the process of finalizing their divorce. Garth and Facinelli were married for 11 years and share three children together: Luca, 14, Lola, 9, and Fiona, 5. “We both share the same deep love and devotion to our children,” the couple said in a statement. “We remain dedicated to raising our beautiful daughters together.”

How do you handle public scrutiny in the aftermath of divorce?

Cupid's Advice:

A divorce is difficult even without public attention. Here are a few ways to deal with the scrutiny:

1. Talk to your friends: By being open with your friends throughout the divorce process, you will keep their curiosity at bay. Your friends can also serve as a great support system, so don't be afraid to open up.

2. Minimize drama: Make your divorce as amicable as possible. A dramatic divorce will only attract more attention from outsiders. Staying friendly and honest will make the split much easier to handle.

3. Ask for privacy: If you can't minimize public scrutiny, there's no shame in asking for a little privacy. Your friends and family will realize that this is a difficult time for you, and they will give you space if you ask for it.

How would you handle public scrutiny after a divorce? Feel free to leave a comment below.

Sources Say Ashton Kutcher Visited Demi Moore





Though Ashton Kutcher has kept quiet about his split from estranged wife Demi Moore, his concern is apparent. The *Two and a Half Men* star, 34, visited Moore after her hospital stay, reports [People](#). Kutcher and Moore “are not getting back together,” said a source. “[He went because] he knew it was important to her daughters.”

Is it OK to support an ex through a difficult time?

Cupid’s Advice:

It’s hard to see an ex struggling through a tough time without lending them a hand. Here are a few things to consider before reaching out:

- 1. Your status:** If you and your ex are good friends, then supporting will not be an issue. However, if your relationship is strained, you should let your ex’s friends do the comforting.
- 2. Their situation:** Why is your former love upset? If they’re struggling due to relationship issues, especially issues concerning you, it may be best to remove yourself from the situation.
- 3. Your intentions:** Before lending support, make sure that

your intentions are clear. Make sure that your ex knows you have no intention of getting back together and that friendly concern is your only motivation.

Have you ever helped an ex through a tough time? Feel free to leave a comment below.

Kate Gosselin Reveals She's Lonely on Dr. Drew



It's been two years, but Kate Gosselin still isn't ready to move on. Gosselin, 36, revealed that she is lonely and unhappy with her love life on *Dr. Drew* Wednesday, reports [RadarOnline](#). Gosselin separated from her now ex-husband Jon Gosselin two years ago, but doesn't feel the time is right to find the man who would be willing to take on eight kids yet. "I absolutely [want to

find someone]!” said Gosselin. “The odds are so against me, one mom and eight kids...so it would be great. I mean, I’m so lonely. I clean up the house, put the kids to bed and there I sit. Ideally I would find that person...I don’t know if I feel ready for that.”

How do you get over the feeling of being lonely after a split?

Cupid’s Advice:

Living the single life takes some adjusting to, especially if you’re used to being in a relationship. Here are a few ways to help you get over your loneliness:

1. Keep busy: Loneliness really settles in during your extra time. Staying busy will help keep your mind off of your feelings. Also, getting out more may be a way for you to meet new people.

2. Call your friends: A romantic partner isn’t the only person who can make you feel wanted. Your friends have been supporting you for years and will continue to do so. Call them up and organize a time to hang out.

3. Avoid routines: Having a scheduled, routine life will only make you feel lonelier. Shake things up, and be careful not to live on auto-pilot. Spontaneity can be a blessing.

How did you comfort yourself after a breakup? Feel free to leave a comment below.

Did Katy Perry Sing About Russell Brand at the Grammy Awards?



Newly single Katy Perry may be using her music as an outlet for her divorce with Russell Brand. A nominee for record of the year, Perry performed at the Grammy Awards. She came out with “E.T.” and then followed it up with her new song titled “Part of Me.” According to [People](#), with lyrics like, “You can keep everything.” It sure sounds like the singer was making a reference to Brand.

How can music help you recover after a tough breakup?

Cupid's Advice:

Sometimes it can be difficult to find ways to get over your ex. Cupid shares some advice about using music as an aid to recovery:

1. Sad love songs: It's cliché, but true. Listening to sad music can give you the perfect opportunity to cry and let it out, instead of holding it all in. It's a better outlet than venting too much to those outside the relationship.

2. Embrace the music: Taking up a new habit, such as learning a new instrument or joining a singing group can be a good outlet. It gives you the ability to concentrate on happier moments and forget the lack of compatibility with your ex.

3. Write it out: You don't have to be a superstar like Katy Perry to embrace the heartache, and write a song about your ex. It might not hit the charts, but it'll do the trick.

**What are some ways you've used music to get over a break up?
Let us know in a comment below.**

Rumor: Is Adam Levine and Anne V's Relationship On the Rocks?





If the reported relationship woes are true, then Adam Levine will have to find someone else to serenade. UsMagazine.com reports that the Maroon 5 frontman and Victoria's Secret model Anne V's relationship may be over after two years. A source says that the duo got into a fight, and she dumped him. The source also said that the reason behind the arguing is that V doesn't think "he treats her well." To add to that case, Levine did not have his date with him at the Golden Globes. Despite this, Levine's rep struck down the rumor as "100 percent not true."

What do you do if your partner doesn't treat you well?

Cupid's Advice:

Nobody should be with someone who treats them unfairly. Cupid has a few tips on what to do if you feel this way:

1. Have a 'sit down': You and your partner need to be able to sit down and talk your issues out. The only way to see the relationship work is if you can talk everything out without being over emotional.

2. Stay calm: Blowing up is the last thing you want to do. You'll end up saying things you regret, and you can't take those things back. Remain calm and rational if at all

possible.

3. Keep your distance: If all else fails, then walk away. This should be the last resort, but in the end you deserve to be happy and with someone who treats you well.

What did you do when your partner started treating you poorly? Share your experiences below.

Kris Humphries Says He's in a 'Great Place' After Split from Kim Kardashian



After the world saw their marriage come together and fall apart, Kris Humphries said he's come to terms with his split from Kim Kardashian and is in a better place. The New Jersey Nets forward is focusing

on his game on the court rather than the one off, averaging 13.2 points per game and 10.6 rebounds per game this season. "I'm not dating anyone right now. What do they say, my girlfriend is Spalding," he said in an interview with [Access Hollywood](#). "I always tell people basketball is like my therapy. Some people talk to psychologists, I just need to go play basketball; that's it." The Humphries-Kardashian marriage, which aired as a special on E!, lasted 72 days, ended with Kardashian filing for divorce on Oct. 31. Since then, Humphries said his family and religion have been essential to him moving forward. "I'm in a great place," he said.

What are some alternate forms of therapy after a breakup or divorce?

Cupid's Advice:

One can certainly learn a lot from Kris Humphries and his ability to cope with his divorce. Cupid has some pointers:

1. Get physical: Go to the gym and sweat it off. A good workout is one of the most effective ways to help you get your mind distracted and to relax.

2. Career moves: Hey, it worked for Humphries, who's playing his best basketball this season. Take the free time that you would spend with your partner, and put it into your work. You'll be busier, and a greater feeling of self-satisfaction will result.

3. Family: What is family for? Don't be too proud to lean on your family and close friends when a relationship ends. You'll no doubt feel less alone.

What are some other ways to cope after a split? Share your ideas below.

4 Ways to Exorcise Your “Ex” This Valentine’s Day



By Marianne Beach,

GalTime.com

It's a new year but you're still stuck on that old guy. And now the most romantic holiday of the year is fast approaching. Wouldn't Valentine's Day be the perfect time to exorcise that ex and move on for good?

Kelly McGonigal, psychologist at Stanford University and author of the new book *The Willpower Instinct: How Self Control Works, Why It Matters, and What You Can Do To Get More of It*, thinks so. "Valentine's Day is all about declaring who you care about most," she declares. "And if you've thrown away enough time on a go-nowhere relationship, the person at the top of your V-Day list should be *you*."

Sounds good, right? But maybe easier said than done. After all, an “ex” habit can be hard to break.

“Anything that reminds you for your ex can bring back a flood of feelings,” says McGonigal. “You may look back with ‘euphoric recall,’ remembering only the highs and none of the lows. Even if the relationship was a disaster, you may not want to believe that you wasted your time and heart on a jerk.”

Related: [Celebrity Couples Who Called It Quits in Summer 2015](#)

So what does it take to break the “ex” habit once and for all? McGonigal says you’ll need a good dose of self-control with a dash of self-compassion. And she has four great tips, based on the latest science of willpower to help you move on.

4 Ways to Exorcise Your “Ex” this Valentine’s Day

1. Find a Role Model.

Science shows that we can catch willpower from people we admire, and strengthen our resolve just by bringing them to mind. Look to your own life, pop culture, or the news for a “ditch-the-ex” role model. Who’s your favorite example of a strong woman who kicked a man to the curb, and is doing just fine on their own (or on the rebound!)? Think of yourself as following in her footsteps, and bring her to mind when you’re tempted to stalk your ex on Facebook.

2. “I Won’t” Is Easier When You Have a New “I Want.”

The best way to make an old habit less tempting is to find a new addiction. The bad news is you can’t order a new crush from Zappos. So how do you replace the longing for an ex without jumping into a new relationship? Find a new goal – like running a race for charity or writing your own romance novel – or return to an old passion you’ve left behind, like cooking, bellydancing, or blogging. When that “something’s

missing” feeling comes up, get busy on your goal instead of fantasizing about getting back with your ex.

Related: [Relationship Expert Reveals What to Do Before You Begin Online Dating](#)

3. Take Care of Yourself.

Stress is the #1 trigger for any addiction, including old flames. Feeling overwhelmed, exhausted, or anxious triggers a physiological need to connect, and you crave what psychologists call “contact comfort.” Stress also makes your brain focus on potential reward, and ignore potential risk. So you’re likely to imagine the warm embrace of a romantic reunion, and forget the shame or regret you felt after the last hook-up. Pre-empt stress-induced longing by treating yourself to some serious self-care. Schedule a girls’ night, pull out that yoga DVD, get a manicure and massage, or whatever calms your nerves and lift your spirits.

4. Beware the White Bear.

There’s one guaranteed way to make sure you *never* forget your ex: try to push him out of your mind completely. Psychologists call this the “White Bear Effect.” If you try not to think about a white bear, one will pop into your mind. This is true for all kinds of temptations. Dieters who try not to think about chocolate become obsessed with it, and eat more of it. Smokers who try not to think about cigarettes only end up smoking more. One study even found that if you try not to think about an old flame, you’re more likely to dream about him! So when an ex comes to mind, don’t panic, and certainly don’t take it as some kind of sign! Remind yourself why he’s an ex, then put your attention back on someone you really care about – *you*.

Sources Say Heidi Klum and Seal Have No Plans to Get Back Together



No serenade can change Heidi Klum's mind. Sources say that Klum does not wish to get back together with Seal, her husband of seven years, according to *HollyScoop*. Though Klum and Seal still wear their wedding rings, a source close to Klum says, "They have zero plans to get back together." Klum is reportedly miffed that Seal "won't shut up" about their separation.

How do you keep from falling back into an unhealthy relationship?

Cupid's Advice:

Though looking back on old relationships can be emotionally trying, it's important to stick to your decisions. Here are a few ways to avoid going back to an ex who's not right for you:

1. Remember your breakup: Though anger fades over time, the reasons behind your breakup are still present. Think back on the mistakes made in your previous relationship and hopefully those thoughts will deter you from reentering the relationship.

2. Stick with your friends: Spending time with friends—people with whom you have a healthy relationship—will help you realize just how imperfect your previous relationship was.

3. Look to the future: Instead of looking back at your relationship, try looking forward to future relationships. Be optimistic and hope for one that's better than the last one.

Have you been in an unhealthy relationship? Feel free to leave a comment below.

Demi Moore Is Embarrassed by Post-Split Breakdown





After living in the spotlight for more than three decades, Demi Moore has lost her cool. According to [People](#), after her November split from husband Ashton Kutcher, the actress slowly worked up to a full-fledged breakdown. Although it's not clear whether this was caused by her divorce or not, Moore has been seeking treatment since Jan. 23 after being whisked away in an ambulance for what some are now reporting as a seizure. A source says, "Ego-wise, this is the worst thing that could happen to Demi, because she's such a private person. She's embarrassed." Moore has been studying Kabbalah, a form of Jewish mysticism, which instructs that adversity can prove beneficial to her healing process. Moore's troubles "can be an opportunity, a blessing and not a curse. The right intervention happened in her life. From a spiritual sense, it's a gift. She had a real opportunity to grow from it. She has to take responsibility for her life," said the source.

What do you do if your ex is having a hard time with your breakup?

Cupid's Advice:

Breaking up is hard enough, but what are you supposed to do when you get the better half of it and move on before your ex can? Here are some tips:

1. Be respectful: When you know your ex is struggling to overcome the breakup, don't make things more difficult on their end. Try to stay out of their way, even if that means changing your regular coffee routine so you don't have to make small talk at the counter. Keep in mind that you cared about your ex at one point.

2. Don't make new relationships overly public: We know you're thrilled about the new guy you met and how funny he is, but spreading it all over Facebook is just going to hurt your ex more than you already have. Hiding your relationship is not necessary, but keep the bragging to a minimum.

3. Offer condolences: If you know that your ex is really hurt and you're at fault, offer an apology. It is most likely clear you won't be getting married in the fall, but saying you're sorry for the hurtful things you may have done or said will help the healing process.

What did you do when your ex had a hard time with your breakup? Share your stories below.

Sources Say Emma Roberts 'Iced Out' Chord Overstreet Pre-Breakup





It seems as if the breakup between Emma Roberts and Chord Overstreet could have easily been predicted. Roberts was constantly leaving Overstreet out of her plans, sources say. *Glee*'s Overstreet, 22, was left out of Roberts' "girl's night" New Year's plans, and she also reportedly ignored his texts the night of the Golden Globes after-party, which ended in drama and tears.

According to UsMagazine.com, Overstreet was overheard saying, "Emma does this all the time when she doesn't want to see me."

Although her reps claim that he was too controlling for the young star's busy career life, the relationship had hit a dead end.

What are some ways to show someone you're no longer interested?

Cupid's Advice:

There are times we find ourselves no longer interested in the person we're in a relationship with, but don't know how to tell them. Here are some tips:

1. Put off hanging out with them: If you keep coming up with an excuse every time they ask you to do something, they'll eventually get the hint.

2. Show your independence: If you continue to make plans,

without inviting him/her, they'll realize that you'd rather be independent than tied down.

3. Talk to them, as a friend: If you continue pretending you want to be with them and talk to them as if you're a happy couple, you won't get anywhere. Put them back in the friend zone. It shows you still care about them, but just as a friend.

How did you show your now-ex you were no longer interested? Share your stories below.

Scarlett Johansson Has a New Mystery Man



After Scarlett Johansson's split with ex-hubby Ryan Reynolds, the rumor mill was buzzing with candidates thought to be her next boyfriend,

but a source has finally confirmed the name of her current romance. The actress is dating the New York-based advertising executive, Nate Naylor, a pal of the pair confirmed to [People](#).

"They've been dating for five months," said the source, who also mentioned that they're trying to keep the relationship private.

How do you keep a new relationship under wraps?

Cupid's Advice:

Getting back into the dating scene after a breakup or a divorce can be tricky. Here are some ways to keep things simple:

1. Keep quiet: Your first few dates after getting out of a serious relationship can be a little shaky, so only tell one or two people close to you that you're seeing someone until you think the relationship is ready for exposure.

2. Social media: Keep the relationship status on your Facebook out of the situation. People love gossip, and changing your status will make the topic free game for anyone with access to your page.

3. New places: Avoid going to the same places that you used to frequent with your ex. People will realize that your old partner is missing, and without knowledge of the split, could bring up some topics that could result in awkward conversations.

How did you keep your new relationship under wraps? Share your comments below.

Avril Lavigne and Brody Jenner Spend Time Together After Split



Sometimes it's hard to move on after a [breakup](#). Such is the case with Brody Jenner and [Avril Lavigne](#) who were seen hanging out together not even a month after their split. Often it can be hard for young couples to balance a career and a [relationship](#). Jenner and Lavigne split amicably after two years due to busy schedules, but according to [Usmagazine.com](#), "They still love each other and could get back together, but for now, he [Jenner] needed a break."

Is hanging out after a breakup advisable?

Cupid's Advice:

Sometimes it can be difficult to stop hanging out with someone after you've gone your separate ways. That said, is it a good

idea to keep hanging out after the big split? Cupid has some advice:

1. Time: Sometimes it depends on how long you and your partner had been together before the breakup. If you had a lengthy relationship, it may be too difficult to avoid the old habits of the relationship, and you may need some [separation](#) before hanging out as friends.

2. How friendly: With some relationships, after the [split](#) all you can expect of each other is to remain civil. If you are expecting the relationship to be nearly identical to before the breakup, then you may be in for a rude awakening.

3. Ready to move on: You may only want to remain friends because you're hoping for a reunion of sorts. According to sources, many expect Jenner and Lavigne to get back together, which may make their hanging out [post-split](#) easier to manage.

Have you hung out with an ex after a break up? Share your experiences below.