

Kelly Osbourne Calls Off Engagement



Kelly Osbourne and her fiancé, model Luke Worrall, have called off their engagement, [People](#) reported last Wednesday. The split comes on the heels of reports that Worrall cheated on Osbourne. That day, she tweeted that she would not comment on the split. The two got engaged in November 2008.

How can you deal with a breakup online?

Cupid's Advice:

Osbourne used technology to communicate her feelings with her friends and fans. However, the web is a public forum that must be approached with care. Here are some of Cupid's tips

on dealing with a breakup on the Internet:

1. Personal boundaries: In an avenue that basically has no barriers, it's important to have your own limits for the amount and content of the information you put out on the web.

2. Censorship: There are certain things that shouldn't be mentioned in a public setting. Avoid any of the "B" words: boys, breakups, bosses, bank accounts, and bodily functions. Add any others you feel necessary, but basically, if you wouldn't talk about a topic to a group of people you don't know, don't put it online.

3. Be true to yourself: You have the ability to create a whole image for yourself online. This means you also have the ability to recreate your online identity after the split. Revamp your profile, or tweet some inspirational quotes. Keep yourself positive and moving forward, even if it's just online.

Kelsey Grammer Asks Separated Wife to the Tonys





According to sources from the [New York Post](#), Kelsey Grammer asked wife Camille Donatacci to accompany him at this year's Tony Awards – even though he dumped her via telephone a month ago. Donatacci stayed at the London Hotel, and made public appearances with the *Frasier* star during her stay, but the actor would not let her into his apartment, or discuss any means of reconciliation, said the sources. Donatacci, Grammer's third wife, filed for divorce in June, citing "irreconcilable differences." She is seeking custody of their daughter, Mason, 8 and son Jude, 5.

How do you face your ex in public?

Cupid's Advice:

Breakups can be painful – what happens if you run into your ex while you're out? Cupid has some tips on maintaining your grace:

1. Expect it: While you shouldn't be paranoid about seeing your ex, realize that it can happen, especially if you have

the same circle of friends, or live in neighboring areas.

Acknowledge your feelings after the break-up – you don't want to lose your cool, especially in public.

2. Talk smart: It's always good to have a few conversation topics in mind in case you see your ex, so you don't start rehashing the past. Don't bring up inside jokes or shared past experiences; your ex might assume you aren't over your relationship.

3. Go ahead – look good! Be confident in yourself. If you appear happy and upbeat, your former partner will think you've moved on (and it won't look like you're still wallowing – even if you are). Seeing you smiling and carefree will only show your ex what he or she is missing.

Christina Milian & The Dream Announce Separation





On Monday, a rep for The Dream confirmed the separation of the producer from wife, singer Christina Milian, to [US Weekly](#). The confirmation of the split came shortly after the website released photos of The Dream playing on the beach with a mystery woman. The couple married this past September, and have a daughter, Violet, who is 5-months-old.

How can you maintain the honeymoon stage through the first year of marriage?

Cupid's Advice:

The first year of marriage can be the hardest, especially once the actual honeymoon is over. Even if it's rough, you can make it through as a couple and a family by keeping the spark alive, and keeping things special.

1. Survive PHD (or 'post-honeymoon depression'): It isn't easy to come back to the real world after spending a vacation in paradise with just you and your mate. Ease back into your routine, and remind yourselves that just because the trip has

ended, doesn't mean the passion has to fizzle, too.

2. Pick a date night: You are getting settled into your new life together, which often means doing a lot of tedious errand running and paper filing. Schedule dates together once a week. Get out of the house and be a couple on the town.

3. Celebrate the small things: Once you're married, everything can become a 'first' again – make each of those firsts count. Have friends over when you are completely moved into your new place. Start a new tradition for your first holiday season as a married couple. In short, start making new memories together.

Melissa Etheridge's Custody Battle





Melissa Etheridge is singing a different tune these days as she and her ex, Tammy Lynn Michaels, are facing off in a custody battle. According to [RadarOnline](#), Michaels filed for full custody of the couple's 3-year old twins last week. The couple broke up after nearly nine years together, when Etheridge filed to officially dissolve their partnership earlier this month, citing irreconcilable differences. The singer asked for joint custody of the children, and that the court not award any financial support to Michaels. The actress has been verbal about her feelings concerning the issue.

What should you know before you engage in a custody battle?

Cupid's Advice:

A custody battle may be one of the biggest fights of your life. Let Cupid help:

1. Why the fight? Are you engaging in a custody battle for

legitimate reasons, or are you fighting just to make your ex suffer? Regardless of what happens, you're both parents to the child, and his or her best interests should be put first.

2. Remain civil: As difficult as it may be, remain polite when it comes to the kids. You don't want the court to see you as a person who can't control their feelings.

3. Become a record keeper: Prove you are a good parent. Record all activities you do with the child, as well as any problems you have with your ex.

Melissa Etheridge's Ex Surprised by Divorce





Melissa Etheridge filed divorce papers to end her nine-year domestic relationship with actress Tammy Lynn Michaels on Saturday, [E! Online](#) reported. Michaels commented on the news that day on her blog, and wrote, "Gentle waves/ no noise for awhile/ or maybe gentle voices/and SMACK!!!!!! FILE FOR DIVORCE!!!!/ even though we both promised, agreed, handshook, pinkyswore/no filing until after tour/in the fall," Michaels wrote Saturday. "Her broken promises told to me by headlines....could you stop blind sighting me?/ Have a good concert." The 49-year-old singer filed on the grounds of irreconcilable differences, and requested that Michaels receive no financial support. The actress' response? "I know she doesn't want to give me money. trust. i'm borrowing cash left and right from people to get through this summer, and feed my kids, with a stomach full of ulcers, thank you. no stress here. :-)"

How can you deal with the financial burden of divorce?

Cupid's Advice:

Divorce is typically a financial burden for both parties.

Read Cupid's suggestions for coping with a decreased cash flow.

1. Be mindful: Before spending money, ask yourself whether the purchase will bring long-term enjoyment, or just temporary pleasure.

2. Create a budget: Creating a budget will provide the financial organization needed to save for future monetary needs.

3. Allow others to help: Let go of your pride and acceptance assistance. Help may come from friends, family, or even the government. If you need it, ask, before you dig yourself deep into debt.

Mel Gibson's Break-Up Takes a New Turn





Mel Gibson continues to draw attention regarding his break-up with baby mama, Oksana Grigorieva. [RadarOnline](#) reported last week that a taped phone conversation between the actor and his ex-girlfriend included less than flattering racial remarks directed towards her. Gibson has a history of potentially detrimental comments, and has a documented history of drunken misbehavior.

Are there more effective ways to break-up?

Cupid's Advice:

When a relationship ends there are going to be hurt feelings, but if you deal with them properly, you'll have a better chance of coming to terms with your break-up. Read how Cupid deals with negative emotions:

1. Express yourself: When you find yourself in the middle of a nasty break-up with, it's healthy to get those feelings out. Try to turn your feelings into positive energy – and don't direct the negativity to your ex. It won't solve anything.

2. Talk to someone unbiased: When you're going through an emotional upheaval, logic tends to be forgotten. Go to a trusted family member or friend to confide in, and listen to their suggestions. They'll tend to be more objective since they aren't directly involved in the situation.

3. Be understanding: You are not the only person feeling hurt. Consider your former partner's feelings before reacting.

Mark-Paul Gosselaar & Lisa Ann Russell Split After 14 Years!





After 14 years of marriage and two children together, Mark-Paul Gosselaar (better known as Zack Morris from *Saved By the Bell*) filed for divorce on June 18 from Lisa Ann Russell. [TMZ](#) confirmed the split on Friday. The couple's rep told [UsMagazine.com](#) that they will remain "focused on their family and are jointly committed to their children."

How can you focus on the kids when you dissolve a marriage?

Cupid's Advice:

No one wants to end a relationship, but there are times when parents find themselves sitting with lawyers to divide their assets – and figure out what to do about their children. Here are some ways to help alleviate stress when the kids are involved:

- 1. Let the older kids speak:** When dealing with something as permanent as divorce, always put the kids first. If they're old enough, talk with them and ask if they have any questions. If they're too young to understand, ensure that you spend positive quality time together as frequently as possible.

2. Play nice with your ex: You may think this an easy task, but when a relationship ends, you're bound to strike an occasional sour note. Try to keep tempers and attitudes in check, especially if the kids are within earshot.

3. Separate the issues: Ending your marriage shouldn't be a nasty fight to the finish. Work things out amicably and make sure you work out child custody arrangements. When the kids see that the two of you get along better now that you're apart, they may feel that the divorce was a better choice versus seeing their parents fighting constantly.

'Bachelor' Couple Jake Pavelka & Vienna Girardi Split





Yes, another reality TV romance has ended. [OK! Magazine](#) reported Monday that recent *Bachelor* star Jake Pavelka and fiancé Vienna Girardi have called it quits. The two met on the reality show and have not given a reason for their split, but the couple's rep told the magazine they wanted their privacy during this time.

Can a high-profile relationship last?

Cupid's Advice:

Pavelka and Girardi are the most recent in a string of reality show relationships to come to an end. When meeting and forging a relationship in a public and pressured setting, it's hard to maintain a true level of "reality" with each other. Here are some tips to keep you grounded, especially when dealing with someone in the limelight:

1. Trust your instincts: When you meet someone, most of the time your initial impression is right. If you get the feeling that someone isn't into you for the right reasons, get out

fast.

2. Know what's private: Certain things and actions should be kept behind closed doors. Overt public displays of affection, or revealing too much about your relationship to others, may reveal that the other person is only in the relationship for publicity or attention.

3. Keep lines uncrossed: As soon as you cross the line to overexposure, it's time to step back. The only way to keep a relationship strong is to keep it personal... as in, just between the two of you.

Kourtney Kardashian & Scott Disick Aren't in Splitsville...Yet





Despite last week's rumors of a breakup, Kourtney Kardashian and Scott Disick of reality TV show fame say they are still together and in love. [Las Vegas Weekly](#) even reported that the two celebrated Disick's birthday in Sin City last weekend. However, the pair's track record isn't exactly clean, as they have broken up and gotten back together multiple times throughout their three-year relationship. Kardashian's family has been vocal against the relationship from the start, and Kourtney's mother, Kris Jenner, supposedly compared Disick to O.J. Simpson last week. Despite all the drama and rumors, however, the two are – for now – together again.

How do you decide if it's time to call it quits in a relationship?

Cupid's Advice:

Kardashian may want to reconsider her relationship with Disick for the sake of herself and her son, Mason. Disick is not a good influence on any level; from his violent, drunken outburst at Kourtney's sister Kim's family party, to courting

Playgirl magazine to do a potential photo spread. You may want to re-evaluate your relationship if you notice the following signs:

1. Repeated patterns: Everyone slips up and makes mistakes, but if your relationship feels more hurtful than heartfelt, it could be a signal that it's time to go. By continuing to forgive your partner for his or her bad actions, you send a message that those types of actions are OK.

2. Family and friends don't approve: If no one in your inner circle likes your significant other, chances are it's for a good reason. Pull yourself out of the situation and take a closer look.

3. Damaging others: When a child is involved, relationships can get tricky. It's easy to stay when you both have a child together, as nobody wants to be responsible for a broken home. However, sometimes it's better to leave a relationship for the sake of the child. They may end up healthier in the long run.

Are Heidi Montag & Spencer Pratt Calling It Quits?





Heidi Montag of *'The Hill'*'s fame revealed to [People](#) that she has moved out of the Pacific Palisades, Calif. home she shared with husband Spencer Pratt. Montag said she needed time alone to get away from the lies she believes her family and friends are saying about her. She added that she wants time to concentrate on herself, and will spend the summer with new roommate Jen Bunney, as they will be shooting their own reality show.

For couples that have weathered continuous ups and downs in a relationship, how can you make things work?

Cupid's Advice:

Montag is doing the right thing by spending time away from Pratt. Sometimes, all you need to do is figure who you are before you can figure out who you can be with someone else.

1. Distance yourself: If problems aren't getting solved while together, it's time to spend some time apart to reevaluate your relationship. Clearing your head can help put a new perspective on things.

2. Tackle new projects: Along with a new reality show, Montag told *People* she is also working on writing a movie script. Focusing your energy on your own projects is a way to get the creative juices flowing, and a way to redirect any negative energy you may have towards something that will benefit you.

3. Spend time with girlfriends: Hanging out with friends that are both single and attached can help you realize what you want to work on in your own relationship – and can even help you figure out which problems are just not worth fixing.
