

Five Signs Your Relationship Won't Make It Until Valentine's Day



By [Whitney Baker](#)

For many couples, the lead-up to Valentine's Day is an exciting time filled with promise and possibility. The cold weather offers an excuse to snuggle up, while the holidays are the perfect reason to shower each other with love and affection. Unfortunately, many relationships aren't so lucky.

According to a recent study in *Men's Health*, the time span from Christmas to Valentine's Day is one of the most common break-up times of the year.

Regardless of the month or season, when your relationship is

over, you just *know*. But if you're still on the fence, unsure what to do about your love interest, here are five red flags you should watch for in your relationship. Otherwise, you probably won't make it to Valentine's Day:

1. Too much fighting: The holidays are a special time to share with your significant other; they should be filled with fun, [food](#) and family, not fighting. If you find yourself unhappy more often than not, it may be time to [call it quits](#).

Related: [The Holidays: 8 Ways to Ruin Your Relationship](#)

2. Finding other priorities: New Year's Eve marks the start of a new year and the chance for a new beginning. That said, who better to kick things off with than the one you love? If you'd rather hang out with your friends or spend a low-key night with your family, you need to consider why. Spending time with your partner should be a priority, especially on such a fun holiday.

3. No connection left: Lack of similarity emerges over time, and these differences can either bring you closer together or tear you apart. You need to feel connected to your partner, and something as simple as an impersonal present or thoughtless holiday card can be enough to make you feel distant and misunderstood.

Related: [10 Holiday Gift Ideas for That Special Someone](#)

4. Nothing to say: When your relationship is new, you always have something to talk about, but as time goes on, conversation may become stale and forced. Remember that communication is key for every successful relationship. With nothing left to say, it may be time to start looking somewhere else for love.

5. Making plans alone: The beginning of January is typically a time to reflect on the year behind you and plan for the year

ahead. If you and your partner have a strong and stable relationship, then the two of you will make plans *together*. Thinking about events, vacations and getaways that take you away from your significant other could mean you're ready for a fresh start in more ways than one.

Cupid wants to know: How did you know when your relationship was over?

Katy Perry Moves On Post-Split in Las Vegas



A night on the town with some close friends can really help

get over a breakup, and that looks to be the case for Katy Perry. According to [E! Online](#), the pop star was spotted in Las Vegas this past weekend supporting her best friend, jewelry designer Markus Molinari. It remained a quiet evening for the singer as she supported a fundraiser and spent some quality time with close friends. Despite the general romantic buzz of Sin City, it's certainly an opportunity for Perry to begin to move on from her recent split with Russell Brand.

Where are some great vacation spots to visit after a breakup?

Cupid's Advice:

Oftentimes after a breakup, the best way to move on can be to find some time to relax on your own or with good friends.

Cupid shares some post-split vacation spots:

1. Atlantic City: Share a hotel with some friends for the weekend, and gamble the night away. If gambling isn't your thing, the boardwalk is filled with tasty food and fun shopping. Either way, it'll be sure to take your mind off of your ex and help you enjoy being single.

2. Fantasy island: Ever dreamed of that one vacation you've always wanted to go on? Well, make it a reality by finding cheap flights and using up some of those vacation days at work. What better way to get over someone than by not having to show up to work for a few days?

3. Get active: It's easy to stay holed up inside after a break up. Instead, go somewhere and get moving. Check out the slopes for some skiing or hiking.

What are your dream vacations after a break up? Share your ideas below.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common



By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi

Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass–Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their chemistry experiments with a winning romantic concoction that lasts:

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

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it's possible with those you're [dating](#).

Related: [Amy Spencer Talks About 'Meeting Your Half-Orange'](#)

Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you're looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism #3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

Charly Emery

Personal Strategist | TV Personality | Author



David Arquette Guest Stars on Courteney Cox's 'Cougar Town'





Courtney Cox and David Arquette will once again be sharing screen time. Arquette will guest star as a hotel concierge in the season 3 finale of Cox's sitcom *Cougar Town*, reports *People*. Though the two separated in October of 2010 after 11 years of marriage, Cox said last month, "He's my favorite person in the world. No matter what happens in our future, he's my very best friend."

Is it OK to work with your partner after a split?

Cupid's Advice:

Though most individuals prefer distance after a breakup, it is possible to work with your former partner again. Here are a few things to consider before working with your ex:

1. Time: Make sure to take some time before reconnecting with your ex. Work together only after the two of you have had time to heal and move on with your love lives.

2. Your ex: Though your feelings may have passed, the same may not be true for your ex. Make sure that your former partner has moved on before working together. Working with unresolved

tension will not be productive.

3. Your reasons: Before you work with your ex, you should be sure that you have pure intentions. Don't work with your ex if you feel guilty about the breakup or your ex's current situation. Make sure your top priorities are work-related.

Have you ever worked with an ex? Feel free to leave a comment below.

Heidi Klum and Seal: What Blew Up Their Marriage?



By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio

Host & *Shrink Wrap* Celebrity Commentator

After almost seven years of marriage, Heidi Klum and Seal have decided to part ways. Many people were surprised by their announcement, since they made such a point of telling the public how truly happy they were. For a time, they even seemed like a model couple, defying the odds with two high-powered careers and balancing that with their home life, which included four children, three together and one from Heidi's previous relationship whom Seal adopted. Now, however, it seems that the separation may have been in the works for sometime as they dealt with something more than their love, success and family: Seal's reported anger issues.

TMZ was the first to report that the pop singer has a "volcanic temper," and that his inability to control his anger has become too much for Heidi to take, in part because it is affecting their children. They may very well have been honest about their love for each other, but dealing with an angry spouse can take a toll on a marriage, even a seemingly strong one.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

The reason couples can go on for so long in this situation is that the outbursts are often self-contained, and when they are over, they are over. Life goes back to normal. That is, until the next one. For a while you learn to live between the explosions in the land mines and focus on the good while you can. However, it eventually comes down to this: in an intimate relationship, everyone ultimately seeks a loving and safe shelter, a place where you can let down your guard and know someone is looking out for you. You want to be able to trust that your partner has your best interests at heart.

When one of the partners has frequent temper tantrums, that feeling of safety is slowly etched away. Over time, you lose the sense of sanctuary and begin to feel fearful and anxious

knowing that at any time your spouse might blow up. If you aren't in physical harm's way, you are at the very least in emotional harm's way. When your spouse rages, you feel frightened and upset; you feel that you are being attacked, and often it is hard to understand what is behind that fury.

You feel like you are walking on egg shells, afraid that one wrong move can make your partner irascible. That pattern of behavior destroys the foundation of your mutual trust and commitment.

Related: [How to Dignify Your Relationship Daily](#)

Eventually, the question becomes: how long can you live that way? I can only speculate about the havoc Seal's volatility wreaked on he and Heidi's union, but I can tell you what I've learned over the years with my patients. The first thing to do is to put checks and balances in place so that you feel you can gain some control. Wait until the anger has dissipated so you can have a calm conversation. At that time, when things are more peaceful, suggest to your spouse that you put all of his or her complaints into a box, and then you can pull them out one by one and talk about them in a rational way. Even more important, though, would be to talk to your spouse about getting outside help. This can be daunting, but necessary, because without that help you might skip from talking about getting support to learning how to handle conflict in a constructive way to talking instead about getting out of the marriage completely.

It is when your spouse refuses to seek help, or when he or she will get the help, but then flat out refuses to change, that you might reach the point of having to decide to take yourself out of the danger zone, as Heidi has done. All the renewed vows in the world won't fix that, but hopefully, with help, you can.

Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST,

11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.

'X-Factor' Judge Simon Cowell Breaks Off 2-Year Engagement



At one point, he called her “the one,” and now *X-Factor* judge Simon Cowell has recently ended his two year relationship with his makeup artist fiancée Mezhgan Hussainy, according to [E! Online](#). “I have been pretty good about not talking about my private stuff, but I got caught up in the moment,” he said. “I don’t really know where I am at the moment, and that is why

I don't talk about it." The British star, who was infamous for keeping his bachelor style of living private, announced his love in 2010, said he regrets his decision now, but he and Hussainy are still close.

What are some reasons to refrain from getting married?

Cupid's Advice:

Marriage is a big commitment and needs to be carefully evaluated, because sometimes things don't work out. Here are some reasons to refrain from tying the knot:

1. Timing: People can change from when you first get engaged to when you take the infamous walk down the aisle. If you notice you and your fiance becoming distant, then it may be time to part ways.

2. Sparks fade: Sometimes you and your lover simply don't click anymore like you used to, and it could be caused by factors such as stress. As a couple, you should still feel a true spark even on your bad days.

3. Lost yourself: Like Simon Cowell, sometimes you lose who you are and where you want to be in a relationship. It can be difficult to be married to someone when you don't love yourself.

What are some other reasons not to get married? Share your ideas below.

Seal Says He's Grieving and Shocked Post-Split with Heidi Klum



Similar to our own shock over the news, Seal is upset and grieving over his breakup and impending divorce from model Heidi Klum. That said, according to [People](#), he remains amicable saying that his love and respect for Klum hasn't changed. Seal also claims that this will help "make it easier to make that transition," and that the children are the "first priority." For Seal, it's important to acknowledge that he isn't that only one who has gone through a painful split like this. He adds, "It is just unfortunately a chapter of life."

What are some ways to mourn after a split?

Cupid's Advice:

Sometimes it can be hard to get over a difficult breakup or split. Cupid shares some ways to mourn:

1. A specific end is helpful: Being able to look back at the relationship and acknowledge when it was really over can help you to move on. It allows you to adjust to the breakup or divorce more easily.

2. Accept some responsibility: Being able to realize what went wrong in the relationship can be very therapeutic. It's important to be able to realize that this divorce is not really a rejection of you personally; it's just a combination of two people that didn't work out.

3. Cut off communication: Completely shutting down communication lines can be hard when you have children like Heidi Klum and Seal, but to be able to truly mourn and get over a split, you have to take some time for yourself.

What are some ways you've gotten over a relationship? Let us know in a comment below.

Is Russell Brand Writing a Memoir About Katy Perry?





Russell Brand is full of surprises. After filing divorce from Katy Perry, Brand has decided to do what celebrities do best after a break-up: write a feel-for-all book. According to [UsMagazine.com](https://www.usmagazine.com), Brand will reveal all the details of his marriage with Perry in a memoir. A friend of Perry said, "Katy is insulted and feels betrayed that Russell has treated her so poorly. She will never forgive him. Ever."

What do you do if your ex airs details of your failed relationship?

Cupid's Advice:

It would be nice to think that after a break-up, your [ex](#) would refrain from giving away the good and the bad of your relationship. However, sometimes it happens. Here's how to cope:

- 1. Ignore:** It may seem easier said than done, but you need to be the bigger person and show your ex that you are a confident single gal.
- 2. Fight fire with fire:** If you want to get rid of your

babbling ex partner, why not tell everyone a secret from your past relationship that will put him/her to shame? This may be stooping to his level, however, so think about it carefully before doing so.

3. Own up: Go ahead and confess to the bad that your ex is laying out to the world. You will look like the honest ex who has nothing better to do, but move on.

How have you dealt with your ex telling details of your failed relationship? Share your comments below.

Rumor: Are Heidi Klum and Seal Getting a Divorce?





Though they are both still wearing their wedding bands, rumors are flying around Hollywood that Heidi Klum and Seal are headed for a split. According to [People](#), distance has been the major issue within this rocky patch in the marriage. Seal has been away a lot lately promoting his new album, *Soul 2*, which has put a strain on the couple. However, now that the two have reunited, they seem to be doing a lot better.

What do you do if you notice the fighting in your relationship is increasing?

Cupid's Advice:

All relationships have their highs and lows. When fighting increases, don't be afraid to ask for help, look within yourself or change your surroundings:

- 1. Couples therapy:** Lots of couples have gotten through their troubles by bringing in an involved third party professional, such as a therapist, to talk out your problems with.
- 2. Look within yourself:** You may not be able to change the

actions of others, but you certainly can change your own. Reevaluate yourself to see if there is something you're doing to cause distance between you and your partner.

3. Talk it out: Problems are solved by talking, not by yelling.

What amount of fighting is too much in a relationship? Share your thoughts below.

Avril Lavigne and Brody Jenner Speak Out Amidst Breakup Speculations





Avril Lavigne and Brody Jenner may have gone their separate ways, but that doesn't mean they aren't Twitter pals.

Amidst rumors of a nasty breakup, Jenner tweeted, "It really upsets me to read all the FALSE!! stories. Avril has always been there for me and is the closest person to my heart. I love her." According to [People](#), the singer/fashion designer replied on the social networking site with, "Luv u 2!!! @brodyjenner."

How do you put forth a united front after a breakup?

Cupid's Advice:

Just because you've broken up with your partner, doesn't mean you can't still be a team. If you have children together, for example, it's best that you always present a united front:

1. Stay strong: People may expect you to turn against each other now that you're broken up, but there's nothing wrong with still being friends.

2. Compliment each other: You may not have been good together in a relationship, but that doesn't mean you aren't both great

in your own ways.

3. Keep in touch: Keep up with what your ex-partner is up to, and wish them luck.

Why can some exes stay friends and others can't? Share your thoughts below.

What Led to Avril Lavigne and Brody Jenner's Split?



Avril Lavigne's love life is now much more complicated. The singer and Brody Jenner reportedly split last week after nearly two years together, reports [UsMagazine.com](https://www.usmagazine.com). "It was

mutual, but Brody really broke up with her,” said a source.

“He told her he was tired of always being her plus-one, and always going on tour with her.” Lavigne is currently planning an upcoming tour in Asia. “[Jenner] said he needs a career of his own again, and he didn’t want to go on the tour. Avril didn’t like that. Brody said, “I need to stay in L.A. and get back into TV, either scripted or reality. But I feel like a loser.”

What do you do if your partner isn’t achieving success in their career?

Cupid’s Advice:

Encouraging your partner is tough, especially when your successes outweigh their own. Here are a few ways to handle your partner’s faltering career:

1. Be supportive: If you offer tactful and sincere advice, your partner will appreciate your efforts. Be cautious not to belittle your partner’s struggles.

2. Watch your words: If you have a particularly good day at work, be careful what you say. It’s okay to tell your partner about your successes every once in a while, but sharing your excitement too frequently will come across as bragging.

3. Offer to help: If your partner’s lack of success at work is due to issues that can easily be fixed, offer to help. Spell-check your partner’s latest presentation or forward some necessary emails. Hopefully, you will be able to get some work done and bond.

Have you ever been more or less successful at work than your partner? How did you handle it? Feel free to leave a comment below.

Ashton Kutcher Chats with Demi's Daughter Rumer at Pre-Golden Globes Party



Actor Ashton Kutcher and ex wife actress Demi Moore found themselves at the same Pre-Golden Globes party, and Kutcher didn't hesitate to catch up with Moore's daughter, Rumer Willis. As the *Two and a Half Men* actor made his rounds to chat, [People](#) reported that he and Willis were all laughs and smiles until she went back to join her mother.

Is it OK to keep in touch with your ex's children?

Cupid's Advice:

It can be difficult to “dump” the rest of your ex’s family after a breakup, especially when it comes to kids. Cupid has some tips:

1. Healing time: If you’re the one who’s broken up with your partner, it might be a good idea to step aside and give them their space by avoiding their kids as well.

2. Be a friend: If you want to continue the relationship that you’ve built with your ex’s kids, it would be best for both sides if you and your ex were friends. Whatever you do, don’t vent to the kids about your past relationship and current feelings about your ex.

3. Be respectful: Your ex may want you out of their lives and their children’s lives completely. If this is the case, then you need to be respectful of their decision. Losing that connection is a risk you took once you broke up.

Do you think it’s OK to allow your ex and your children to interact? Share your comments below.

Rumor: Did Avril Lavigne and Brody Jenner Break Up?





Could Avril Lavigne and Brody Jenner be calling it quits after 2 years of dating? According to [Hollyscoop](#), Lavigne is ready to settle down, and Jenner just isn't. We wonder if Jenner might be nervous because he knows Lavigne's previous marriage to rocker, Deryck Whibley, didn't work out or because his step sister, Kim Kardashian's, union to ex hubby Kris Humphries ended in such a short time. Also, maybe that bar fight back in November put a strain on the relationship. We'll have to see.

What are some ways to tell it's time to break up with your partner after a long-term relationship?

Cupid's Advice:

After long time dating, you may find yourself questioning the relationship. Here are some ways to know if you need to break-up or should hang in there:

- 1. Company:** If you are annoyed or unhappy when you spend quality time with your partner, it may be time to move on.
- 2. Intimacy:** Is the intimacy non-existent or are you using sex

to make the relationship better? If you said “yes” to either, re-evaluate why you are with your significant other.

3. Different values: If the two of you want different things out of your relationship, and it seems like each other’s plans have changed over time, it may be time to make plans solo.

How did you know it was time to end your long term relationship? Share your comments below.

Katy Perry and Russell Brand: What Went Wrong?



By [Amy Osmond Cook, Ph.D.](#)

The fairy tale marriage of Katy Perry and Russell Brand is over, fourteen months after it began. Katy and Russell join the ranks of celebrities whose wedding nuptials were . . . temporary. Kim Kardashian and Kris Humphries lasted only 72 days. Britney Spears and Jason Alexander lasted two.

We've all heard a jumble of less-than-educated guesses as to why many celebrity relationships don't last: "They spend too much time apart." "They have intimate scenes with other people." "They're too obsessed with themselves." "They only care about fame." But what are the real reasons for so many celebrity break-ups?

According to Judith Wallerstein and Sandra Balkelee, authors of *The Good Marriage: How and Why Love Lasts*, all good marriages have one thing in common: Both partners feel *respected and cherished*.

In a study of 50 married couples who described themselves as "happily married," Wallerstein identified nine building blocks that created a foundation for a good marriage, which we can condense into three major take-home recommendations for a happy relationship: (1) create your own space; (2) fireproof; and (3) go organic.

Create Your Own Space

Happy couples carve out their own little piece of the universe—a place where only *they* have the final say. They listen to mom-in-law pontificate about the advantages of hardwood floors, but choose carpet if their partner has a penchant for shag.

Happy couples enjoy each other's company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness, but foster autonomy.

Katy and Russell certainly had autonomy, but they had trouble staking a claim and prospecting together in the gold rush of marriage. Katy's parents may have been toxic. Russell may have sown his seed in places it didn't belong. But certainly, as time went on, it became clear that the couple didn't have a real sense of "place." They failed to make the transition from "you and me" to "us."

Fireproof

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don't leave the dishrag next to the gas stove. And you certainly don't let your three-year-old play with matches.

Happy couples fireproof a relationship in much the same way.

They create a safe place for conflict by avoiding inflammatory communication like name calling, stonewalling, or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into, "You don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

As Katy and Russell's marriage progressed, it was clear that they lacked fireproofing skills. According to Rick Mahr, a music executive and friend of Katy, their communication skills needed an overhaul—they fought almost every time they were together. It was clear that their reactions to life's stresses were creating a wedge (not the hoped-for solidarity happy couples experience) as they spent more and more time apart, even on holidays.

Go Organic

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another, and another. And when

those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that’s something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

Much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual, and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they’re really too tired for sex, because their partner is in the mood. They say, “You do not look fat in those jeans” for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

It is clear that Katy and Russell felt passionately about each other; but their frequent fighting and long stints apart prevented them from cultivating a relationship in which they both felt respected and cherished. (Russell’s tweeting of unflattering pictures of his wife probably didn’t help matters, either.) Their relationship withered because they weren’t able to give it the nutrients it needed to grow.

Conclusion

Now, there’s no doubt that Katy and Russell are exceptional people. They exude talent, personality and charm. Perhaps the time wasn’t right for this couple to make a go of it, or perhaps they still have more to learn about creating happy relationships. But we *can* learn from their all-too-public divorce. Create a space for your relationship, fireproof it, and cultivate it into something special.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating

Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

Rumor: Are Derek Jeter and Minka Kelly On-Again?



It looks like Derek Jeter and Minka Kelly might be rekindling their 3-year romance, as they vacationed in Paris over the holiday weekend. The Yankees all-star and *Charlie's Angels* actress stayed with friends while taking in some of the city's most popular tourist attractions. "They look very much in love," an observer told [People](#). "They were always very, very

close [and] very playful as a couple with each other.”

What are some ways to decide whether to rekindle a romance?

Cupid's Advice:

Deciding to date an ex again can be a tough decision, but there are three important parts of yourself to consider:

1. Your gut: Take your initial feeling into account, because more often than not your first instinct on a situation may be the right one.

2. Your heart: Your heart may feel broken from the breakup, but make sure being back together is what's going to heal those wounds.

3. Your mind: Often our hearts make us act irrationally, so try to think logically about the situation and weigh your options.

How did you decide to get back together with your ex? Share your experiences below.

Russell Brand Files for Divorce from Katy Perry





Russell Brand and Katy Perry had a strenuous holiday season. Brand filed for divorce on Friday after 14 months of marriage, reports [People](#). Rumors started circulating when Brand and Perry spent the holidays apart, with Brand in the U.K and Perry in Hawaii with friends. The couple were also spotted without their wedding rings in the days prior to the split. “Sadly, Katy and I are ending our marriage,” said Brand in a statement. “I’ll always adore her and I know we’ll remain friends.”

How do you stay on good terms with your ex during a very public divorce?

Cupid’s Advice:

Going through a divorce is hard enough even without attention from others. Here are a few ways to stay friendly with your ex:

1. Monitor rumors: When a split gathers attention, false rumors are bound to pop up. Try monitoring the rumors, and denying false assumptions whenever possible.

2. Keep it private: Though you are probably surrounded by friends who want to know the details behind your split, some things are best kept private. You can tell your friends the details later when you and your ex have had time to heal.

3. Keep in touch with your ex: Keep in touch during your divorce. Don't let your lawyers do the communicating for you. In order to stay friends in the future, you'll have to lay the groundwork now.

Have you gone through a public split? Feel free to share your experience in a comment below.

Kobe Bryant Relocates to a Resort Post-Split





When Kobe Bryant was forced to leave wife Vanessa after [cheating](#) allegations, he didn't have to go very far. The NBA basketball star found a private villa located on the Newport coast of Southern California. The resort that Bryant is staying at has 24/7 housekeeping and butler service. However despite these services for \$800 a night, Bryant has apparently elected to take advantage of the laundry unit located in the private garage provided to him, as he was spotted doing just that, according to [RadarOnline](#). Don't misinterpret that move, thought, because Bryant is still living the life of the rich and the famous after his impending divorce. According to sources, he has his \$400,000 Lamborghini parked outside his villa.

How do you decide where to go after a sudden split with a live-in partner?

Cupid's Advice:

When you make a decision to separate from a live-in partner, it can come with all sorts of consequences, one of which is where to go after the split. Cupid has some tips:

1. Assess current living arrangements: If you're currently paying the rent and are responsible for the lease, then it's obvious that your partner should be the one to leave and find new living arrangements. If the reverse is true, you'll need to relocate.

2. Friends and family: If you have to find somewhere to go after a sudden split, often the best case is to live with a family member or friend until you have more permanent living arrangements figured out.

3. Temporary living quarters: If you have the means, you can live in a resort or hotel like Kobe Bryant decided to do after his breakup. Of course, if you don't have quite the same level of income as Bryant, you might have to live without room service.

What did you do after you split with a live-in partner? Share your experiences below.

Denise Richards and Charlie Sheen Bring Kids on a Winter Vacation





Charlie Sheen is spending the holiday season a little differently this year, reports [People](#). The actor and his ex, Denise Richards, are vacationing with their daughters at an unknown tropical location. Sheen posted a photo of the family on the social networking site WhoSay with the caption, “What’s better than a modern family vacation!?! love spending winter break w/ @denise_richards & my kids!”

Is it unhealthy to take a vacation with your ex and the kids?

Cupid’s Advice:

Though having the family together may seem beneficial, there are some downsides to a shared vacation. Here are a few things to consider before vacationing with your ex and the kids:

- 1. Payment:** Make sure that you and your ex come to an agreement about the cost of the trip. Decide if the two of you will split the cost of the hotel room, meals and outings ahead of time.
- 2. Living arrangements:** Before you invite your ex on vacation,

make sure you review your living arrangements. If you are planning on staying in a hotel, make sure your room has enough beds for your whole family to sleep comfortably (and separately).

3. Your feelings: If you and your ex still have a strained relationship, vacationing together is not the best idea. Your kids may love having the family together, but they will not enjoy it if you and your ex spend the getaway bickering.

Have you ever vacationed with your ex and the kids? Feel free to leave a comment below.

Notoriously Private Couple Jessica Lange and Sam Shepard Have Split





Actress Jessica Lange and her partner of almost thirty years Sam Shepard kept ended their relationship. In fact, the couple, who kept their relationship very private, decided to split almost two years ago, according to [People](#). “They both are pursuing independent lives,” says a source. A rep for Lange confirmed the split, but the *American Horror Story* actress has no further comment.

How do you keep your breakup from making a splash?

Cupid’s Advice:

Breakups can be dramatic, but if you can get out of a relationship without causing a scene, you’ll be better off in the long run and in the healing process. Cupid has some tips to keep your split low key:

- 1. Don’t tell everyone:** Your business isn’t the world’s business. Once everyone knows, they’re going to want to put in their two cents, which will become overwhelming and annoying.
- 2. Wait:** Take some time to figure out your own emotions and to

face the reality of your new life without your partner, so that you're ready to face family and friends once they find out.

3. Stay busy: Keep your routine as normal as possible, and get out of the house when you can. Don't keep yourself cooped up wallowing, but instead embrace your new found independence.

How did you keep your breakup quiet? Share your comments below.

Brad Goreski Shares Breakup Drama Details After Split With Rachel Zoe





On his new Bravo show, *It's a Brad, Brad World*, Brad Goreski admits he and ex-girlfriend Rachel Zoe are no longer on speaking terms. "We don't speak to each other. I would love to be able to speak with her," he said. According to [People](#), he has yet to meet her nine-month old son, Skylar, because he has "not been invited." Goreski said he has an "idea" of why he and his stylist are on bad terms. "I think I have conducted myself with honesty, with dignity and with grace," Goreski said. "And I will continue to do so no matter what is said about me."

How do you cope when your ex refuses to speak with you post-split?

Cupid's Advice:

Breakups are tough and avoiding each other is an easy way to help with the healing process. Cupid has some suggestions to help you accept this situation:

1. Carry on: Just because you're not speaking with your ex, it doesn't mean your world stops. Take this time to

prioritize your life and rebuild it.

2. Cut the cord: You don't have to delete your ex's number or defriend them on Facebook, but finding ways to distance yourself makes things easier.

3. Time: Like a lot of issues in relationships and breakups, in time you'll be able to accept the situation. Just be patient.

What did you do when your ex shut you out post-split? Share your experiences below.

Chaz Bono and Jennifer Elia Break Off Their Engagement





Despite news of their engagement earlier this year, Chaz Bono and his fiancée Jennifer Elia are no longer engaged or even together. Nevertheless, they appear to be amicable towards one another. According to [People](#), “They leave this relationship with great love, respect and affection towards one another,” and they ask that everyone “respect their privacy at this time.” Bono himself tweeted that he appreciated the fans concern and was doing “just fine” while remaining on “good terms” with his ex.

What are some ways to stay amicable after a split?

Cupid’s Advice:

After a breakup, there are no doubt hurt feelings that can often times turn into drama. Here are some ways to keep your split amicable:

- 1. Give each other space:** Allow your feelings a chance to solidify after the split. Give each other time and space before making any moves to continue a friendship.
- 2. Talk it out:** Does your ex *want* to be friends with you after

the break up? Talk about why you want to be friends with your ex. Articulate reasons for continuing a relationship after the breakup. You may end up deciding it's not a good idea after all.

3. Be there for each other: Spend time with each other, but not too much time. Be sure that you don't fall into the old habits of your relationship, because that could become sticky territory.

What are some ways you stay amicable with an ex? Share your ideas below.

Jennifer Lopez Reportedly Brings Her New Man to 'Idol' Set





Friday was bring your boyfriend to work day, or at least it was for Jennifer Lopez. Lopez's new boy toy, Casper Smart, was seen arriving to the *American Idol* set in Lopez's Bentley as he stopped by to visit his new lady. The new couple have been inseparable, having recently spent Thanksgiving in Hawaii with Lopez's twins before jetting off to Morocco. While the singer seems to be wearing divorce well, her ex-husband Marc Anthony, isn't quite complimenting her style. According to various sources, not only does Anthony not want smart to drive his kids around due to his arrest for drag racing, but he apparently doesn't want Smart around his kids at all, according to [Hollyscoop](#). In the meantime, Lopez and Anthony have continued working together in their Latin-American talent show venture, *Q'Viva!*

What do you do if your ex is upset with your new relationship?

Cupid's Advice:

Unfortunately, when you move on from your last relationship, it's not always going to be a smooth transition. Cupid has some advice:

1. Give space and time: It's always best to allow both you and your ex time to heal and get your emotions together after a breakup.

2. Be understanding: Understand that while it may have been easy for you to let your previous relationship go, depending on the circumstances, it may not be as simple for your former love.

3. Minimize contact: While cutting off ties to a past relationship is an easy solution, it may not be a quick fix when you have kids, work or share the same friends. If this is the case, minimize contact to a speak-only-when-necessary basis until you can interact normally with each other again.

How did you handle your ex being upset with your new relationship? Share your comments below.

Bruce Willis Supports Demi Moore Post-Split With Ashton Kutcher





Bruce Willis will always be there for Demi Moore. The *Die Hard* actor, 56, is taking the time to comfort his ex-wife in light of her split from Ashton Kutcher, reports NowMagazine.com. “He’s explained to [pregnant wife Emma Hemming] that he needs to divide his time until Demi is a bit stronger,” said a source. “He knows Emma’s feeling a bit neglected but he wants to make sure Demi gets herself together.”

What are some ways to react if you feel neglected by your partner?

Cupid’s Advice:

It’s often difficult to ask for more attention without sounding needy. Here are a few ways to react if you feel neglected:

- 1. Give attention:** If you feel neglected, try giving your partner more attention. Chances are, the somewhat tense atmosphere between the two of you is mutual. Be the first one to mend the bridge.

2. Work through it: It's very possible that your mate may just be busy. They may be having family issues or a hard time at work. Tough out the rough phase, and everything will eventually go back to normal.

3. Tell your partner: If no other action will work, confront your partner. Politely explain your feelings and tentatively ask for a change.

Have you ever felt neglected? Feel free to leave a comment below.

Kris Humphries Says He 'Doesn't Play Into the Gossip' Surrounding Ex Kim Kardashian





Their quick marriage and much-talked-about divorce may be making the headlines still, but Kris Humphries says he doesn't pay the gossip about his situation with Kim Kardashian much mind. "I think that if people know me they know who I am and what I stand for," he said, according to [Hollyscoop](#). "I'm a fun guy and I don't play into the gossip. That's life." There's also much speculation that the couple's relationship deteriorated as a result of it being plastered all over reality TV. To those assumptions, Humphries says, "I can't say for sure. It's the only time I've been married. [But] I've been in front of cameras on the NBA since I was 19."

How do you keep from participating in drama after a breakup?

Cupid's Advice:

After a breakup, you're no doubt hurt and sometimes angry. However, it's important to keep those feelings in check instead of unleashing them in a wave of drama. Cupid has some tips:

1. Count to 10: When you're about to say something mean-

spirited directly to your ex or behind his or her back, take a minute to think about it first. Spur of the moment comments are often times regretted.

2. Take a step back: Right after a split, it's important to take a breather for a while. Avoid going to the places you know your ex or their friends hang out, and surround yourself with close friends and family.

3. Institute a checks and balances: Give your friends the job of watching your every move. If they see you're about to text your ex, have them stop you. Make them the angel on your shoulder.

How did you keep from participating in drama after a breakup? Share your ideas below.