

# Spotted: Miley Cyrus & Liam Hemsworth



It's looking like teen queen Miley Cyrus and ex-beau Liam Hemsworth might not be over after all. Cameras recently caught Cyrus grabbing lunch to go with Hemsworth. [Radar Online](#) photographed the pair picking up food at Starbucks and Panera Bread in the Studio City district of Los Angeles. The pair fell for each other last year while filming the movie *The Last Song*, but had announced a little over a month ago that they were officially broken up. Both Cyrus and Hemsworth were suspiciously absent from the MTV Video Music Awards and may have stayed off the white carpet to keep their renewed interest in each other out of the public eye. **What are the top three reasons couples break up?**

**Cupid's Advice:**

Whether you're on screen or watching from home, maintaining a relationship can be hard. Cupid has some insight into why couples split:

**1. Work and other distractions:** Like Cyrus and Hemsworth, often one partner has too much on his or her plate to focus on the relationship. If you've spent too much time on an outside project and not enough quality time with your mate, take an evening to remind him he's still your top priority. Make a special meal, rent a movie, or book a couples massage!

**2. Unfaithfulness:** Rumors swirled around that Hemsworth had his eye on other ladies near the end of his and Cyrus' relationship. The thought that one partner is looking to stray can rip a couple apart. Keep the spark in your relationship by reminding your partner how much you love them.

**3. Unequal relationship:** When one partner has a different level of commitment or wants more or less affection than the other, it's difficult to keep this imbalance from causing issues. Compromise is the solution, but just make sure you're staying true to who you are to avoid an even bigger and messier breakup in the future.

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## Cheryl Hines Stays Friends With Ex-Hubby





*Curb Your Enthusiasm*

actress Cheryl Hines has managed to do something rare in Hollywood: avoid a messy divorce and remain friends with her ex. Hines told [E! Online](#) that she plans to stay close to ex-husband, producer-manager Paul Young. “You know what, it’s an adjustment [but] I married a really great guy, so we still have a really great relationship.” Hines and Young have a 6-year-old daughter, Catherine Rose. The two quietly filed for divorce on July 20, but according to a statement released by Hines’ rep, “They will remain extremely close friends.”

## **What are the benefits of staying friends with your ex?**

### **Cupid’s Advice:**

After breaking up with someone, it might seem impossible to go from lovers to friends. But with a fair amount of effort, it is possible to have a good relationship with an ex. Cupid shows you how staying close to your ex can be a good thing:

**1. Learning experience:** By completely stopping all contact with your ex after breaking up, you lose the opportunity to talk to him about what went wrong and why. If you stay friends, you have the chance to resolve any confusion or hurt feelings and learn how to avoid making the same mistakes in

future relationships.

**2. “Why Can’t We Be Friends?”:** When you break up, not only do you lose your ex as a friend, but also losing mutual friends who feel like they have to take sides. But if you stay friendly with your ex, you can still hang out with him *and* his peeps!

**3. “The Kids Are All Right”:** If you have kids, staying friends with your ex shows them that even though your romantic relationship has ended, it doesn’t mean that you and their father can’t still be close. It might help your kids avoid the jaded view of love and marriage that children of divorced parents can sometimes have.

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## Bristol’s DWTS Stint Shocks Ex





Bristol Palin's ex beau, Levi Johnston, is completely floored by his former sweetheart's upcoming appearance on *Dancing with the Stars*, according to [TMZ](#). Although no ill feelings were expressed, Johnston made it clear that dancing was not exactly a big part of their relationship. Is Johnston suffering from "jealous ex" syndrome in light of Palin's soon-to-be dance partner, Mark Ballas?

## **How do you handle a jealous ex?**

### **Cupid's Advice:**

**1. Talk to him:** As easy as it is to get frustrated, it's important to respect the way your ex feels and talk to him about his jealous tendencies, especially if you split on good terms. Remember that your ex was once someone with whom you were extremely close.

**2. Put yourself in his shoes:** Remember that your former beau is a person, too. Think about how you would feel if you were in his place. Even if this tactic doesn't resolve the situation, at least it will help you understand where he is coming from.

**3. Draw the line:** In the end, you have to remember that your



ex is your ex for a reason. As tough as it may be, you can't let him hold you back from new opportunities or budding romances. Break free!

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## Celebs Turn to DWTS to Heal Heartbreak



A growing trend in Hollywood seems to be dancing away your heartache on the popular show *Dancing with the Stars*. A whopping seven starlets have dealt with breakup blows by signing on throughout the 11 seasons of the show's run, according to Your Tango. Everyone from tabloid favorite Bristol Palin to reality mom Denise Richards have put on their dancing shoes to

show their former beaux that it doesn't always take two to tango.

**What are some unique distractions to help get over a breakup?**

**Cupid's Advice:**

Breakups are rough for everyone, and sometimes nothing heals a heart like a pint of Ben & Jerry's and a John Hughes flick.

Cupid points to some creative ways to turn your heartache into a positive and have a little fun while getting over your ex:

**1. Work out:** One of the best stress relievers is a good work out. Try anything from jogging, to yoga, to rollerblading as long as you enjoy it and are up and active. Exercise releases loads of endorphins for a natural pick-me-up to make you feel great.

**2. Express yourself:** As sappy as love poems can be, writing them really can lighten your emotional load. If you're not a writer, no worries. You can turn to any art form, be it painting, singing or photography. It's a great way to turn your breakup into the inspiration for a masterpiece.

**3. Treat yourself:** Breakups can be a huge blow to your self-esteem, and it's important to remind yourself that it's not all your fault. Breakups are a two-way street. So treat yourself to something you really enjoy. Go to the spa for a day, or buy that awesome pair of shoes you've been saving for. It may even be time for a vacation. Do what makes you feel best.

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# Halle Berry & Gabriel Aubry Keep It Civil



Actress Halle Berry and model former beau Gabriel Aubry go global with their 2-year-old daughter, Nahla. The former couple, who broke up in June, may not feel the sparks flying anymore, but the love of their daughter keeps them close. In recent months, they have been seen together in California, South Africa and England, according to [People](#). "They are great parents and they want the best for Nahla," said a source close to Berry. "They're going to co-parent and go on with their lives."

**Should a couple stay together for the sake of their children?**

## **Cupid's Advice:**

Halle Berry and Gabriel Aubry chose to separate, despite their daughter. It can be extremely difficult to decide whether to stick out a relationship that isn't working or to go your



separate ways when there are children involved. Cupid points out some things to consider:

**1. Can you remain civil?:** If you aren't able to put aside your issues when your children are in the room, separating is probably the best option. Exposing kids to an unhappy and hostile relationship can teach them the wrong lessons. If you're able to keep it civil, it might be best to stick out a poor relationship for the sake of keeping your family intact.

**2. Be realistic:** No relationship is perfect, and life isn't like the movies. Overall happiness is important, but chances are you aren't going to be happy with your mate every minute of the day. Make sure that the problems you are having in your relationship truly are unresolvable before you do anything drastic like involve your children.

**3. Think like your kids:** It may feel like all the pressure in the world is on top of you when you're forced to decide whether your relationship is worth fighting for. Stop thinking like an adult for a little while. Put yourself in your child's shoes and consider what the best scenario is from his or her perspective.

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## **Former 'Bachelor' Star Ali Fedotowsky and Vienna Girardi Meet Again**



Bachelorette Ali

Fedotowsky recently ran into an unexpected woman from her past: Vienna Girardi, former fellow contestant and fiancée of Jake Pavelka. On season six of *The Bachelor*, Ali and Vienna went head-to-head in a competition for Jake's heart. In the end, Vienna snagged Jake, only to have their very public breakup displayed on Ali's season of *The Bachelorette* a few months later. The reality stars came face-to-face again at the Kari Feinstein Style Lounge at Montage Beverly Hills, where they kept the conversation short. An onlooker told [US Weekly](#), "Ali made sure to keep her distance while hanging with girlfriends," but both said 'hi' briefly.

### **Should you be friends with your ex's ex?**

#### **Cupid's Advice:**

For many, running into an ex's ex can resurrect old feelings of the past. If you chose to befriend this person, you may want to consider these simple points of advice first:

**1. Be cautious:** It's important to keep personal information to yourself until you get to know this person better. Trust is critical and you don't know if she's the type who will talk about you behind your back.

**2. Learn more:** If you've decided that she's trustworthy, you can use your new friendship as a way to better understand your own relationship with your ex. Learning about her relationship with him helps put your own in perspective.

**3. Feelings for the ex:** It's great to be friends with someone who can empathize with you, but if you still have feelings for him, it's important to be honest. You don't want to be surprised when you see the girl you thought was your friend back with the man you both agreed to leave behind forever.

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## Miley Cyrus & Liam Hemsworth Confirm Split





According to [RadarOnline.com](http://RadarOnline.com), teen queen, Miley Cyrus and Australian hunk, Liam Hemsworth have officially sung their last song. The two have been dating since they met on the set of *The Last Song* in August 2009. Recently, however, the relationship has taken a turn for the worse.

## How do you deal with your first big breakup?

### Cupid's Advice:

Everyone has that first love that they never seem to be able to forget. When you're young, a breakup can seem like the worst thing in the world. Cupid has some suggestions to help you cope:

**1. There are many fish in the sea:** When you end a relationship, especially with your first love, remember that they are only one person of many. Don't let that one person have so big of a hold on you that you never move on. Start fishing!

**2. Enjoy life:** You are only young once so you don't want to waste your youth saddened over a breakup. Cry if you need to, but don't dwell on your loss for too long. There are so many wonderful activities and potential new lovers to pursue.

**3. Remember the good times:** Even after your relationship has come to an end, there is nothing like the memories of a first love. Remember the good times you had together rather than the reasons it had to come to an end.

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## Tiger Woods & Elin Nordegren Finalize Their Divorce



After months of rumors and scandals surrounding Tiger Woods and his wife Elin Nordegren, the two have called it quits. “Elin Nordegren and Tiger Woods confirmed today that they have divorced,” Nordegren’s Virginia-based law firm, McGuireWoods, confirmed last Monday in a statement to [Access Hollywood](#). “The Judgment



provides for shared parenting of their two children.” The former couple released a joint statement to the public reinforcing that their children are their primary concern. They also added, “We are sad that our marriage is over, and we wish each other the very best for the future.”

## **How can you find love again after a divorce?**

### **Cupid’s Advice:**

Moving on from a commitment like marriage can be a slow transition. Once you’re back in the dating world, the idea of love can finally start to take form again. Cupid has some tips to help you along:

- 1. Over it:** Before venturing into the dating world, make sure you aren’t still licking old wounds. If the divorce papers or breakup discussions are finalized, then treat whatever is left of the relationship the same way. Otherwise, you might be setting yourself up for future pain.
  - 2. Don’t rush:** There’s no need to hurry into a new relationship. Many people rebound quickly and become deeply involved too soon after their divorce or breakup. Sometimes it can lead to dating someone similar to your ex. Make sure it feels right before becoming too committed.
  - 3. Changes:** If you’re dipping your feet back into the waters of dating, chances are you have a new outlook on life and a new attitude to go along with it. This might be a good time to submit to a makeover, too! During a serious relationship, many people have a tendency to let themselves go. Now is a great time to fit and try out new fashions. Have fun with it!
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# Maci Bookout & Ryan Edwards in a Parenting Battle



Ouch! If being a teenage mom wasn't hard enough, things just got harder for the MTV's *16 and Pregnant* star, Maci Bookout. After splitting up with her baby daddy Ryan Edwards, the devoted *Teen Mom* star tells [US Weekly](#) that she and her ex-beau have a hard time agreeing on how their son Bentley should be raised. She talks about how she struggled to ween her 22-month-old son off his pacifier, and learned that Edwards gives Bentley his pacifier whenever the child is with him. Bookout says, "I think Ryan spoils Bentley and really has no boundaries as far as discipline. With me, I don't want Bentley to grow up and be a brat when he's 4 years old."

**What do you do when you and your ex can't agree on how to raise your child?**

## Cupid's Advice:

Raising a child can be very difficult. Co-parenting with different views can make things even worse. Cupid has some tips to make things easier:

**1. Compromise:** If you and your ex can't agree on something, then it's best if both parties relinquish a little control and find middle ground that will ultimately benefit your child.

**2. Communicate:** It's important that both parents put their differences aside and talk things out with one another. Poor communication opens the door for children to manipulate situations to his or her benefit. If your child can't have dessert this week, then your ex needs to know that, too! Worst-case scenarios can lead to a child not being picked up after school or missing important medical treatments.

**3. Equality:** Don't throw all responsibility at one parent. It makes for a more civil atmosphere and better upbringing for your child if you and your ex share an equal amount of the responsibility.

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# Marilyn Manson & Evan Rachel Wood Are Off Again!





After numerous hookups and breakups, Marilyn Manson and Evan Rachel Wood have ended their relationship again. This time, the couple split up nearly eight months after Manson popped the question. [People](#) reported that the newly single rocker hit the streets of Los Angeles last Saturday night to eat dinner with friends. [E! News](#) also reported an “unidentified brunette” who Manson apparently referred to as “his new girlfriend.” **Would you give your ex another chance?**

### **Cupid's Advice:**

On-again, off-again relationships can put you on edge. You never know when it's over, and you may assume the two of you will just get back together later. How do you know when it's time to move on for good, or to give it another chance? Cupid's got some tips:

- 1. Over is over:** You don't necessarily have to do anything. If your ex is crawling back to you claiming they've changed, don't take them back because you feel bad. If it's really over, then accept it.
- 2. No pressure:** If you need to think it over, don't let them manipulate your decision. If you need time or space,

your ex will respect your decision, and back off until you've come to a conclusion.

**3. Trust:** If trust between you and your partner has been broken then you need to really think about whether or not that trust can be rebuilt. Think about how angry or upset you were when it ended versus how happy you can see yourself with your current ex in the future. Which thought is stronger?

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## Speidi Divorce Finalized



Heidi Montag and Spencer Pratt are officially calling it quits, [TMZ](#) reported last week. The reality TV couple, who, according to Montag, first separated on their one-year anniversary, are set to finalize their divorce on Valentine's Day. The long wait is due to California law, which dictates that a couple must wait



six months after filing divorce papers before the marriage is finally terminated. Spencer Pratt was served divorce papers on August 13, ironically causing the six-month mark to fall on Valentine's Day.

## **How can you handle holidays and anniversaries after a breakup?**

Cupid's Advice:

**1. Get out there:** Staying home on a holiday you once shared with a loved one is only going to arouse feelings of depression. Leave the house, call a friend, and try to have fun. Keeping your mind off of the breakup will make the holiday fly by.

**2. Redefine:** Many holidays will bring up memories of you and your former partner. Thanksgiving may conjure up memories of your ex's hilarious attempt at cooking, and the mere mention of Valentine's Day may make you cringe. The best way to deal? Make new memories. On Valentine's Day, try inviting over some of your single friends and celebrate the day of Arizona's statehood, which also falls on February 14. This quirky approach is sure to spark a few laughs, and in the future, remembering Valentine's Day won't be as painful.

**3. Remind yourself:** On days when you just can't stop missing your ex, try reminding yourself of the reasons why you broke up. You may tend to only remember the best things about your former relationship, but remembering the bad things makes coping much easier.

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# Fred Armisen Already Moved on From Mad Men Star



*SNL* regular Fred Armisen seems to have moved on rather quickly from Elisabeth Moss, star of the Emmy Award-winning drama, *Mad Men*. The former couple married in October, but officially separated in May after only seven months. According to [E! Online](#), Armisen was spotted getting cozy with fellow *SNL* comedian Abby Elliott at a Los Angeles restaurant.

**How do you keep your cool when you ex moves on shortly after a split?**

## **Cupid's Advice:**

It's easy to get infuriated when it comes up in your Facebook feed that your ex is already seeing someone else directly after a breakup. Here are some tips from Cupid on how to handle it when your ex has moved on rather quickly:

**1. Think before you react:** It's normal to want to confront your ex about how angry you are, and wonder if your romance ever meant anything to him or her in the first place. However, the best reaction in this case is usually no reaction.

**2. Get your mind off things:** When you first discover your ex's new relationship, it may linger on your mind. Try to focus on other things, such as hobbies or work. Keeping your focus somewhere else will keep your feelings in check.

**3. Seek the company of friends and family:** Even if you aren't ready to move on, that doesn't mean you have to be alone. Spend time with close friends and family. If you want to get out your feelings, these are the people who will listen.

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## Favored 'Bachelor' Turns Down Gig





Chris Lambton, the most recent runner-up on *The Bachelorette*, has reportedly turned down ABC's offer to become the *The Bachelor*'s main man, according to [E! Online](#) and [Entertainment Weekly](#). Fans of the show may be disappointed, as Lambton was the clear favorite among those being considered for the reality gig.

**How do you know when you're ready for a new relationship?**

### **Cupid's Advice:**

When you come out of a serious relationship, it can be difficult to know when you're ready to give it your all in a new relationship. Cupid has some things to consider when making the decision to start dating again or stay single:

- 1. Fully recover:** Breaking up is rarely easy, and brings with it emotional stress. It's important to allow yourself time to fully recover before putting yourself out there again.
- 2. Deal with the truth:** Sometimes the truth behind why a relationship didn't work out is hard to take, so we continue to live in a false reality. Until you can confront the truth and deal with it, it's not time to move on.
- 3. Don't be afraid:** Easier said than done, right? The main

thing that keeps us from moving on is fear, but you can't get anywhere in life without taking risks. If you've dealt with your past breakups and are interested in meeting a new partner, it may be time to take the leap and see what happens!

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## Jude Law's Ex Speaks Out!



Jude Law tried to put a stop to it, but ex-wife Sadie Frost is about to let it all hang out in a tell-all memoir focusing on the deterioration of their marriage, her post-natal depression, and dealing with fame, [E! Online](#) reported this week. The former couple, whose marriage ended in 2003 following Law's affair with their nanny, battled about the production of the book in court before reaching a settlement. The autobiography, titled *Crazy Days*, will be published next month.



## What should you do when your ex talks negatively about your relationship in public?

### Cupid's Advice:

After a breakup, it's tough to know how to act or what to say when you hear about your ex speaking badly to other people about your past relationship. Cupid has some suggestions to help you cope:

- 1. Play it cool:** It may be your natural reaction to take revenge, but you'll feel better in the end by taking the high road. There's most likely a good reason your relationship is over, so it's best to focus on moving forward.
- 2. Keep things in perspective:** Try to remind yourself that it's human nature to combat insecurity with negativity. By learning how to stay confident during life's toughest times, you have a better chance of achieving much-needed independence after a relationship ends.
- 3. Ignore the situation completely:** Sometimes the best idea is to leave it alone. Although what your ex is doing is hurtful, nothing positive can come from reacting to a situation, so not addressing it in the first place may be the right answer.

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**Thomas Jane & Patricia  
Arquette Call It Quits**



Thomas Jane and Patricia Arquette are really getting a divorce this time. According to [People](#), this isn't the first time the couple have tried to divorce. Arquette filed last year and withdrew her petition after a reconciliation. The couple is now restarting the process after four years of marriage. At least there's no hostility in this breakup. "The split is completely amicable and their prime focus is their daughter," says a rep for the *Medium* actress. She and her *Hung* beau met in 2001 through friends, hit it off, and got married in 2006 in Italy. They have a 7-year-old daughter, Harlow Olivia Calliope, together.

### **How do I decide if divorce is the best option?**

#### Cupid's Advice:

Divorce can be ugly, and it can get expensive. Even though it isn't easy, sometimes it's absolutely necessary. Cupid has some tips to tell if it's the right path for you:

**1. Tried and failed:** If the two of you have tried everything in your power to make things work and there is still no improvement, then you might not be able to save your marriage after all. It's best to go your separate ways before things get worse.

**2. Abuse:** If your partner is abusing you mentally, physically or emotionally, you need to get help! If he or she threatens to hurt you in any way, then this is not a healthy relationship, and a divorce is more than a reasonable solution.

**3. Leftover love?** Most couples call it quits when they think there is no love or affection left in the relationship. Don't jump to conclusions – seek the help of a marriage counselor before deciding.

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## Jonathon Schaech & Jana Kramer: It's Over!





Jana Kramer and Jonathon Schaech, who met while filming the movie *Prom Night*, have given up on their marriage, and are planning their divorce just over a month after their nuptials were exchanged. “Jana and Jonathon have agreed to dissolve their marriage,” the couples’ rep told [E! News](#). “Jana is humbled by the outpouring of support from her fans, friends and family, and appreciates the respect of her privacy.”

### **What do you do when a marriage ends so soon?**

#### Cupid’s Advice:

According to the Center for Disease Control and Prevention, about half of the couples who marry in the U.S. end up divorced. If the marriage can’t be saved, Cupid has found some ways to help you move on:

**1. Ending amicably:** This may or may not be possible, but in order to get back on track, you’ll do better knowing that you gave it your all. Although the marriage failed, you don’t have to hate your ex.

**2. Take some time:** When a relationship makes it to the marriage point and then ends, you should spend some time alone with yourself to reflect. By learning how to live on your

own, you have a greater chance of meeting someone who you're really meant to be with in the future.

**3. Look to the future:** Once you're ready to put yourself back out there, plan your approach by implementing your recent reflections, know what to avoid in future partners, and start small.

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## Bristol Palin & Levi Johnston On "Friendly" Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#)



magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Senser on his arm.

## **What do you do when an ex moves on faster than you do?**

### **Cupid's Advice:**

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the separation. Johnston, on the other hand, has been out and about with Senser. It's important to accept that your ex might be quicker to bounce back than you are, and to work on getting yourself to a good place, rather than focusing on the other person.

**1. Get out there:** While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

**2. Don't give in:** If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

**3. Love yourself:** In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.

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# Sean Penn & Robin Wright Divorce Finalized



After a messy road towards divorce, Sean Penn and Robin Wright have at last signed papers, finalizing their divorce, figuring out all questions relating to child support, spousal support, and child custody. [People](#) reported that Wright hopes to remain friends with her ex, despite their history.

**Can you stay friends with an ex after a nasty split?**

**Cupid's Advice:**

Penn and Wright have an interesting marriage to say the least, but the fact that they have a child together means they will always have to be a part of each other's lives. In order for

exes to have a relationship post-split, both people have to work at it.

**1. Be adults:** It takes a lot to look past a difficult and angry history with someone, but it can be done so long as both people commit to looking forward. Don't hold grudges, or bring up old ills.

**2. Think of others:** Whether it's children, or even just mutual friends – if you and your ex are committing to starting a friendship, then it should just be between you two. Don't get angry if your friends are also buddies with your ex. Think of how your relationship, both past and future, will affect those close to you.

**3. Expect the worst:** Very few people who were in a serious relationship together can then turn around and become friends. Understand that it might not work. If it does fail, move on, and find the best compromise for you both.

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## Jake Pavelka Remains a “Bachelor” for Now





In the wake of his public breakup with Vienna Girardi after his stint on *The Bachelor*, Jake Pavelka is taking a break from dating, [People](#) reported last week. Though Pavelka has not ruled out any future love, he said he needed more “me time” after being in the limelight before getting back in the dating game.

### **How do you bounce back after a break up?**

#### **Cupid’s Advice:**

Breakups are hard enough for any person, but even more so in the case of a public and nasty breakup. Pavelka is doing the right thing in going at his own pace. Every person is different though, so act accordingly to *your* needs post-breakup:

- 1. Take time:** Many people feel the need to rush back into the dating game, but it’s perfectly all right to take some time off for yourself. It will take a bit to find your stride again, so you shouldn’t rush.
- 2. Be open:** Post-breakup is the perfect time to re-evaluate and try new things, in both dating and in general. Take a risk and be bold. Get a new look, or date someone you never would have before. There’s no better time to open up and

start fresh.

**3. Reconnect:** When you're in a serious relationship, it's common to lose contact with other people in your life. With new opportunities and more time, go ahead and reconnect with an old friend, or with those in your life that have taken a backseat.

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## Palin & Johnston Split... Again



Bristol Palin and Levi Johnston have split up again, [People](#) magazine reported Tuesday. Palin, daughter of former Alaska governor Sarah Palin, and Johnston announced their second attempt at an engagement only weeks ago in the hopes of starting a real family for their 19-month old son Tripp. Palin told *People* that the breakup occurred after rumors surfaced about Johnston



fathering another child with an as-yet-unnamed woman.

**How do you know it's finally time to cut a bad guy loose?**

**Cupid's Advice:**

There comes a time when a reunion is just impossible, no matter how much you wish someone can change. Dalmatians can't change their spots, and it's up to you to know when its time to quit.

**1. One-sided attempts:** If you're the only one in the relationship trying to make it work, then perhaps it just isn't going to. This lack of effort shows your partner isn't fully invested in the relationship – or you.

**2. Repeated mistakes:** There are some characteristics a person just can't change. If your mate makes the same mistakes repeatedly, it might be due to a character difference that will always keep you two apart.

**3. Hurting others:** As in Palin's case, her son Tripp's happiness is also at stake in the relationship. If other people, children or otherwise, are being negatively affected by your attempts at reconciliation, it's time to pull the plug.

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## **Stephanie Pratt & Josh Hansen Call it Quits**





Another love drama

for the Pratt family! Stephanie Pratt's rep confirmed to [People](#) that the reality star and Josh Hansen "went their separate ways." The pro motocross racer tweeted on Monday, "Another dysfunctional move by Stephanie Pratt, I was under the impression u had to be someones bf in order to get dumped," as his rep says the two were never officially a couple. Pratt didn't let that slide, answering back with an expletive and exclamation-filled tweet. There aren't any other details available on the breakup, but it's seems the relationship ended on unhappy terms.

**How can you end a relationship on good terms?**

**Cupid's Advice:**

When it's time to end a relationship, you should always aim to leave it in nice conditions. Cupid has some tips:

**1. Make up your mind:** Don't threaten to leave your partner out of anger or spite because you want your way in an argument. A breakup shouldn't be used as a form of leverage unless you're truly prepared for that possibility.

**2. Time and place:** Pick a setting that allows you two the time and privacy to end it properly. For example, don't end it as

your partner is leaving for work, or right after a crisis.

**3. What to say:** Don't patronize the other person with cheesy lines like, "It's not me, it's you," or, "I'm not good enough for you." Although it may seem like you're ending it gently, these generic lines might hurt his or her feelings more. Just say what you need to say.

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## Kim Kardashian Supports Ex Reggie Bush



After several breakups, Kim Kardashian and Reggie Bush seem to be on friendly terms these days. With the controversy surrounding Bush over his Heisman trophy and his USC career, his reality TV star-ex backs him up 100 percent. "Reggie

worked hard for that Heisman and deserves it. He earned it!" Kardashian told [People](#) last week. The NCAA ruled that the 25-year-old New Orleans Saints player had violated the association's rules by accepting expensive gifts during his stay with the USC. Kardashian added, "I really don't think it's fair to give it back."

## When is it appropriate to defend your ex?

### Cupid's Advice:

Whether you're single or in the arms of another, an ex calling for support should be answered with caution.

**1. Reciprocation:** Sometimes an ex isn't calling simply because they want someone to lean on. If your ex has a tendency to do this, ask yourself, "What's in it for me?" You don't need to listen to someone else's problems if this person isn't in your life anymore.

**2. Emergencies:** If your ex is calling because his or her car broke down and you're the only one available to turn to, then he or she probably doesn't have ill intentions. If *you* were in the same situation, would you reach out to your ex for help? If so, go ahead and lend a hand.

**3. Opinions:** Supporting an ex through a tough time may lead to misleading statements. If both of you are clear on where your relationship stands, then these comments, as seen with Kim Kardashian, can simply be considered an opinion.

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# Frank Dumps 'Bachelorette'

# Ali Fedotowsky for Ex-Girlfriend



This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported [NJ.com](http://NJ.com). Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

**What do you do if you think you still have feelings for an ex?"**

**Cupid's Advice:**



Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

**1. Weigh your feelings:** Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.

**2. Physical vs. emotional:** Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.

**3. Talk to others that know you:** If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.

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## Kelly Osbourne Parties After Breakup





Hello Sin City! The newly single Kelly Osbourne hit up Las Vegas and partied with friends last week after her recent breakup with British model Luke Worrall. Osbourne spent Thursday night celebrating best friend Blake Wood's birthday. "She seemed really happy and not phased by the breakup," a source who saw her that night told [People](#). The 25-year-old and her friends did lemon drop shots and danced the night away at Haze Nightclub after a lobster, crab, and steak dinner at Union Restaurant.

## **How can you bounce back after a breakup?**

### **Cupid's Advice:**

Finding out he wasn't your Prince Charming can be tough. Here are some of Cupid's ways to speed up the process:

- 1. Take the high road:** Don't spread rumors or make negative comments about your ex behind his back. Remember, there was something about that person that made you fall head over heels for him or her at one point.
- 2. Get your mind off the bad things:** Keep yourself preoccupied with work or hobbies to keep busy mentally. This will help

you focus on the important stuff.

**3. Channel your energy:** Take whatever feelings of resentment or revenge you may have for your ex, and use it towards something productive, like exercising or staying in shape.