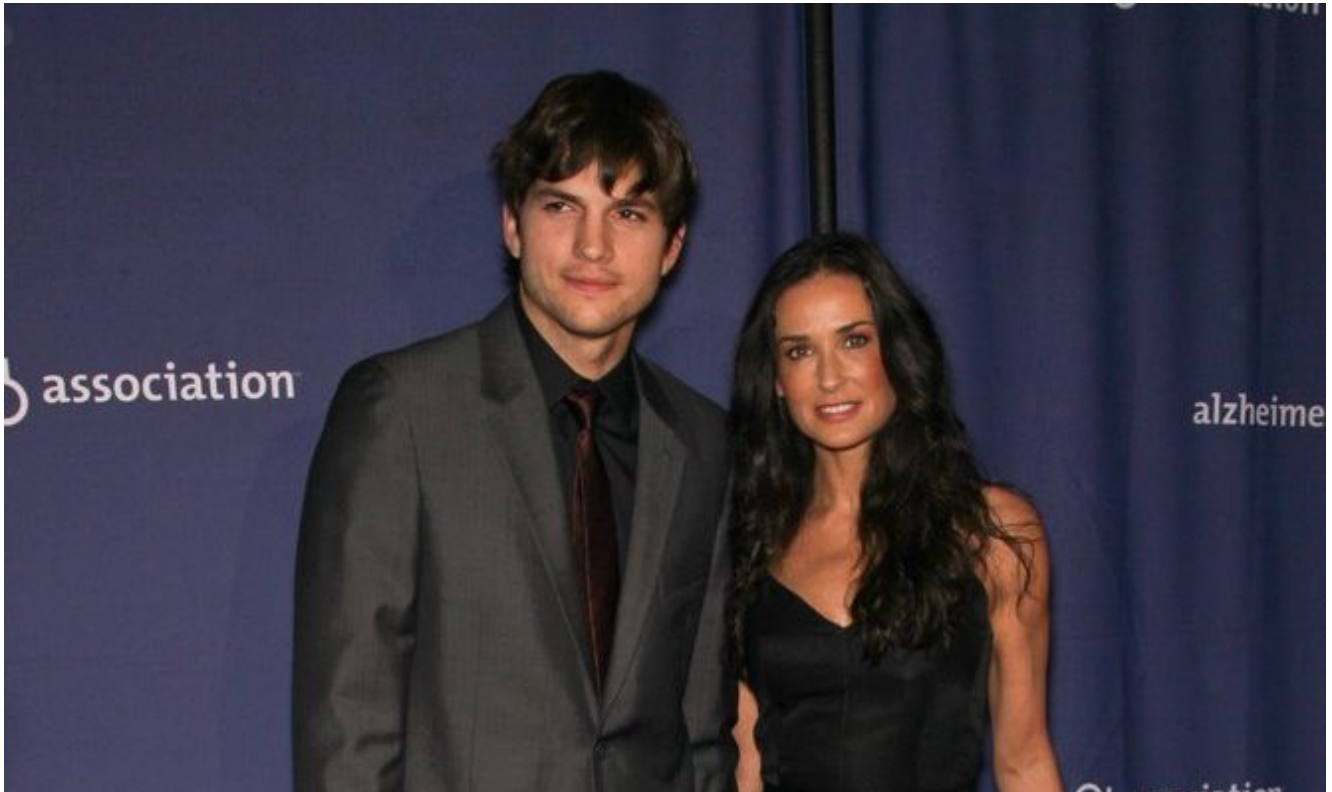


Demi Moore and Ashton Kutcher Have Awkward Run-In



Recent exes Ashton Kutcher and Demi Moore bumped into each other while dining separately at a West Hollywood private members club, according to UsMagazine.com. The couple split after Kutcher's fling with Sara Leal became public. During the awkward run-in, according to sources, Moore was with a man (platonically) and Kutcher was with a group of friends. When Moore spotted Kutcher across the dining room, she approached him. From a distance, sources say the ex-couple's encounter was awkward and uncomfortable for both parties. After a friendly hug and some small talk, the necessary mingling was over.

How do you react when you run into an ex after a bitter

breakup?

Cupid's Advice:

After a breakup, it tends to be impossible not to have a casual run-in with your ex, seeing as you both love that Tai place around the corner and stop at the same Starbucks on your morning commute. Here are a few tips to keep things short and friendly:

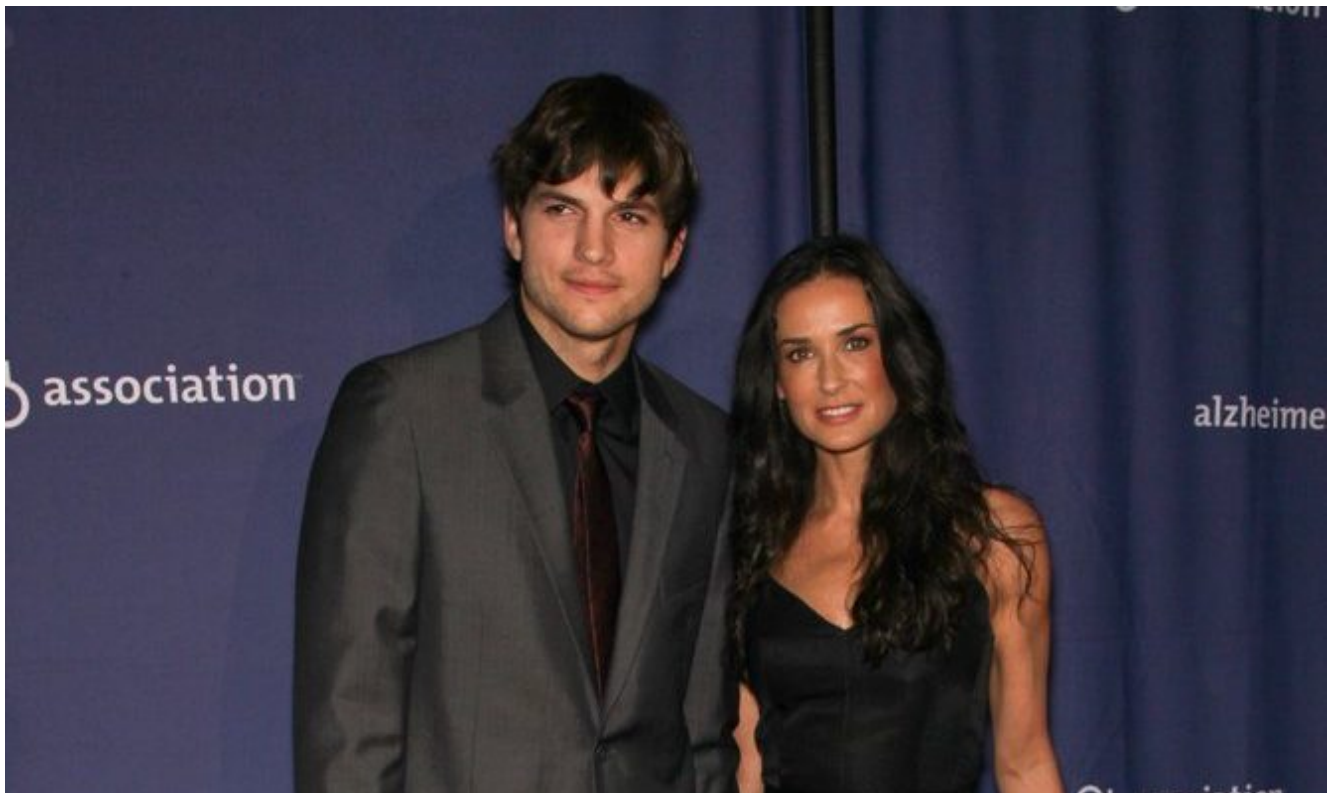
1. Be polite: Although you may want to throw your coffee in his face, refrain from making a scene. Your ex is expecting you to be bitter, upset and uncomfortable. Make small talk and take interest in their life, but not too much. Keep it short and sweet.

2. Be confident: No matter how happy or unhappy you may be without your ex, there is no need to show off. Bragging excessively about your new partner is just childish. It's okay to be better off without the one who broke your heart, but showing that off makes you look like a sore loser.

3. Smile: The last thing your ex wants to see is that you are happier without them. No matter how the relationship ended, seeing your significant other happy without you is a slap in face. Be sincere and wish them the best of luck, while showing off a big smile.

Have you had a bad encounter with an ex? Share your experiences below.

Marc Anthony Threatens to Quit Latin TV Show After Fight with Jennifer Lopez



The split between Jennifer Lopez and Marc Anthony has been a rocky road, and after six months, Anthony still struggles to face Lopez, who has recently started a new relationship with 24-year-old backup dancer Casper Smart. In fact, Anthony refused to travel to Peru and Chile to host and executive produce the latest auditions on his reality show *Q'Viva: The Chosen* after a fight with Lopez. It was reported that Anthony spoke to creator Simon Fuller and told him he was considering quitting for good. His reason was "quite simply, J.Lo. I can't work with her," an insider told [Star Magazine](#). The couple was married for seven years, and after the split,

working together as business partners may be next to impossible.

How do you keep your ex partner's new relationship from affecting your life?

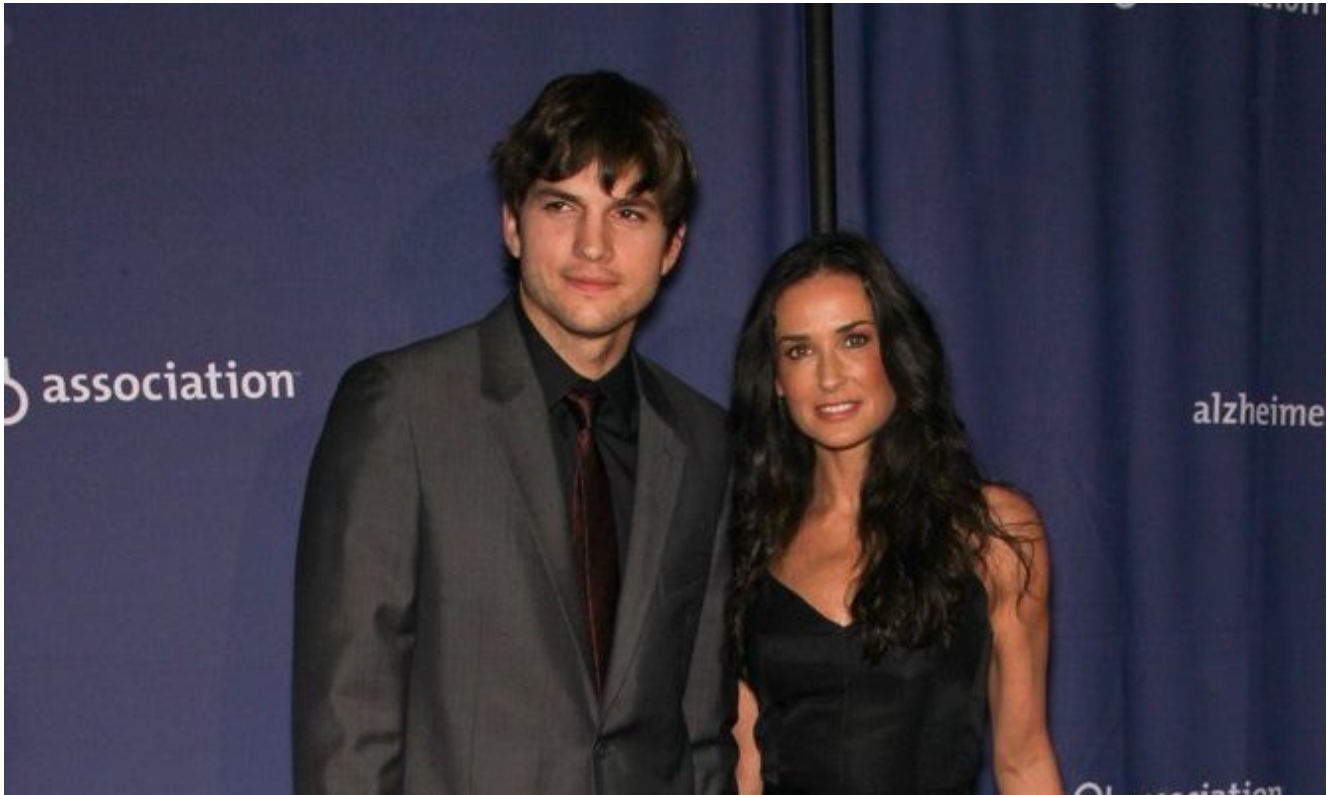
Cupid's Advice:

It's hard to see your ex start a relationship with someone else. Cupid has some tips to help you deal with those feelings:

- 1. Move on:** Venting is one step, but the ultimate goal is to move forward with your life. Don't get trapped in negative thoughts or dwell in the past.
- 2. Accept reality:** You and your ex are no longer together, and the sooner you realize this, the sooner you will be able to pursue new relationships of your own.
- 3. Avoid them:** If seeing your ex in a new relationship is too hard for you to handle, try your best to avoid bumping into them and block them from your thoughts.

How did you avoid being affected by your ex's new relationship? Share your comments below.

Rumor: Did Celebrity Couple Karina Smirnoff and Brad Penny Split?



[Karina Smirnoff](#) may have won a Mirror Ball Trophy on *Dancing With the Stars*, but rumor has it that she's lost baseballer Brad Penny. According to [UsMagazine.com](#), the 30-year-old professional dancer is no longer in a Hollywood relationship with Penny. The celebrity couple went public with their relationship in 2009, but in October of this year they decided to postpone their wedding due to "conflicting schedules."

Despite wanting to spend more time together, the celebrity couple have now separated.

Celebrity couple Smirnoff and Penny were close to getting married before announcing their split. How

do you know when you've found "the one"?

Cupid's Advice:

It can take a lot of bad relationships and love that end in hurt feelings before finally find "the one." Cupid has some love advice and tips to know your partner is your true love:

1. Communication is key: You have no trouble talking and there's never an awkward silence. If you find that you can talk to your sweetheart about anything without being bored, that is sign of a lifelong compatibility.

Related Link: [Karina Smirnoff Loves Being Engaged to Brad Penny](#)

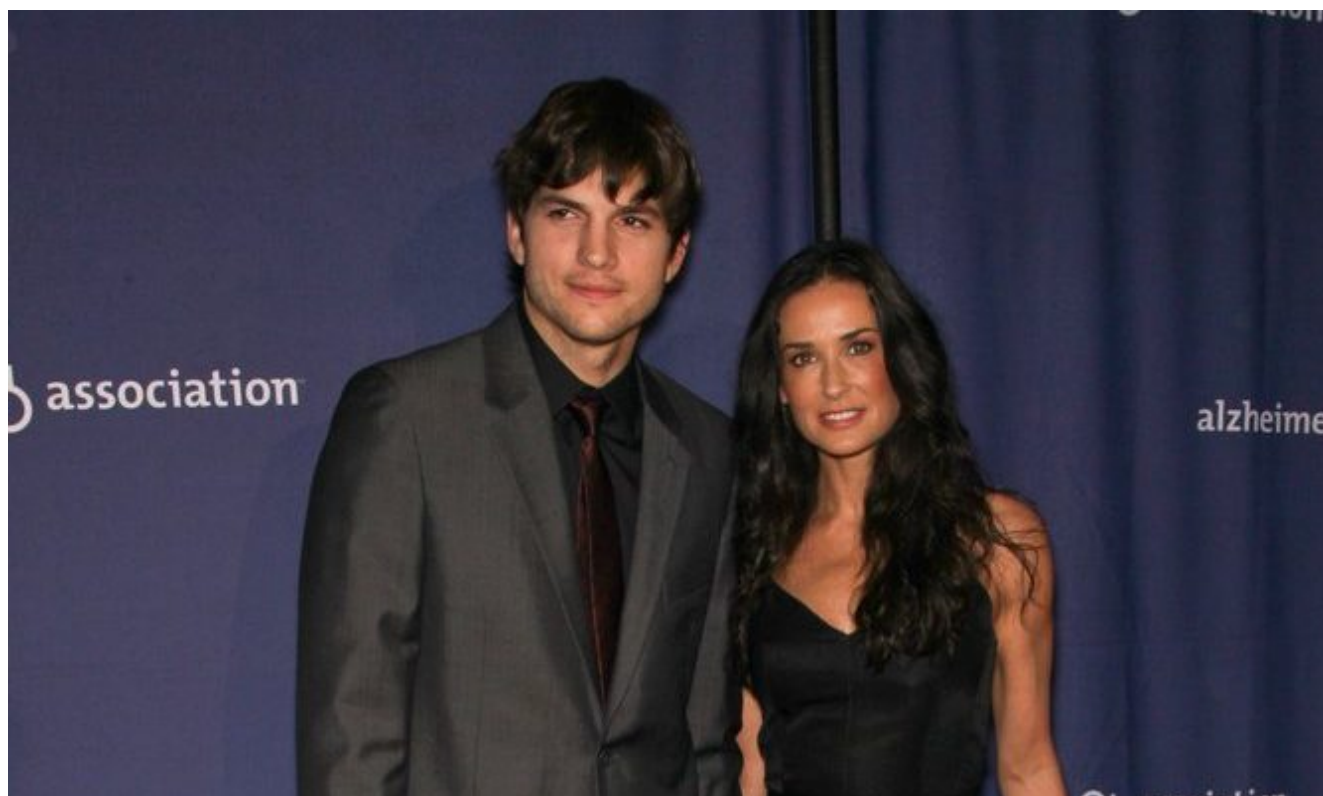
2. One in the same: If your life goals are similar, that's important. It's nice to be in love, but if you have no common life goals, trouble can occur quickly.

Related Link: [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

3. Predict the future: When you think of your future and you can't imagine your partner not being there, he or she may be "the one." If you find yourself thinking about making a family with them and expanding your relationship and love, that may mean that they're meant to be in your future.

How did you know your partner was the one? Share your story below.

Kim Kardashian 'Doesn't Want a Battle' with Kris Humphries



Despite the fact that Kim Kardashian had considered getting an annulment herself, it still came as a surprise when Kris Humphries filed for one himself. According to [People](#), “Kim doesn’t want a battle.” She wants to part ways with her ex amicably. Humphries requested the annulment this past Wednesday on the grounds of fraud, and if he receives the annulment, it will be as if their wedding never took place. Kardashian had wanted an annulment, but was told it would be too difficult to prove and decided to go with a divorce petition instead. According to sources, “the split was devastating” for the reality starlet.

How do you keep your divorce proceedings peaceful?

Cupid's Advice:

When you decide to get a divorce, it can often lead to a bitter parting of ways. Cupid has some ways to keep it peaceful:

1. Understand that it will be hard: Although it's never easy, the end result is best for you and your former spouse. Try to be friendly with each other, but understand that there will be some hurt feelings on both ends.

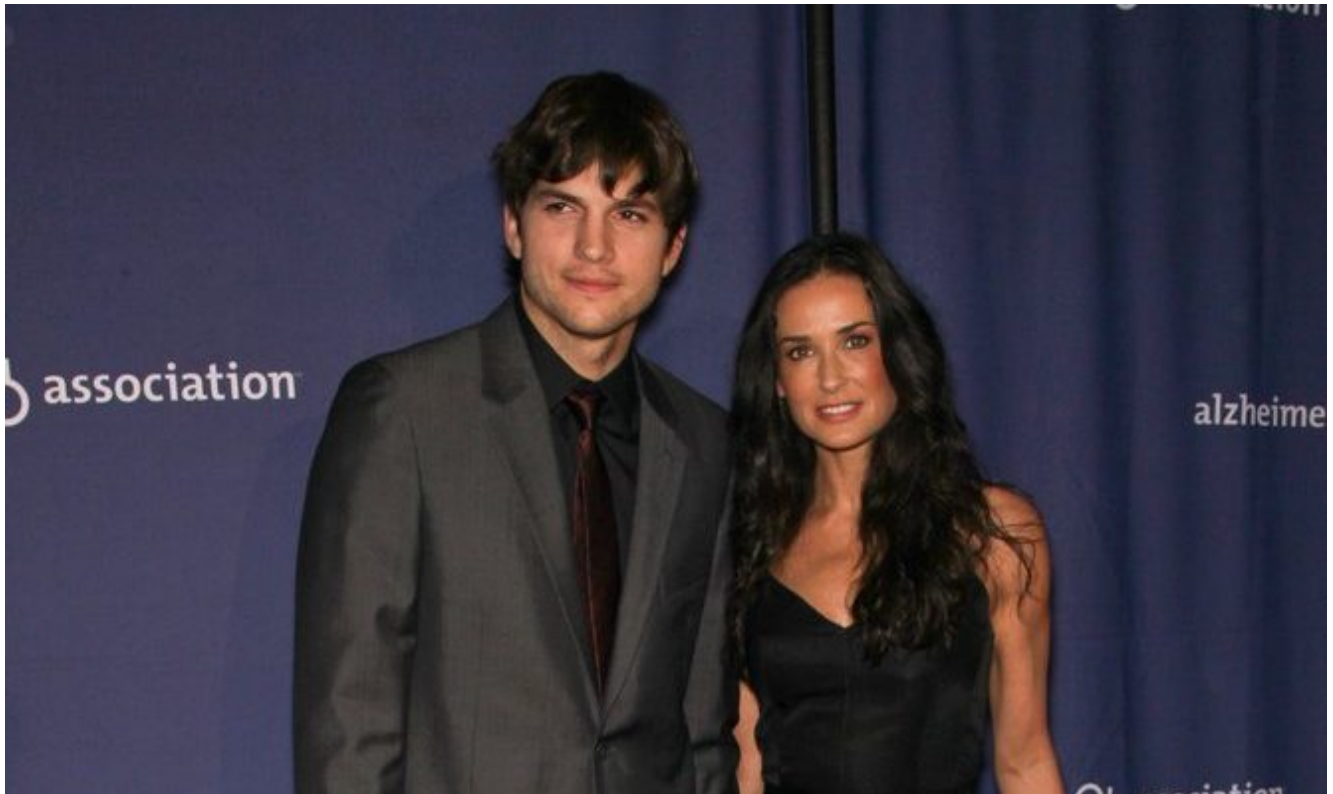
2. Cooperate: Don't butt heads with lawyers during the divorce process. If your lawyer or your spouse's lawyer requests information, don't dawdle. It's best to get things out in the open early on.

3. Keep stability: Find a new residence and surround yourself with a close group of friends. Try to go about your normal routine as much as possible in order to maintain stability. This will prevent you from lashing out.

What are some ways to keep divorce proceedings peaceful? Share your ideas below.

Six Celebrity Couples We Never Imagined Together





By Abbi Comphe'l and [Whitney Johnson](#)

There are plenty of pairings that just make sense: peanut butter and jelly; flip-flops and the beach; bright red lipstick and that little black dress, to name a few. That's not to say that unexpected matches don't make their mark: bacon and chocolate (seriously); navy and black; cowboy boots in the summertime. This idea holds true for relationships, too. Sometimes, a couple just seems right, and other times, it takes a bit more convincing to understand why they're a good fit.

If nothing else, the celebrity couples below prove that love can pop up in the most unexpected places and that opposites *do* attract. As for bacon and

chocolate, the jury is still out.

1. Johnny Depp and Amber Heard: In latest [celebrity news](#), this A-list actor married the *Magic Mike XXL* star in February 2015. The celebrity couple have been together for quite some time now. With a 23-year age difference, the pair have definitely made headlines. Heard doesn't want to be known as Depp's wife. She wants to make a strong name for herself in the acting world. This is one beautiful power couple!

2. Heidi Klum and Seal: For Klum, it was love at first sight: she saw Seal in a New York City hotel lobby and knew that he was "the whole package." They were together for quite some time and were madly in love. The celebrity couple sadly did not make it like everyone thought they would, and the relationship ended up [celebrity divorce](#). But they are still very good friends and enjoy raising their four children together.

Related Link: [Heidi Klum & Seal Shoot Revealing Music Video](#)

3. Lady Gaga and Taylor Kinney: Everyone was shocked when they heard Lady Gaga was dating someone and even more surprised when they found out it was actor Taylor Kinney. The two are talked about in the media because they keep their relationship very private. They have been together for about four years now and seem very happy together. They were first introduced when Gaga was filming her music video for "You and I."

4. Isla Fisher and Sacha Baron Cohen: This petite, fiery redhead and tall funnyman wed in a private ceremony in Paris in 2010 after eight years together. The couple are now raising their three children in Los Angeles. Keeping in line with the secrecy of their [celebrity wedding](#), the couple waited quite a while to reveal the names of their celebrity kids: Olive, Elula Lottie Miriam, and Montgomery Moses Brian Baron Cohen.

5. AnnaLynne McCord and Dominic Purcell: The *90210* starlet and *Prison Break* actor were first spotted together in June 2011 and the two were very in love. With a 17-year age difference this celebrity relationship had a few struggles. But it seems the two are back together and still in love. McCord celebrated her 28th birthday this summer and Purcell was there to celebrate.

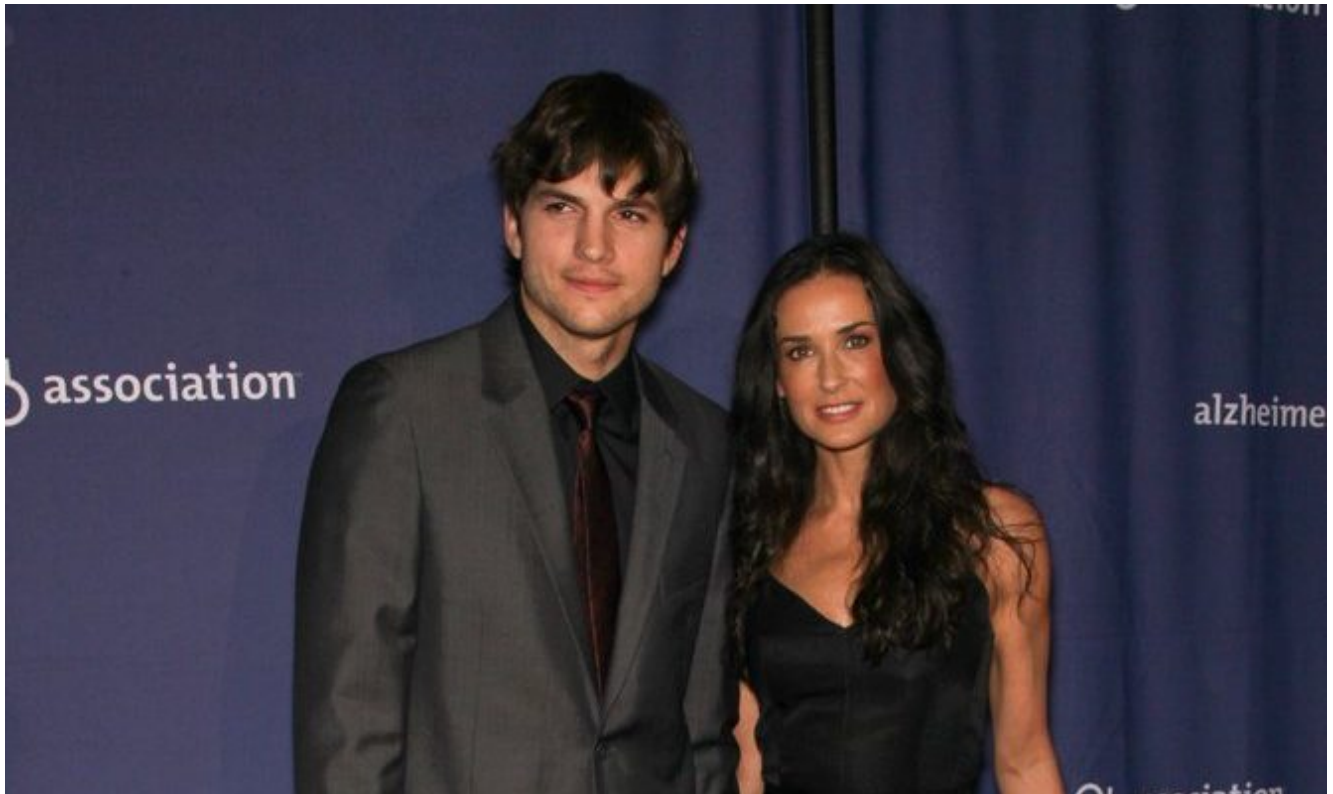
Related Link: [Isla Fisher Vacations with Sacha Baron Cohen, Kids](#)

6. Ellen Pompeo and Chris Ivery: Viewers are used to seeing Pompeo, who is best known for playing the title character of Meredith Grey on ABC's medical drama, *Grey's Anatomy*. On the show she was courted by and now married to McDreamy, the lead neurosurgeon at Seattle Grace Hospital played by Patrick Dempsey. However, in the real world, she has found her own McDreamy in record producer Chris Ivery, who she married on November 9, 2007.

Who are some other unlikely celebrity couples? Share your thoughts below.

**Kris Humphries Wants to
Dismiss Prenup with Kim
Kardashian**





The public hasn't heard much from Kris Humphries since Kim Kardashian filed for divorce, but his plan to annul their marriage could change that, reported Hollyscoop.com. The annulment would dismiss their pre-nup, which includes a strict confidentiality clause that forbids either party from discussing intimate details of their relationship to the media. No pre-nup would mean no rules to follow, and Humphries could finally speak out. "Kris wants to be able to talk about the relationship without fear of being sued," a source close to Humphries told RadarOnline.com. He filed the annulment under claims that the marriage was a "fraud." He believes Kardashian deceived him as a tactic to benefit her success as a reality TV star.

What parts of your breakup are best to keep private?

Cupid's Advice:

After a breakup, your emotions often take a roller coaster ride, but venting excessively to your peers is not the way to handle the situation. Here are a few things you should consider before blabbing your troubles to the world:

1. Private information: First and foremost, keep private information private. You may have intimate details and information about your ex, but they have the same information on you. Save yourself the stress and embarrassment, and respect each other's privacy.

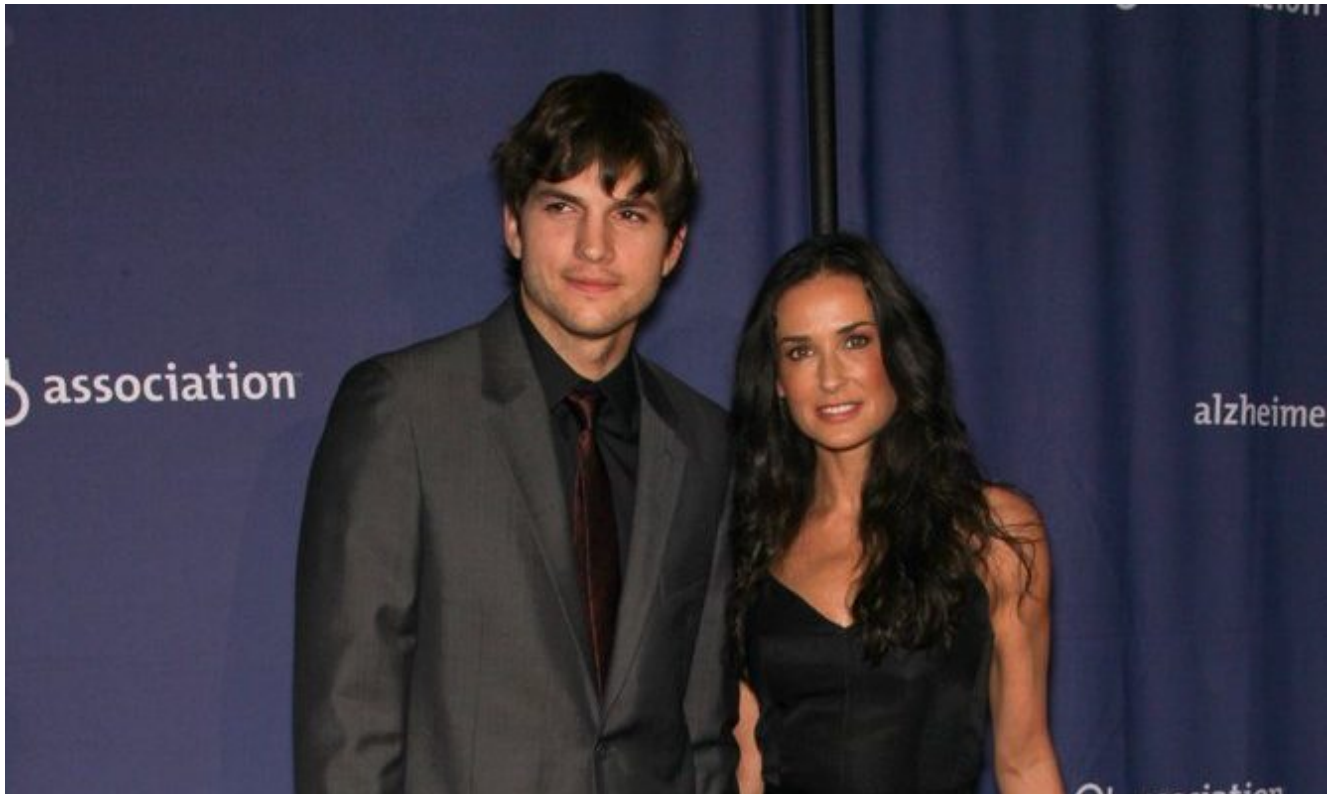
2. Details: It's ok to talk to close family and friends, but don't become an open book, because you could possibly make yourself look bad. If you're going through a divorce, wait for the final court decision before you start spilling all the details.

3. Negativity: You're going to want to talk badly about your ex, but resist if you can. You loved this person at one point, but things didn't work out. Although all you can focus on right now are the negative characteristics of the relationship, dwelling on it isn't good for your image or theirs.

Did you reveal things about your ex you wish you would have kept private? Share your comments below.

Ali Fedotowsky Explains Why She Left Roberto Martinez





By now you've heard that another *Bachelorette* and her fiancé have called it quits. That couple, of course, is Ali Fedotowsky and Roberto Martinez. Although Fedotowsky was seemingly ready to wed right after the show aired, after an 18-month engagement and three postponements, it all finally ended on November 21. The former bride-to-be had this to say to [People](#): "I wouldn't be being truthful if I said this came out of nowhere, we definitely had been having problems. But I had always believed that we could work it out." The duo tried to make the relationship last, even throughout their arguments. "We both realized we were unhappy more than we were happy, and we both deserved more."

How do you know when you're unhappy more than happy in a relationship?

Cupid's Advice:

It doesn't take a scientist to tell us that relationships are hard work, but how do you know when the work and unhappiness outweigh the good times? Cupid has some tips:

1. Bickering and fighting: This is a tell tale sign that a relationship just isn't working. It's okay to have a few fights here and there (it can even be healthy), but if you're bickering over tiny things all the time, it's safe to assume something is wrong.

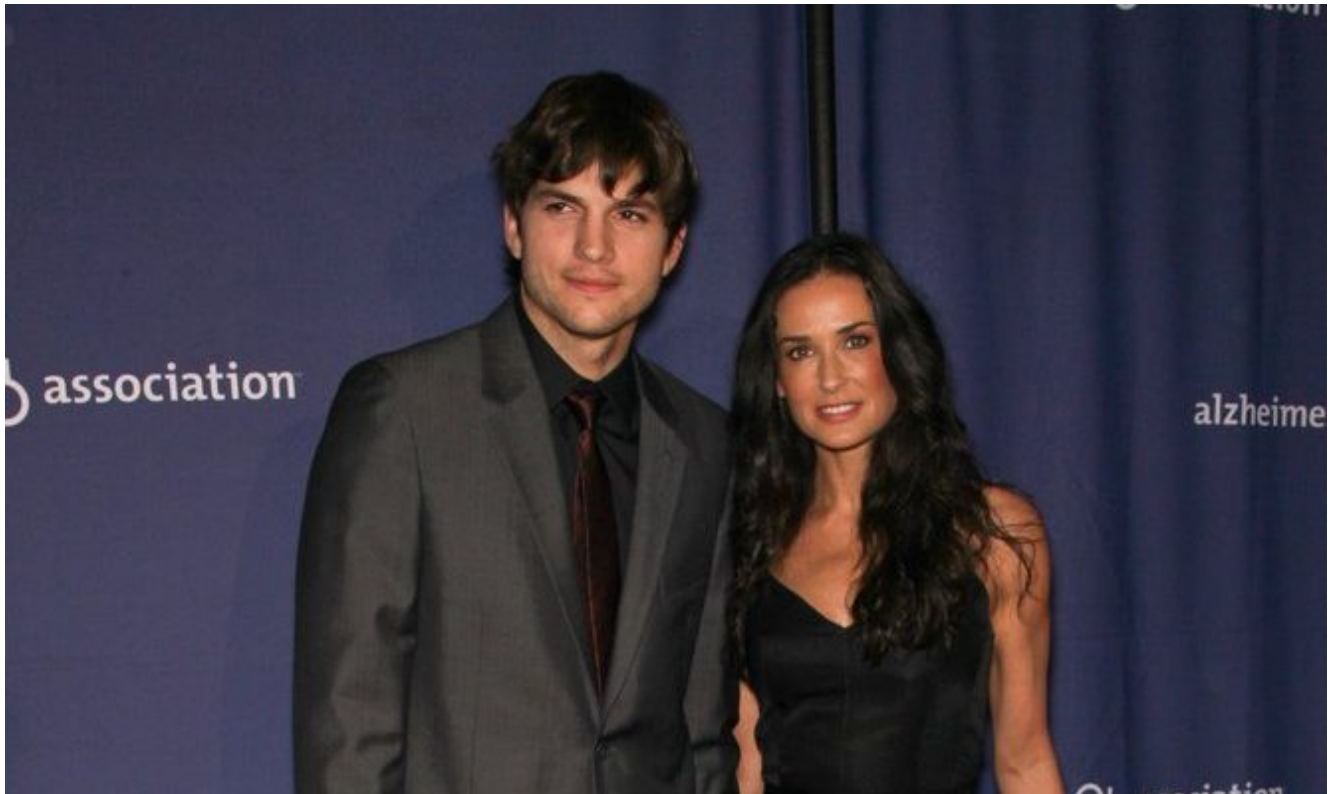
2. Not spending time together: When you're in a healthy, loving relationship you should be spending a fair amount of time together. If you routinely try to avoid one another, it may be time to re-evaluate.

3. Your relationship is stagnant: If it feels like you're at a stand still in your relationship, take a closer look. You may be dealing with thoughts that there's no point to your relationship or you can't deal with the constant arguing anymore. If you come to the conclusion that you both want more and that can't happen together, then it's time to call it quits.

How do you know when unhappiness in a relationship outweighs happiness? Share your thoughts below.

Demi Moore Tweets Cryptic Messages





It looks like the drama hasn't ended now that a divorce is imminent. Despite a calm public statement, Demi Moore has been sending out seemingly cryptic tweets, under her handle which still reads '@mrskutcher'. According to [Hollyscoop](#), her ex Ashton Kutcher has been sending "passive aggressive jabs" at Moore in retaliation perhaps. Even though they've split, the ex duo have still been going to counseling. They have even been seen leaving a Kabbalah house together, despite arriving separately. According to sources, Demi Moore has been on a "positive swing" despite the negative backlash that can often result from a divorce.

Cupid's Advice:

Going through a breakup or divorce can be really difficult, and you may want to complain to anyone who will listen. That's probably not the best idea. Cupid has some ways to grieve privately:

1. Surround yourself with family and friends: This is an

important time to remember that though one relationship is ending, you still have many healthy relationships in your life remaining. Ask your friends and family for support and let them know how they can support you through this difficult time.

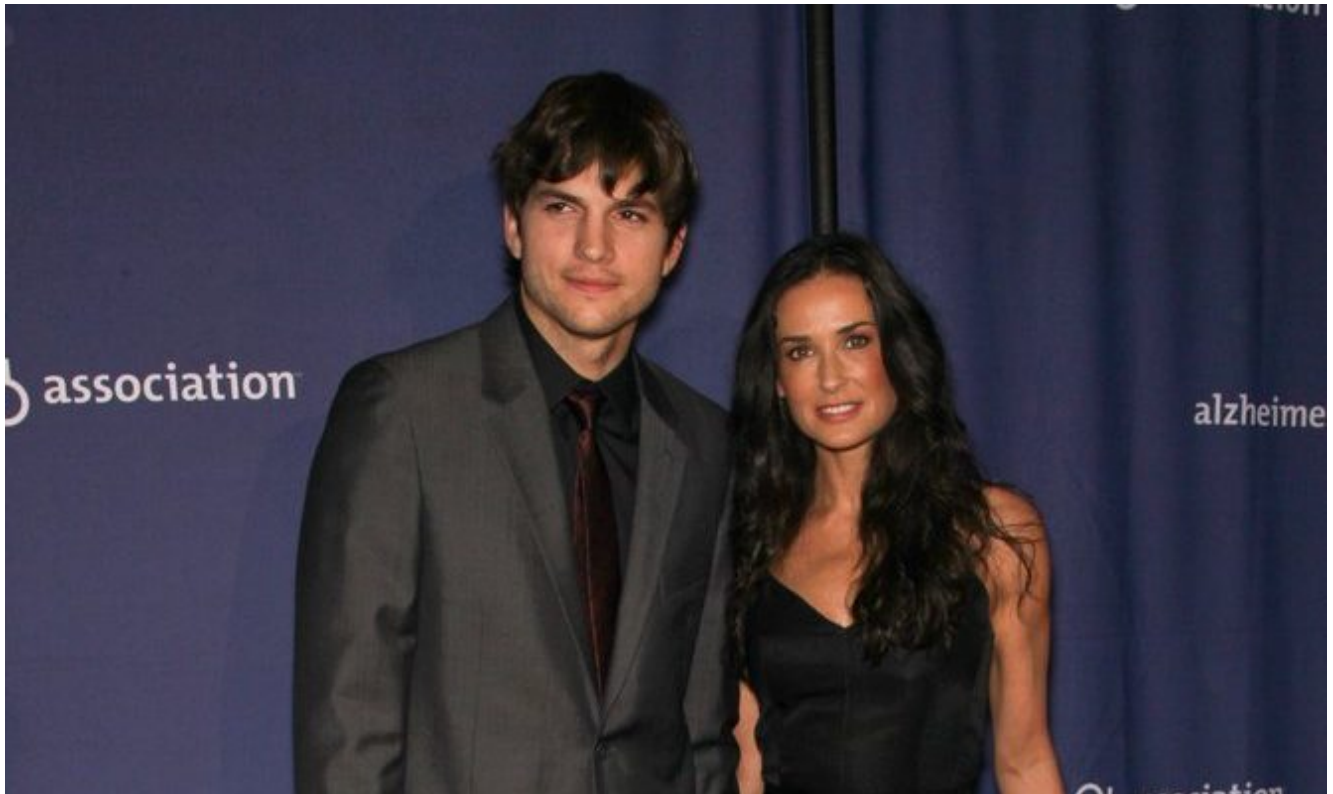
2. Take time: It's crucial to take some time to yourself to heal. Don't make any important life decisions right after a breakup. Instead, take the time to pamper yourself and keep up with a healthy lifestyle.

3. Remember it's okay to feel: Recognize that your feelings are normal. Whether you're sad, frustrated, annoyed or confused, those are all normal feelings that you're allowed to experience. These feelings will lessen over time as you begin to move on.

How have you dealt with a previous break up? Share your experience below.

Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair





Eva Longoria is in a different place today than she was just a year ago when she was filing for divorce from then-husband Tony Parker of the San Antonio Spurs. This all happened after the discovery of inappropriate text messages to Parker's teammate's wife. According to [UsMagazine](#), Longoria knows that people think she is "angry and resentful," but that's just not the case. Her forgiving attitude may stem from the successful relationship she's been in since February with Penelope Cruz's little brother, Eduardo Cruz or "Edu" as she affectionately calls him.

How do you keep from lashing out about a partner's infidelity?

Cupid's Advice:

After a partner cheats on you, it can be a hard thing to overcome even after breaking up with them. It's easy to become angry at the world as the result of one incident. Here are some ways to avoid it:

1. Keep balance in your life: Balance is critical after your partner cheats. Force yourself to do things you normally do:

go out with friends, eat healthy and try to have fun.

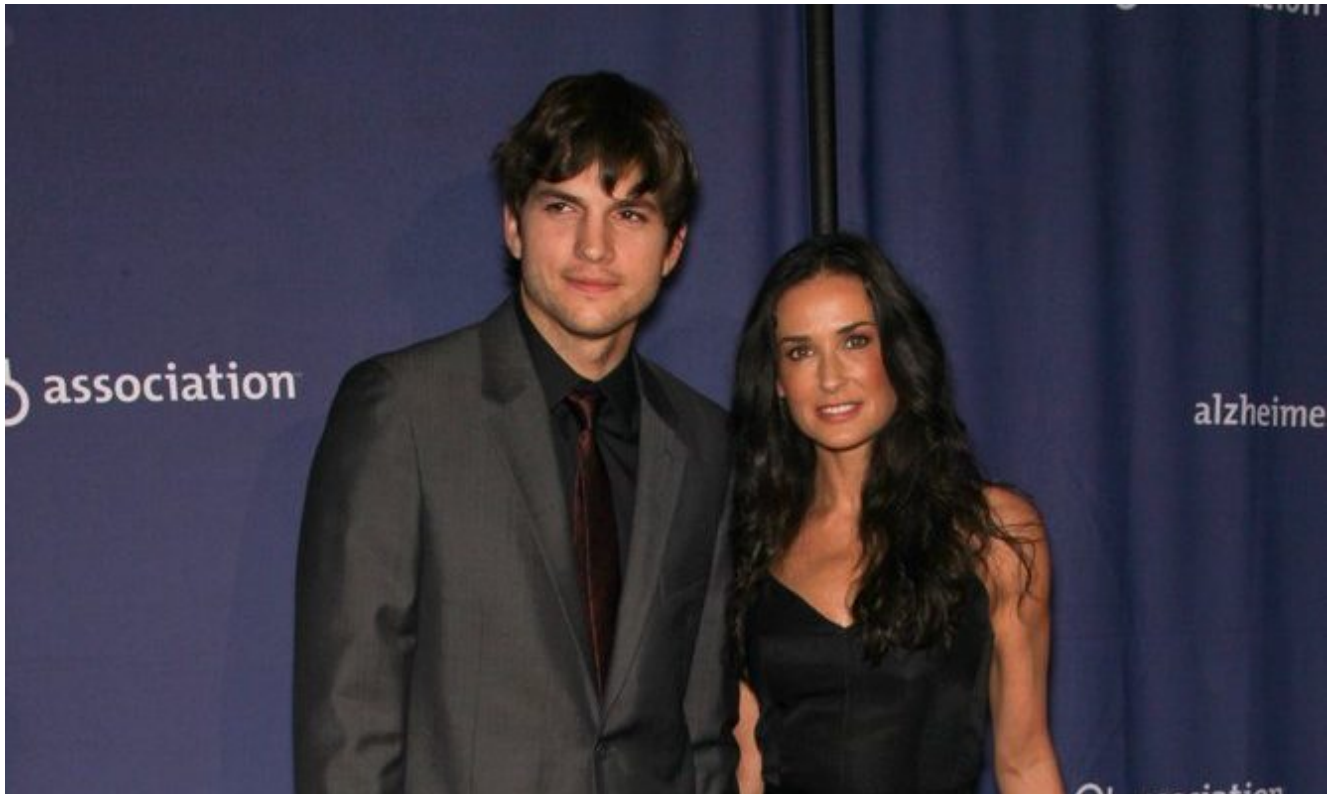
2. Laugh and cry: It's good to find a way to laugh during such an emotional time. Watch a funny movie or spend time with people who know how to make you smile. That said, it's okay to cry as well. If you aren't crying naturally, you can watch a sad movie or listen to sad music. Don't be afraid to cry it out.

3. Find someone new: It may take a while to be able to trust someone again, but don't be afraid to take that chance. Like Eva Longoria, finding someone new can help you on the path to forgiveness and letting go.

What are some ways you or a friend have coped with a partner's infidelity? Share your experiences below.

Ali Fedotowsky and Roberto Martinez Call Off Wedding





Sadly, Ali Fedotowsky and Roberto Martinez have called off their engagement. The couple, who met on *The Bachelorette* decided on a long engagement, which ultimately did not work out for the pair, according to [The Huffington Post](#). The duo was supposed to get married this year, but Fedotowsky was recovering from knee surgery and had to postpone the wedding. They ended up calling off the wedding three times before the relationship ended. In August, Fedotowsky told *People* magazine, "In my mind, Roberto is my husband. We live together; we do everything together; we plan for the future together; we fight just like a good old married couple." It looks like it's another case of love lost in *The Bachelor* community.

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

Cupid's Advice:

Ending an engagement is one of the hardest things for a couple to do. Marriage is a big step, and it's not meant to be taken lightly. If you're feeling unsure about saying those vows, proceed with caution. Cupid has some tips:

1. Take a step back: A break from one another can give you a new perspective. You might end up appreciating each other much more, and realize that you are meant to be together. It could also go the other way, and you'll realize you are much better apart.

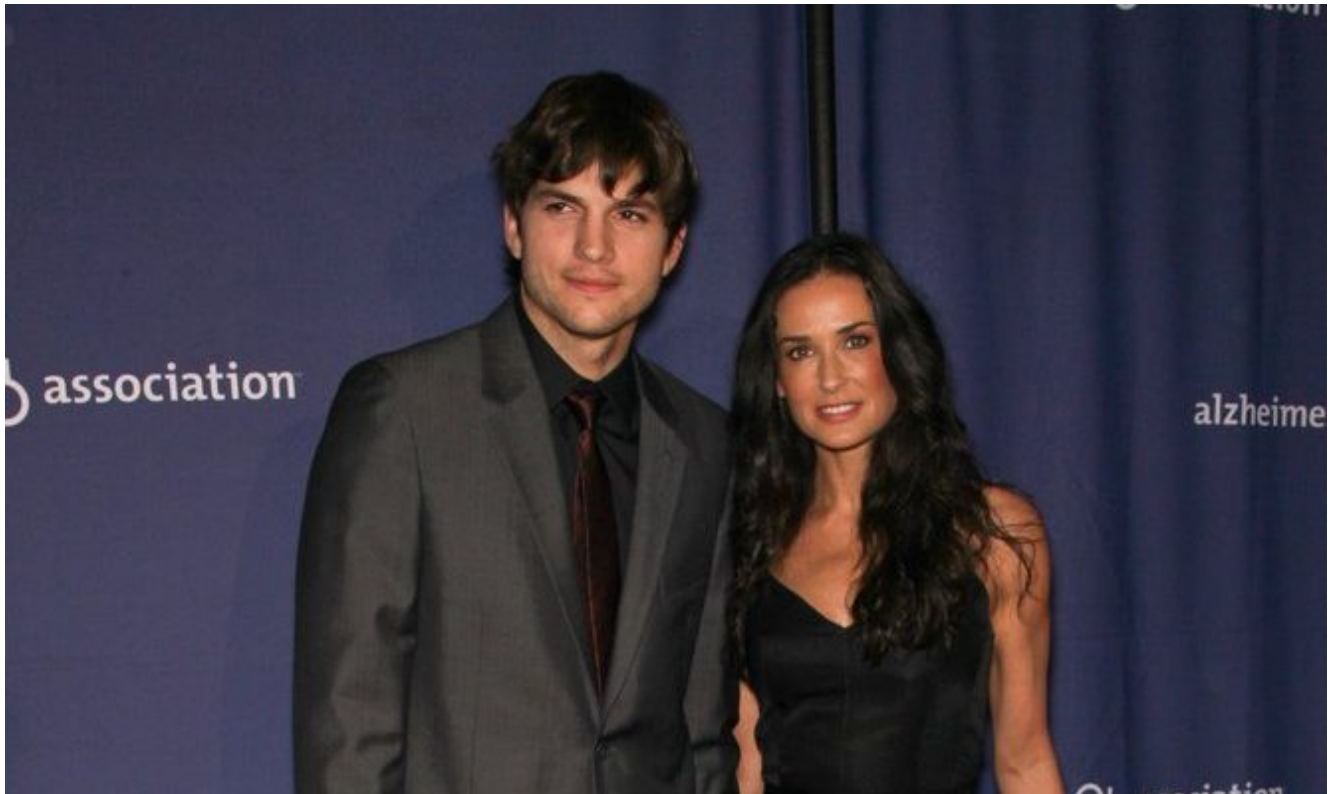
2. Assess the situation: If it feels like you're just not on the same page anymore and your partner is headed in one direction while you are going the other way, it may be time to call it quits. Unless you can somehow focus and anchor your relationship, there's no point in staying in it.

3. Nothing is the same: Maybe you and your partner have just outgrown one another. This happens frequently, and as heartbreaking as it may be, don't stay in a relationship that you know won't work anymore.

How did you know when it was time to call off your engagement? Share your experiences below.

Kasey Kahl Discusses His Future with Vienna Girardi Post-Breakup





Bachelor Pad 2 couple, Kasey Kahl, 27, and Vienna Girardi, 25, are both keeping the option of reuniting open after their recent split. According to [UsMagazine](#), Kahl and Girardi have both said that they don't know what the future holds, but it could bring them back together. Looks like the two are still remaining friends for now.

Is it OK to leave the possibility of a rekindled romance open after a breakup?

Cupid's Advice:

Most breakups end miserably, but some close on good terms.

Staying friends usually means that you think there's a chance of eventually getting back together with your ex. Here are some things about which to be cautious:

1. The reasoning behind your breakup: The thing is, you probably broke up for a reason. If nothing in either of your lives has changed to affect that reasoning, there's probably no reason the relationship would work if you gave it a second shot.

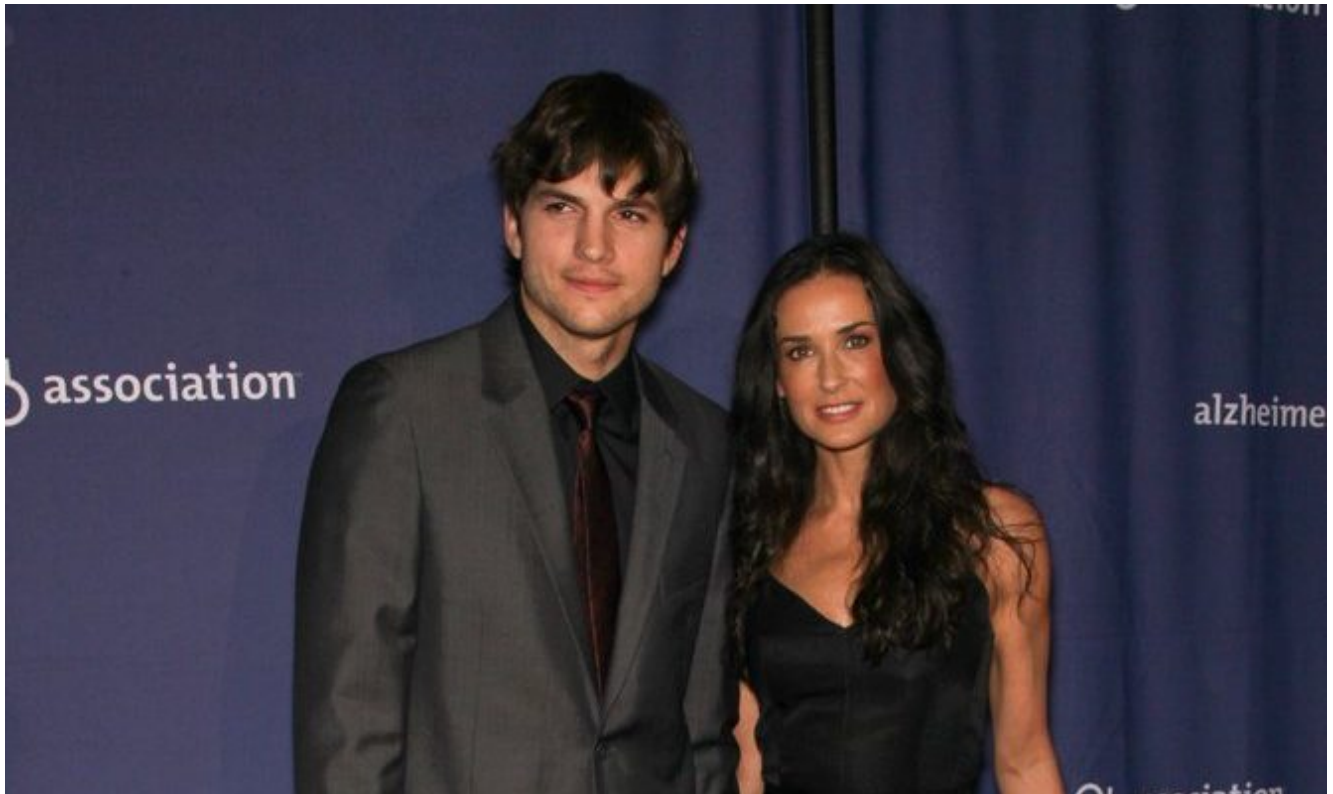
2. It could get messy: Thinking about getting back together with your past love could lead to a “friends with benefits” situation and a huge mess of emotions. Be prepared.

3. Your partner’s intentions: If you’re going to rekindle a romance, it’s important to have a long discussion with your ex before jumping back into things. Make sure you know what they expect from a relationship, so that you go into it with clarity.

Do you think it’s okay to leave the possibility of a rekindled romance open after a breakup? Share your ideas below.

Heather Locklear and Jack Wagner Call Off Their Engagement





Their characters may have tied the knot on *Melrose* place a year ago, but Heather Locklear and Jack Wagner won't be heading to the alter anytime soon. According to [People](#), the couple have called off their engagement. The pair, who got engaged in August, had the full approval of Locklear's daughter, Ava. "Ava was so excited when we told her," said Locklear. "She hugged Jack, said congratulations, and she immediately wanted to see the ring. Then she ran and Facebooked her new stepbrother."

How do you know when it's time to call off an engagement?

Cupid's Advice:

When you're set to marry, it can be difficult to just call everything off ... especially after you've already told everyone about your wedding plans. Here are some ways to know it's time to say "no" to marriage:

1. Wedding plans have ceased: If you don't feel like planning your wedding and your partner feels the same way, it's probably a sign that neither of you are ready to tie the knot.

It doesn't necessarily mean you have to break up, but there's no reason to rush into marriage right away.

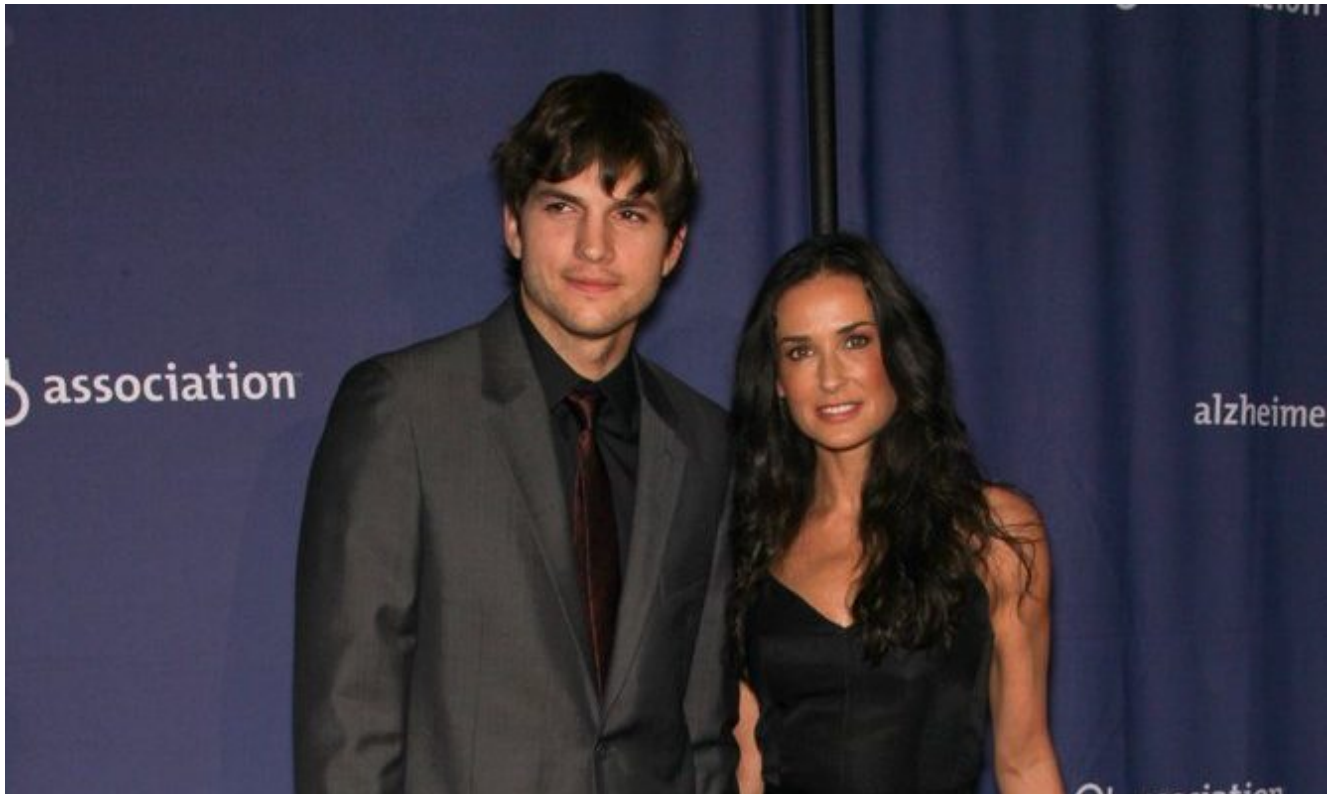
2. You have doubts: Pay minor doubts no mind, as everyone has worries. But when you start having major doubts about the future of your relationship, it's time to start questioning why you're getting married in the first place.

3. You're not excited: Weddings are a joyous occasion and if you're not anxious for yours, that's not good. Sometimes peer pressure and family obligations can lead you into a marriage you're not ready for, so beware of that and stand your ground.

How did you know when to call off your engagement? Share your experiences below.

Kim Kardashian: Starring in Her Own Life Story





By Amy Beth O'Brien

Regardless of what you may think of the Kim Kardashian/Kris Humphries whirlwind marriage, you have to admire a woman who knows how to play to her strengths. Ever since Kim's life became the subject of an E! reality TV show, her life became a business. Like any good businesswoman, she knew when to cut her losses.

Whereas most women in the non-reality world may have ignored the inner voice that told us we were [making a mistake](#) with our marriage and then spent years trying to make it work, Kim called it quits before anyone invested any more time or money.

Related Link: [Kim K's Divorce A Reminder About Relationship Mistakes to Avoid](#)

How many of us would have stuck it out because our parents spent a ton of money on the wedding and 400 guests bought us presents? How many would have been embarrassed to admit they made a mistake? Maybe we would have let it go on for years, had an affair, or brought a child or two into the equation in

an effort to do what we thought was the right thing.

After it ended, we'd tell our friends how we knew it wasn't right from the beginning. We just got so caught up in the wedding preparations and the desire for a fairy tale ending that we ignored the nagging inner voice of wisdom that told us we were on a road to nowhere with Mr. Wrong.

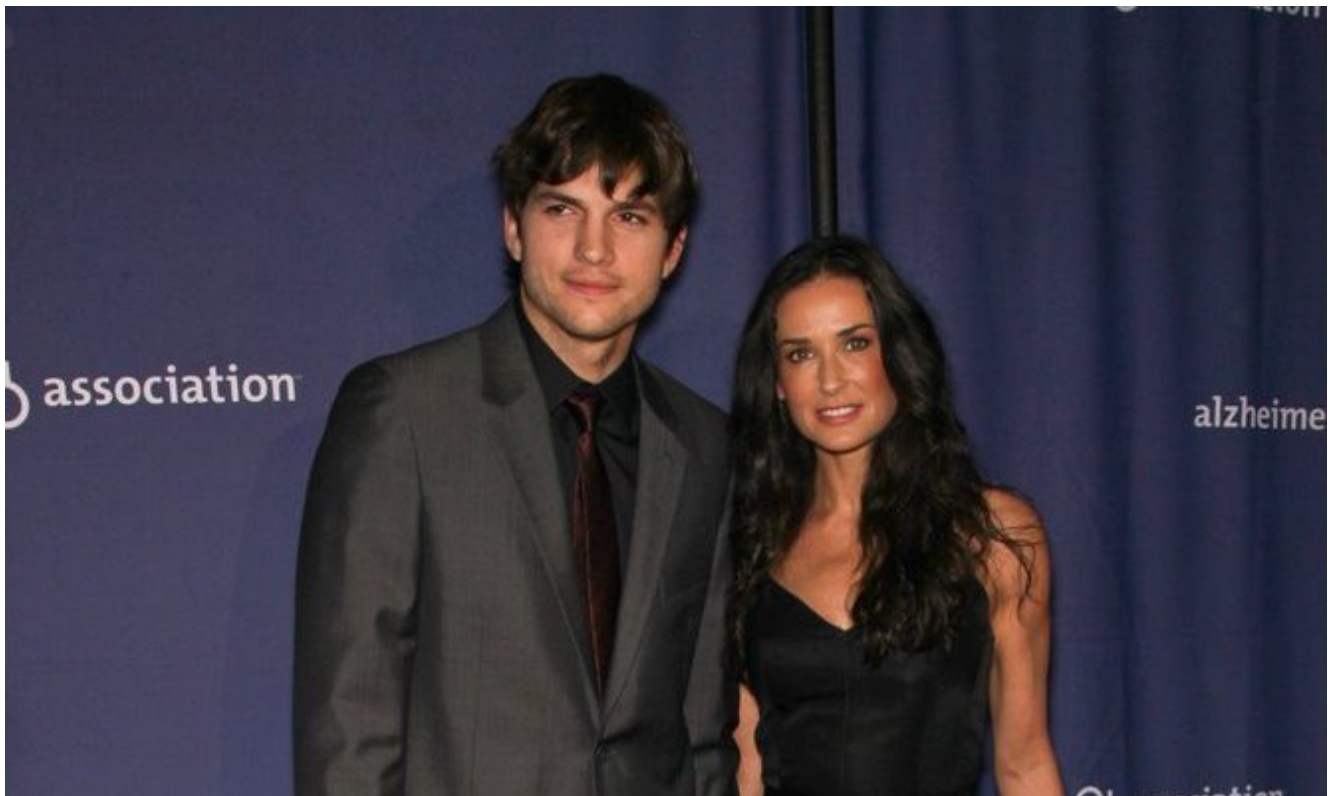
Related Link: [Kim Kardashian Files for Divorce From Kris Humphries](#)

It's a given that allowing your life to be put on display is probably not the best idea if you want your marriage to succeed, but for Kim Kardashian and Kris Humphries, I suspect they're no different from the thousands of other people who get married every year without enough forethought, only to wind up divorced. It's just that most of us would tie ourselves in knots trying to make it work and spend years in therapy avoiding the inevitable. We'd continue putting on a show for the sake of everyone around us, instead of acknowledging the reality of our lives. After a respectable amount of time passed, we'd finally give in and end it—an undefined amount of time that told society we at least gave it a shot.

Instead of judging Kim's 72-day marriage, perhaps we should admire her for being a little more real than the rest of us, having the savvy and the courage to play a starring role in her own life, and writing a script where the happy ending isn't the marriage, but in this case, a divorce.

Amy Beth O'Brien is the author of four-time-award winning book Stuck with Mr. Wrong? Ten Steps to Starring in your own Life Story. Visit her web site at www.amybethobrien.com.

'Bachelor' Couple Vienna Girardi and Kasey Kahl Call It Quits



Add another break-up to *The Bachelor* and *The Bachelorette* bunch, because another couple has split. Vienna Girardi and Kasey Kahl became an item on the reality show *Bachelor Pad* when they took a second shot at love, but the couple has decided to go their separate ways. "Yes vienna and I have split. It's been 5 weeks now. I can't fake it anymore. I will always love, be there for her, and wish her the best," Kahl posted to Twitter. "@KaseyRKahl will always be my best

friend, but yes we have split. No idea what the future holds for us but we will always remain friends,” replied Girardi, also via Twitter.

How do you know when it's time to go your separate ways?

Cupid's Advice:

Breakups aren't always easy, and it's hard to be sure when you're ready to split from your partner. Cupid has some tips:

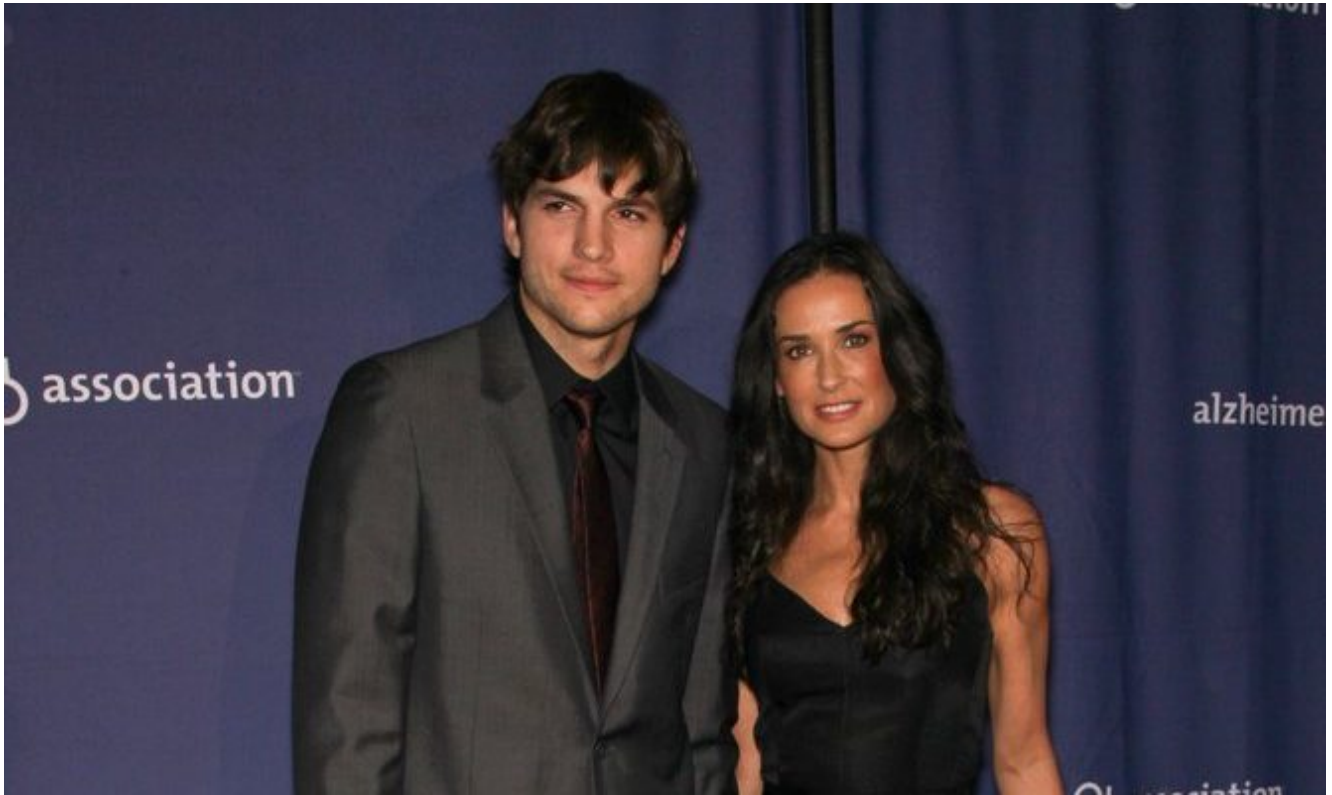
1. You're having doubts: If you've started to second guess your relationship, figure out why you feel that way. It's important to have confidence in your relationship together, and if you don't, who will?

2. The novelty has worn off: The beginning of a relationship is the most thrilling part because it's all new and exciting. If you've stopped growing as a couple, there's no point in pretending it's going to work long term.

3. You don't see them in your future: If you can't imagine spending the rest of your life with this person, don't continue to waste your time or theirs.

How did you know when to end your last relationship? Share your comments below.

Zoe Saldana and Keith Britton Split After 11 Years



Even strong relationships can come to an end. *Avatar* star Zoe Saldana, 33, split from her fiancé, businessman Keith Britton, 35, reports [People](#). “[The couple] have amicably separated after 11 years,” said Saldana’s rep in a statement. The pair will continue their partnership in the website My Fashion Database. “Saldana and Britton remain committed business partners as co-founders of fashion resource MyFDB.com,” said the statement.

How do you rebuild independence after a long relationship ends?

Cupid’s Advice:

When a relationship strengthens over time, so does your dependence on your partner. Here are a few ways to rebuild your independence after a break up:

1. Take control of your money: In long relationships, it's not uncommon to have shared bank accounts and investments. Separating your funds from your partner's is one of the quickest ways to reassert your independence.

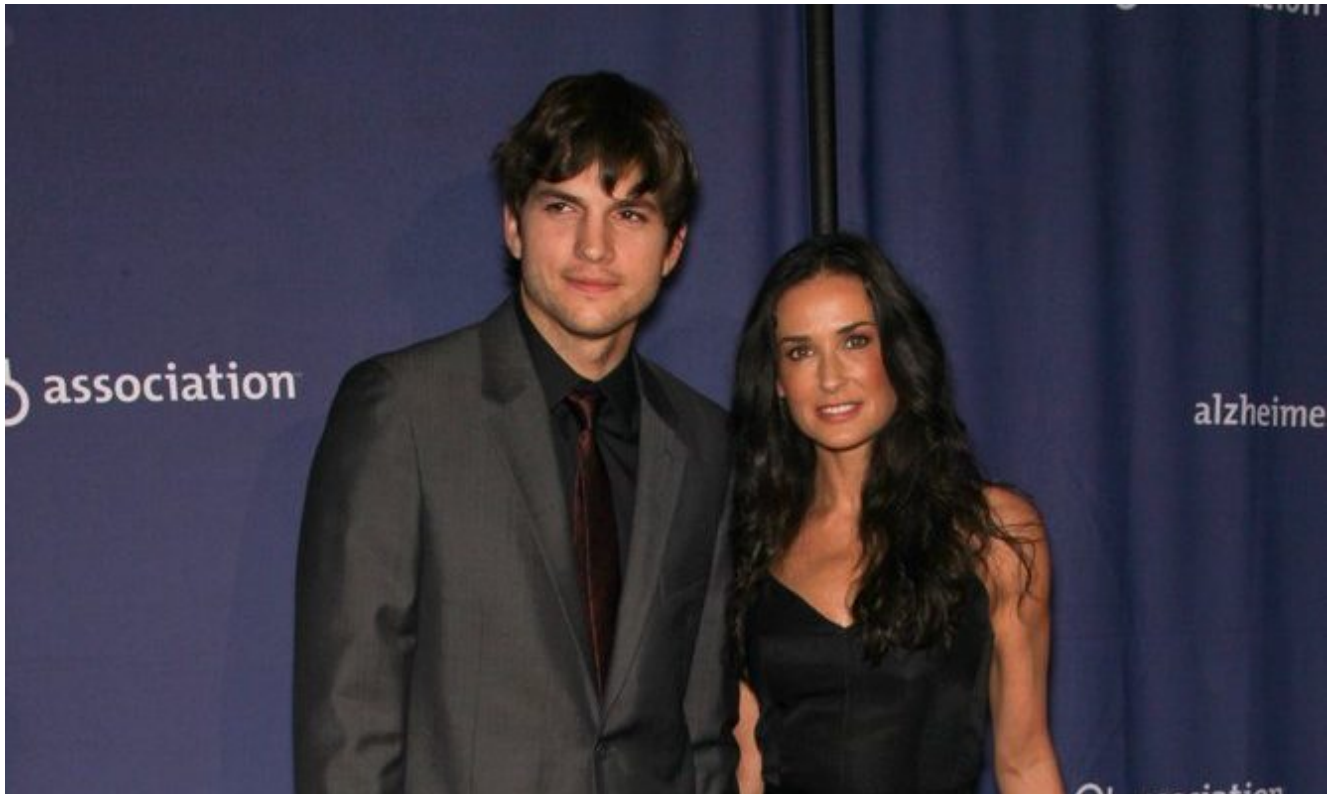
2. Be wary of mutual friends: After a long time with your partner, the two of you most likely have mutual friends. Though it can be disheartening, strictly sorting your friends post-breakup will help you move on. Contact with mutual friends will only remind you of your ex.

3. Visit your family: One of the best ways to heal after a break-up is by visiting your friends and family. Those closest to you will help you remember how you were before your relationship and will also help you move forward.

Have you ever been through a break up with a longtime partner? Feel free to leave a comment below.

Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'





According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

What are some ways to cope in the midst of a stressful divorce?

Cupid's Advice:

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

1. Give yourself a break: Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.

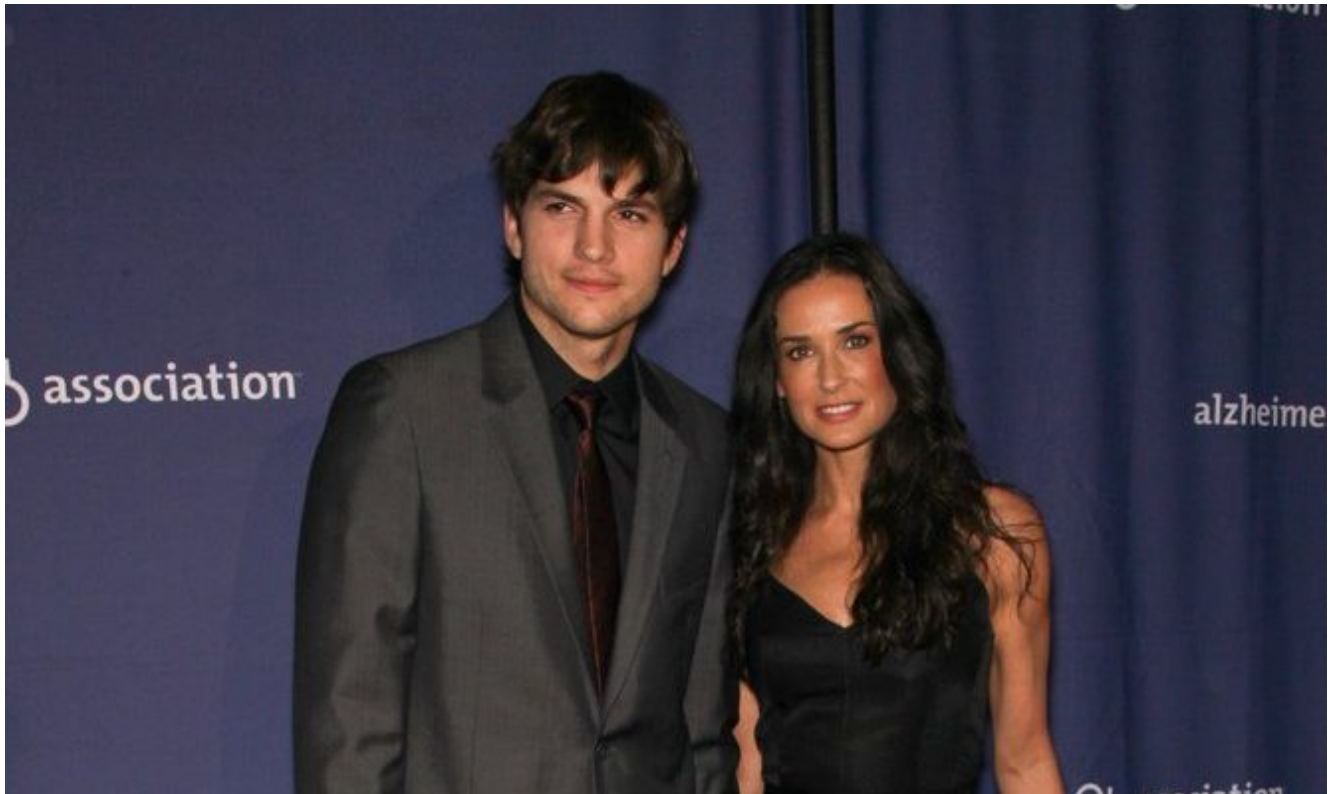
2. Don't isolate yourself: Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feeling and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.

3. Remember things will get easier: You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

How did you cope during your divorce? Share your experiences below.

Why Kim Kardashian and Kris Humphries Are Calling It Quits





It was just a few weeks ago when over four million viewers tuned into E! to watch *Kim's Fairytale Wedding*, but it only took until the end of the month for the couple to split. They may have been newlyweds, but they were already bickering like an old married couple on the set of *Kourtney and Kim Take New York*. The fighting may have been too much for Kardashian, 31, who filed for divorce from Humphries, 26. After rushing their relationship with a quick engagement and wedding ceremony, along with the added pressures of filming the show, dealing with the media, and attempting to manage their busy conflicting schedules, their 72-day marriage has come to an end. "She rushed into it too fast," a source close to Kardashian told [People](#). "She's holding it together. It's insanely troubling and heartbreaking, but it's a decision she knew had to be made."

How do you know when to call it quits in a marriage?

Cupid's Advice:

Has staying true to your vows become a struggle? Here are some signs that it may be over:

1. You're beyond annoyed: If everything about your spouse irritates you and just the sight or sound of him makes you want to leave a room, it's not a good sign. If you find that all attraction has been lost emotionally and physically, you have to consider that you're no longer in a healthy relationship.

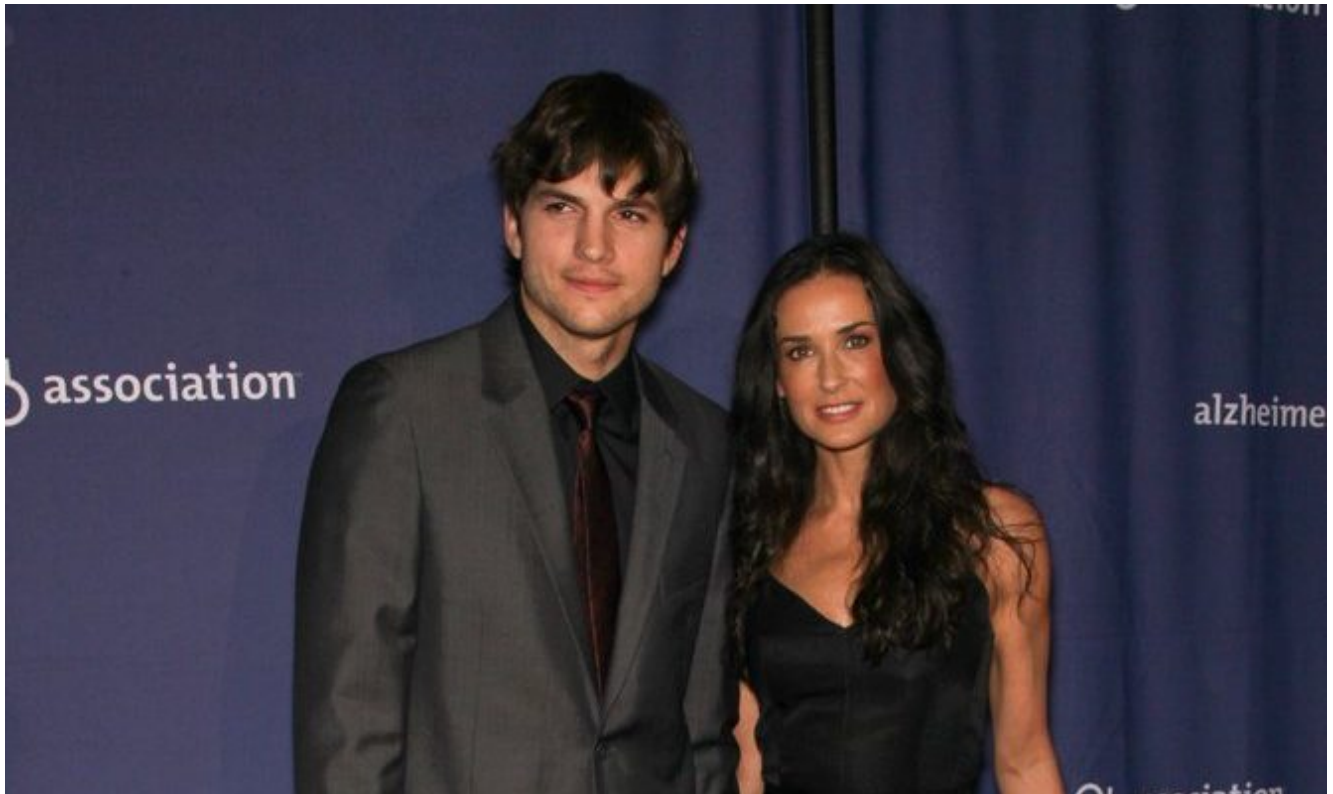
2. You verbally assault each other: As husband and wife, it is your job to support each other, but it can be difficult when every conversation turns into a fight. If you're frequently being critical and attacking each other's self-esteem with the goal to make your spouse feel dejected, then you've clearly lost respect for one another.

3. You're miserable: If you're unhappy with your spouse, and you feel like your life has hit rock bottom, it's time to move on. Get rid of the negative energy that's dragging you down, and don't let yourself become a prisoner to your own marriage. Regaining your independence may be the key to finding happiness again.

Having thoughts of divorce? Share your comments below.

Communicate This: Signs That Kim and Kris were Doomed





By Roshini Rajkumar

Most people were taking bets on the marriage before Kim Kardashian walked down the aisle to Kris Humphries. But even Kim's most critical pundits raised eyebrows when word got out divorce papers were filed so quickly after the extravagant wedding.

THE SIGNS

You can find meaning in every visual, verbal, nonverbal, and physical cue. So I was not shocked to hear Kim and Kris would not live happily ever after. Let's start with Kris's last name, Humphries. For those who watch Kim's reality show, you know she waffled about whether she'd take Kris's name or not.

We witnessed fights she had with her mother who urged, if not demanded, her to keep her name as Kim defended her soon-to-be marriage and man. We even saw Kris acknowledging the name was Kim's tie to her late father. In the eleventh hour, Kim kept her own—much to what looked like the surprise of Kris—as the couple signed their marriage license.

BODY LANGUAGE

Body language can say a lot about what's going on inside someone. Let's investigate their on-camera communication. Even as you look at Kim and Kris together, they are a mismatch—in size, in age, and in geographic demographic. All of these elements come across subtly and obviously when you watch their body language. These body language fractures were abundant in the days leading up to the wedding. From a cold wedding rehearsal and Kim pretending to be a runaway bride; and Kris needing to check his phone and text during these important preparations, their body language did not communicate, “Til death do us part.”

VOCAL BEHAVIOR

When you listened to Kim in the days leading up to her wedding ceremony, you heard a lot of complaints about Kris and how he wasn't helping with even small tasks for the wedding.

If you focus on how Kim delivered these rubs against Kris with her vocal behavior, you get a foreboding picture of their future ahead. Subtextual messages are the messages we send beyond the words we speak. How Kim complained about Kris was just as significant as the actual content of the complaint. Recall the whininess in her voice. Then flash to Kris sharing his discontent when the couple reviewed their wedding reception seating chart. Exasperation is what you hear coming from Kris. The subtextual message there is: “Oh boy, will I ever be heard or respected in this relationship?”

He didn't have to say those words, but his vocal behavior, backed by his facial expressions, delivered that message.

PUBLIC EYE

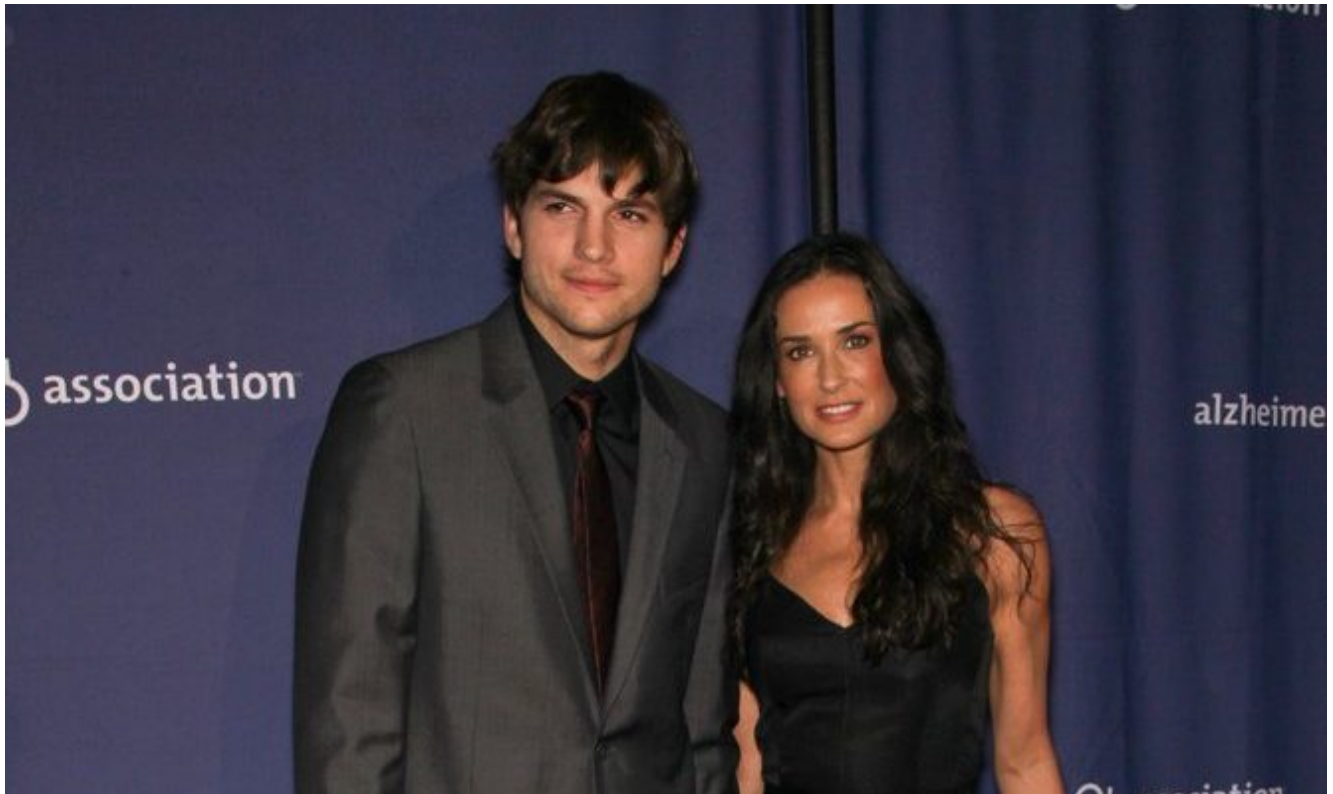
Though most people feel sympathy for anyone going through a divorce, it is challenging to feel sorry for this pair. Being hounded by paparazzi or having a reality show gets blamed for their eventual plight. But remember, they chose this life.

Kim has built a mini empire around the visual that gets covered, photographed, Tweeted. No man or non-Kim-focused agenda is going to get in the way. Remember the cover of People magazine with Kim in a wedding dress? Where was Kris then? Now apparently, he's out of the picture for good.

Roshini Rajkumar is a communication coach and author of book Communicate That, where she shares insider tips for dynamic communication and authentic presentations. Learn more at www.communicatethatbook.com.

Kim Kardashian Files for Divorce From Kris Humphries





After just 72 days of marriage, Kim Kardashian and Kris Humphries are getting a divorce. According to *People*, Kardashian filed for divorce on Monday. The fashion forward reality star recently denied rumors that her marriage was on the rocks. Now, she's listed the reason for the divorce as the Hollywood cliché, "irreconcilable differences." So why the breakup? A source says that the couple couldn't take the demands of being a reality TV couple. Producer Ryan Seacrest announced on his show that Kardashian got caught up in all that was going on.

How do you keep from getting caught up in the fantasy of a relationship?

Cupid's Advice:

- 1. Take it slow:** If your relationship is moving fast, take the time to stop and reevaluate. Don't rush into a marriage or committed relationship.
- 2. Too good to be true:** If you and your partner are madly in love and haven't had any problems, this relationship could be

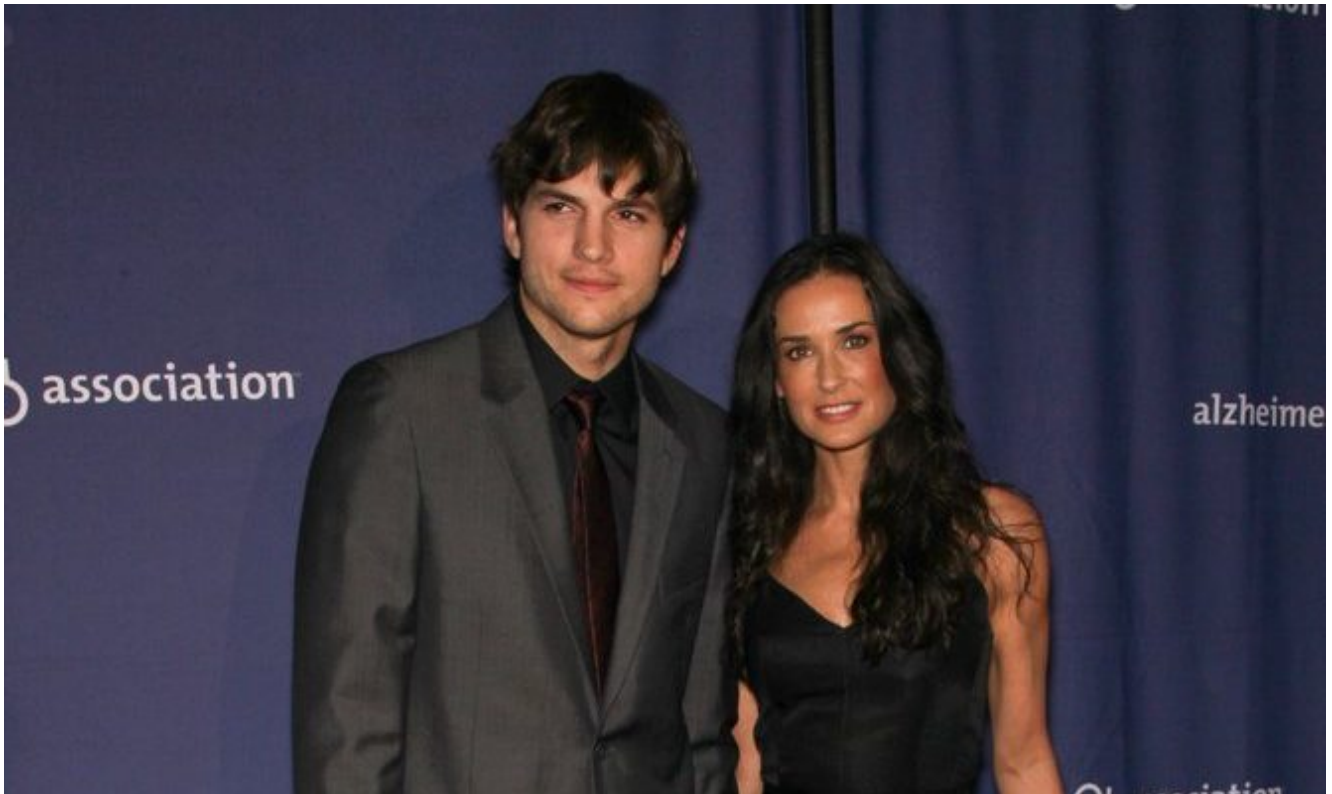
too good to be true. The truth is, if it feels that way, chances are it is. A little disagreement in a relationship can be a good thing.

3. Take some time off: Being around someone all the time can cloud up your perspective. It's okay to take some time away from each other once in a while, whether that means going out with friends or spending weekends apart. You'll come back refreshed and missing your mate.

Have you ever had to end a fantasy relationship? Share your experience below.

Elisabetta Canalis Describes “Father-Daughter” Relationship with George Clooney





Dancing with the Stars alum Elisabetta Canalis, who dated George Clooney for two years until their split in June, recently revealed some reasons behind her split with the actor, reports *People*. Canalis has been quoted in a *Questo Amore* (*This Love*), a new book by Italian journalist Bruno Vespa, where she says she had a “father-daughter relationship” with Clooney. “[Clooney] has been special for me, and very important, just as a father would be,” said Canalis in the book. “Between us there was more of a father-daughter relationship.”

How do you know when your relationship lacks a spark?

Cupid's Advice:

It's very common for your head to make decisions about relationships instead of your heart. Here are a few ways to know that your relationship lacks a spark:

1. You're not excited: After a few weeks of dating, some couples experience a slump in their relationship. However, for couples lacking a spark, this may never wear off.

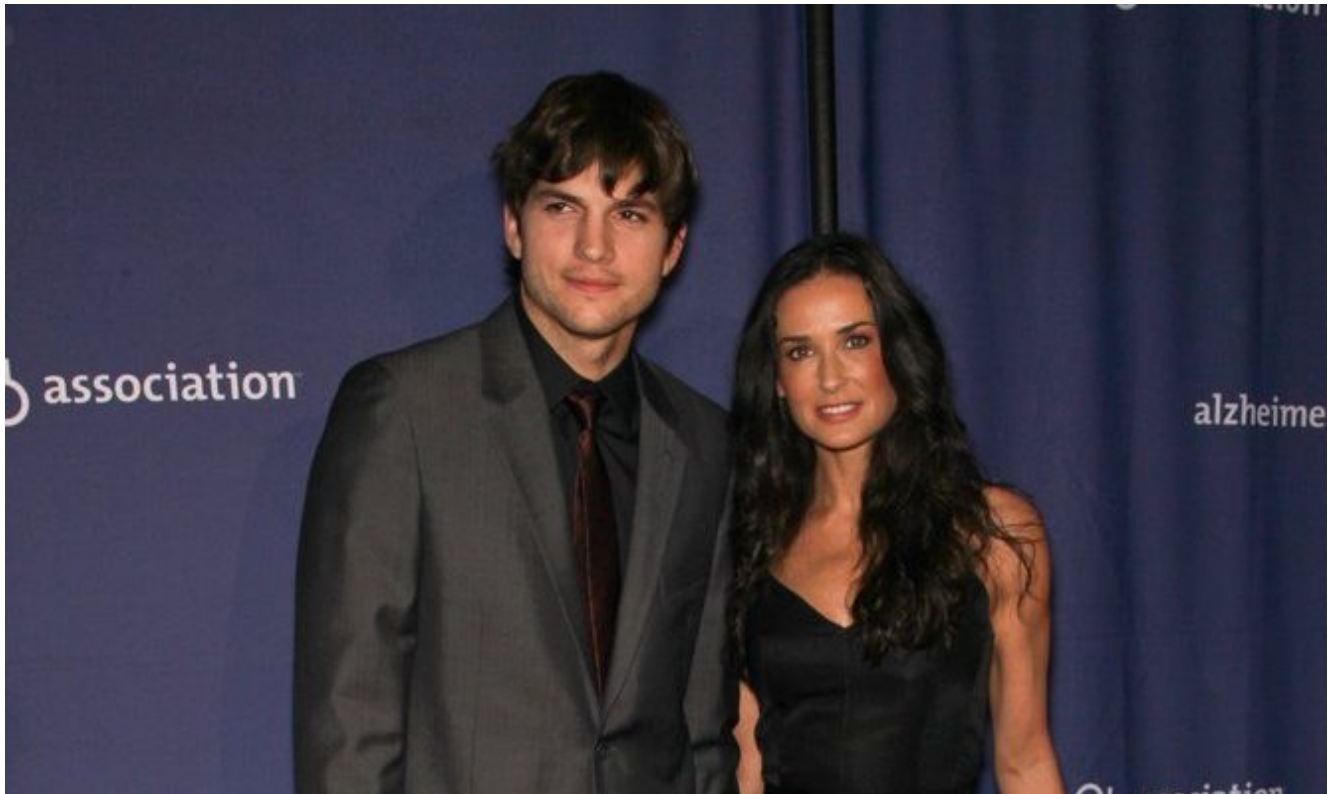
2. You prefer groups: If you have more fun on group outings, like double dates or parties, than you do on one-on-one dates with your partner, then you should reevaluate your relationship.

3. You rationalize: If you find yourself supplying reasons why you should date your partner, then it's clear that your head – not your heart – is making decisions for you. Just because a partner seems like an ideal candidate on paper does not mean they're ideal in real life.

Have you ever lost the spark in your relationship? Feel free to leave a comment below.

Nicole Scherzinger and Longtime Beau Call It Quits





After four years, former Pussycat Doll Nicole Scherzinger and Fitness One driver Lewis Hamilton have decided to call it quits, according to [RadarOnline](#). The duo met in 2007 at the European Music Awards, but their careers have kept them apart during most of the relationship. Scherzinger is currently a judge on the *X Factor* and is Hollywood-based, while Hamilton lives in Switzerland. A source confirms the split, saying, "So for now it's over. They think this is what's best."

How do you keep distance from breaking up your relationship?

Cupid's Advice:

There's no doubt that being apart for extended lengths of time while you're in a relationship is tough. Here are some ways to make it easier:

- 1. Use new technology:** Now you talk to your significant other face-to-face every day if you wish, whether that means using Skype or Facetime on your iPhone. Make the distance a minor inconvenience instead of a deal breaker.
- 2. Consistently meet up:** You can't be a couple and literally

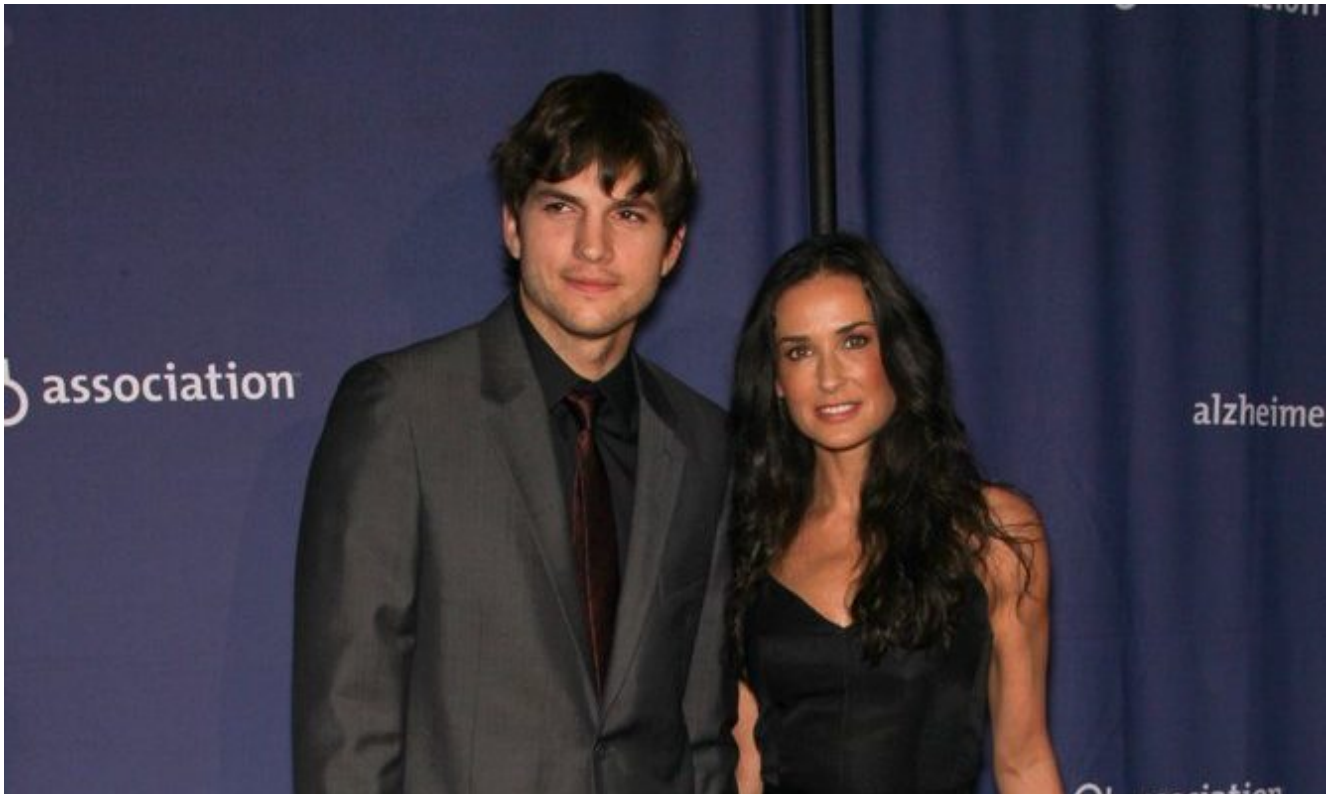
never see each other. Whether you travel to see your partner once a week, once a month, or every few months, it's important to make the effort to spend real time with your partner on a consistent basis.

3. Do things together: Yes, you're clearly not together, but that doesn't mean you can't do things together. Instead of just talking on the phone, watch a TV show or movie simultaneously. Call it a virtual date.

What are ways to keep a long distance relationship healthy? Share your ideas below.

Jonah Hill and Longtime Girlfriend Split





High school sweethearts, Jonah Hill and Jordan Klein, recently broke up. Coincidence or not, Hill had recently lost 40 pounds. According to UsMagazine.com, the actor was spotted hanging out with a different girl just a few weeks after the split. According to a source, Klein seemed really happy and there were no signs of a breakup. Traveling and time apart could be the culprit for the bad news. Following a job offer, Klein could no longer travel in order to spend time with her boyfriend.

How do you define yourself independently after a breakup?

Cupid's Advice:

Ending a relationship can leave you lonely and without an identity. Sometimes being in a long term relationship means falling into a routine or doing almost everything with your partner. Being single means being your own person, again:

1. Get rid of the past: Give or throw away presents, borrowed items or anything else that reminds you of your old flame. Replace old pictures of you and your ex with pictures of your

family and friends.

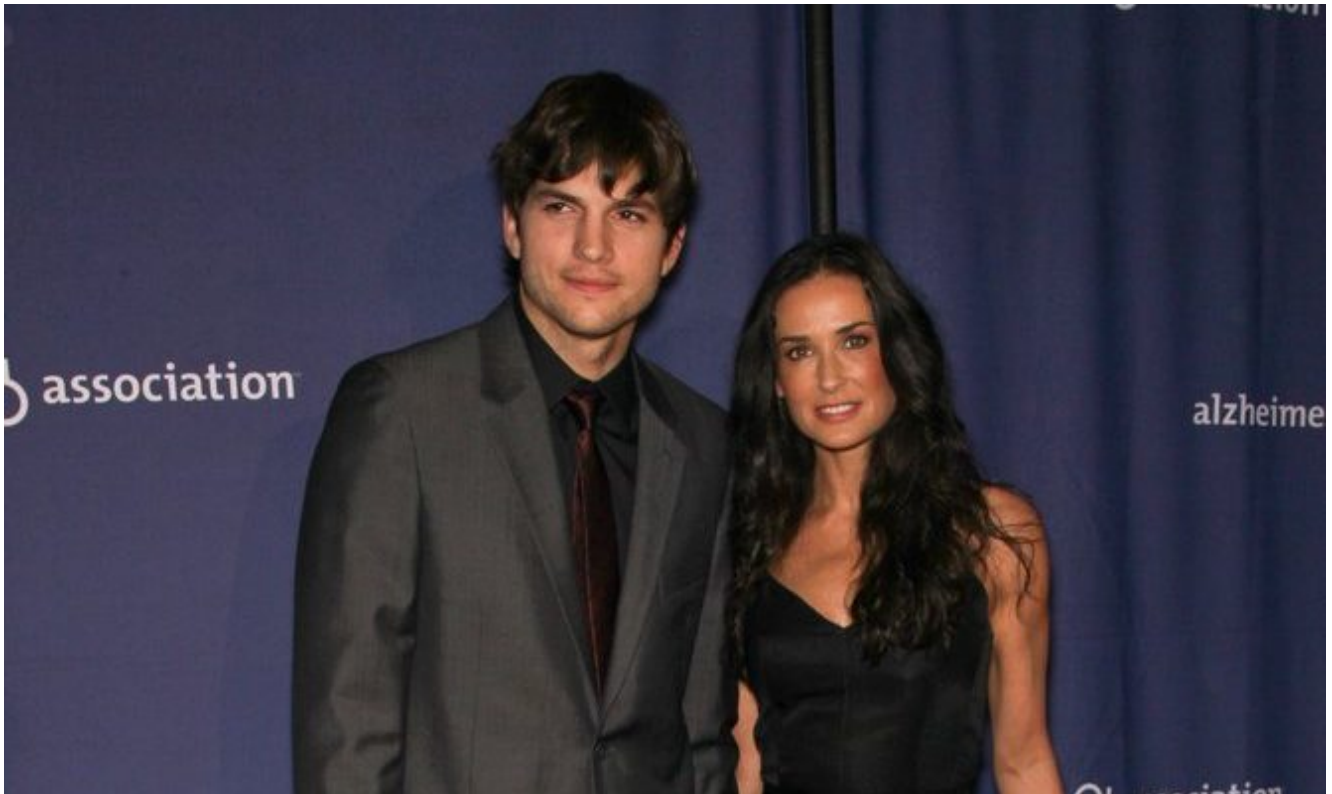
2. Go out: No need to make bad decisions, but do go out and spend time with someone who loves you and can support you through this tough time.

3. Think about it: Figure out whether you want to stay single for a while or start dating again right away. Whatever it is, take the time to find out what makes you happy.

When is the best time to start moving on after a breakup?

Blake Lively and Leonardo DiCaprio Call It Quits





It's official: Blake Lively and Leonardo DiCaprio are no longer a couple. Their romance may have sizzled this summer, but a source told [People](#) that the two are now just good friends. After Lively flew to Australia in August to visit DiCaprio while he filmed *The Great Gatsby*, we all thought their long distance relationship would work out. Unfortunately, DiCaprio's work commitments and distance proved to be too much of a hassle to make the relationship work.

What are some ways to make a long distance relationship work?

Cupid's Advice:

A long distance relationship is a tough commitment, but it's not impossible. With trust, understanding, and communication, your relationship will last longer than the miles between the you:

- 1. Make your partner your first commitment:** With all of your own commitments, being in a long distance relationship is a big decision. Make sure you're willing to make your partner your first priority, even if it's from afar.

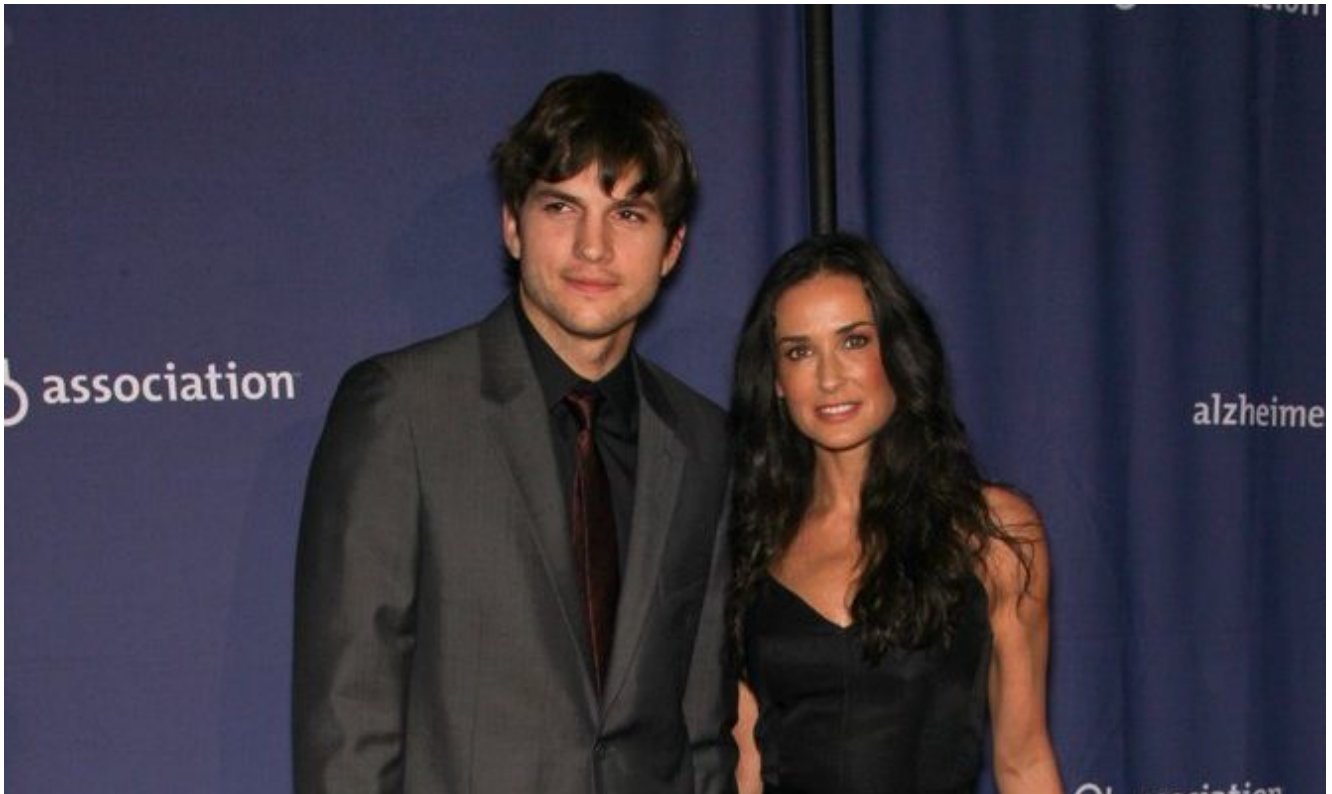
2. Keep contact: Communication is important, and it doesn't always have to mean face-to-face time. Utilize social media, Skype and telephones. Take it easy on texts, as they can easily be read the wrong way.

3. Be understanding: In a long distance relationship, you're not going to see your partner all that much, and you need to be aware and understanding about your partner's schedule.

Have you ever had a long distance relationship work? Share your experiences below.

Kristen Cavallari's Ex Fiance Jay Cutler Supports Her at DWTS





Kristen Cavallari and Jay Cutler called off their engagement just days after Cavallari did a wedding gown spread for Life&Style magazine in July. Talk about embarrassing! After a summer of being apart, Cutler was in the audience of *Dancing with the Stars* on Monday night to support his ex fiancée, according to [People](#). The question on everyone's minds is, are they getting back together? Sources report that the duo are indeed trying to work out their issues.

What are some ways to show your support for your partner?

Cupid's Advice:

Supporting your partner shows that you care. Knowing that your mate is there for you and vice versa can ensure a long and happy relationship.

1. Show a little love: It doesn't take much to show support. Sometimes just lending an ear is all your partner needs to know that you care.

2. Show up: Take the time to attend big events that are important to your partner. Your significant other knows you

could be at home watching TV instead, so simply being there is a big deal.

3. Show you've been paying attention: Ask your partner how things are going with their endeavors from time to time and give some advice on how they can improve. Remember, be supportive and not judgemental.

How have you shown support for your partner in the past? Share your experiences below.