

Celebrity News: Jennifer Lawrence Says Bradley Cooper Is Her Work Husband



By Jenna Bagcal

Having a work husband or a work wife is a great relationship to have at your job. The chemistry between you and your work spouse can promote productivity and create an overall welcoming and pleasant work environment. In the latest celebrity news from UsMagazine.com, Jennifer Lawrence referred to newly single celebrity Bradley Cooper as her “work husband.” Cooper’s celebrity break-up from model Suki Waterhouse was reported after the famous couple had been dating for two years. Lawrence and Cooper have been known for

working together on a number of films, and the two have a mutual respect for each other's craft with "no sex" in their relationship, according to Lawrence.

This celebrity news is no news in this case! What's the difference between a real husband and a work husband?

Cupid's Advice:

These stars made celebrity news for their status as "work spouses," but this trend happens in regular offices as well. While the term "work husband" may be a little misleading, there are differences between your work husband and your real husband that you should be aware of. Here are Cupid's tips for differentiating between the two:

1. You don't have a sexual relationship with your work husband: Although you may spend hours on end with your work husband and have great chemistry with him at the office, there are boundaries that should not be crossed. You should not engage in any kinds of sexual behavior with your work spouse. Your relationship with your work husband should be strictly professional, making sure to not blur the lines between your work relationship and your marriage.

Related Link: [Bradley Cooper and Suki Waterhouse Become Celebrity Exes After Two Years of Dating](#)

2. Issues with your real husband should be resolved between the two of you: Arguments and drawn out fights with your husband are inevitable. However, this does not mean that you should bring your issues you have with your husband to your work spouse. When you have a disagreement with your husband, work it out between the two of you at home instead of telling

Brian from work how frustrating your partner can be.

Related Link: [Hottest Single Celebrity Ladies of 2015](#)

3. Don't spend alone time with your work husband outside of work: If you eat lunch with your work husband during your break, that's one thing. But grabbing drinks with him during happy hour is something that should be avoided, because it crosses the line between your work relationship and your romantic relationship with your husband. Always remember that while you have a great relationship with your work spouse, it's something that should be limited to the office.

What are some other differences between a work spouse and a real spouse? Tell us below!

Penn Badgley Says Celebrity Ex Blake Lively Was Best and Worst On-Screen Kiss





By Maggie Manfredi

Pucker up Penn! According to UsMagazine.com, Penn Badgley dished the details on his on and off screen romance with celebrity ex Blake Lively during their run on *Gossip Girl*. A viewer called in to *Watch What Happens Live* and asked who was his best and worst on-screen kiss, and the actor had an interesting response with regards to his celebrity ex. Badgley said, "I'd say best...I'll say it was Blake, because we actually had a relationship at the time. As for his worst? Maybe Blake after we broke up." The former famous couple had a real life relationship and love from 2007 to 2010. Lively is now a mother and married to Ryan Reynolds.

Sometimes celebrity exes have to work together after a break-up. What are some ways to take the awkwardness out of working with an

ex?

There is a reason why there's an old saying "don't dip your pen in the company ink." Some say it is unprofessional, Cupid says this rule is more to save yourself from the awkwardness of working with an ex. But fear not if you broke this rule, Cupid has some tips on how to move forward:

Cupid's Advice:

1. Talk about it: You were lovers but you are still co-workers, so now what? You have to talk about the steps forward. Make sure you understand how you will handle telling your co-workers or boss depending on who knows. Talk through how your day-to-day will change and how you will treat each other in the office. Put it all out on the table so there is no confusion or discomfort.

Related: [Penn Badgley and Domino Kirk Sport Jorts on NYC Date Night](#)

2. Keep it professional: Don't bring your break up drama into the office! Lively and Badgley seemed to have handled their situation with maturity and grace. They remained amicable and you can too. Don't get your co-workers involved in the relationship and keep any arguments or personal discussions for your own time.

Related: [Penn Badgley Says He's 'Genuinely Happy' For Blake Lively](#)

3. Work even harder: Take this situation and spin it into a positive! Throw yourself into your work and make a commitment to being better and stronger in the work place as an individual and a professional. It will help take your mind off of the recent break up and it will feel good.

Tell us if you miss watching these celebrity exes heat up the

screen on *Gossip Girl*! Share your comments on Badgley and Lively below!

Dating Expert Laurel House on How to Break Up Via Text Message



By [E!'s Famously Single Dating Coach, Laurel House](#)

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, [Laurel House](#) is here to tell ladies how to break up with a guy over text.

Dating Advice from E!'s *Famously Single* Dating Coach

No, it's not cold, she reassures us. House says that if you're an active dater, there is no need for a dramatic conclusion every time you don't think a guy is a good fit. And it's totally okay to politely let him know that you don't think you two are romantically right for each other. House's expert love advice is always getting you out of sticky situations!

For more dating advice from House, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

What did you say to a guy when ending your relationship and love via text message? Tell us in the comments below!

'The Bachelorette' Andi Dorfman Says Split From Josh Murray Is 'the Biggest Failure of My Life'





By [Rebecca White](#)

Some celebrity love stories don't end with holy matrimony. Celebrity exes Andi Dorfman and Josh Murray split a few months ago during the holidays. According to [UsMagazine.com](#), Dorfman said this is the biggest failure of her life so far. The reality TV star also said that the celebrity breakup was mutual, stemming from compatibility issues.

Even celebrity exes like 'The Bachelorette' star Andi Dorfman and Josh Murray deal with feelings of failure in the wake of a break-up. What are some ways to keep those feelings at bay?

Cupid's Advice:

Even though these celebrity exes have parted ways, that

doesn't mean that either of them should feel like a failure. Here's some dating and relationship advice to help you deal with these feelings after an awful breakup:

1. Be open and honest with yourself: When you are ready to be open and honest with yourself about your relationship and love life, instead of bottling up emotions of regret and failure, your family and friends will be as supportive as they can be.

Related Link: [‘Bachelorette’ Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

2. Remember you're not a failure: Even though your fairytale ending didn't come true with this one, that doesn't mean it won't happen for you. The simple truth is that you fell in love, but now you both have decided to part ways. It's not a crime or a failure, it just didn't work out.

Related Link: [Celebrity Break-Up: Did Josh Murray Split with Former ‘Bachelorette’ Andi Dorfman for More Reality TV Fame?](#)

3. Stay positive: Try writing down positive and negative things about what worked in the relationship and what didn't. Acknowledge what you want and what you don't want. This will help you figure out how to choose the next lucky partner to steal your heart.

How do you avoid feeling like a failure after a breakup? Comment below!

Celebrity Exes: Jennifer

Lopez Disses Ex Boyfriends, Saying She's Not a 'Looks Girl'



By [Katie Gray](#)

Jennifer Lopez is almost a queen, in the sense that her empire is made up of her successful endeavors in singing, dancing, acting, designing, and writing. That being said, she hasn't necessarily been lucky in love. In fact, Lopez recently went on the late night talk show *Watch What Happens Live* and discussed what draws her to certain men. "I would say my type of man is, I like manly. I don't like a softer edge. I like somebody to make me laugh. But type-wise, I'm not a looks person. I don't know if you noticed, over the years," *The Boy*

Next Door star, who has had her share of celebrity exes stated. It seems celebrity dating is very similar to dating for the rest of us! According to UsMagazine.com, she added, “I go more for essence, for strength, the manliness. The fun, the laughs. Sexy’s important but I don’t feel like good looking is necessarily sexy.”

The latest celebrity news surrounding JLo points to a woman not weighing looks very heavily when it comes to relationships. What are three ways to make sure outward appearance doesn’t become the most important factor in your search for love?

Cupid’s Advice:

There’s a lot of love advice surrounding the factors to consider when you’re on the hunt for a new relationship. Cupid has some tips on how to make sure you stay on track with what’s important:

1. Laugh: A sense of humor goes a long way. When you’re searching for true love, it’s imperative that you choose someone who can make you laugh. They say that beauty fades, but really beauty is always present when you truly love someone – and it lasts forever. Find the qualities in potential partners that match your personality.

Related Link: [Jennifer Lopez Reveals Ben Affleck “First Real Heartbreak”](#)

2. Live: The experiences we have in life are what makes this journey special. Enjoy fun outings, travel and try new things with your partner. The fulfillment you’ll have from those moments, outweigh physical beauty. The memories you’ll gain from those times will last for the rest of your lives, which is special.

Related Link: [Jennifer Lopez Says Marc Anthony Predicted](#)

[They'd Marry When They First Met](#)

3. Love: All you really need is love. When you genuinely love someone, inside and out, that becomes all that matters. You should absolutely be attracted to the person you are with. However; when you connect with someone on different levels they become super hot in your eyes. Love has a tendency to do that.

What are qualities you look for in the search for the love of your life? Share your stories below.

‘The Bachelorette’ Winner Josh Murray Gets Out of Town with His Mom Following Split





By Emma L. Wells

The Bachelorette winner Josh Murray knows there's nothing like a mother's love to help you heal. In a tweet on Jan. 12, he told followers he was headed to his hometown of Tampa, Florida with his mother after his celebrity breakup from Andi Dorfman. The couple, who met during season 10 of the popular reality TV show, announced their split in a joint statement earlier this month. Murray had been living in Atlanta, Georgia with Dorfman. According to UsMagazine.com, his mother, Lauren Goodhart Murray, flew to see her son after the news went public, and now, the two are driving south together. Dorfman's final pick also expressed excitement about seeing his beloved dog Sabel again.

Taking a cue from this celebrity breakup, what are some ways to cope with broken heart after a split?

Cupid's Advice:

Breakups can be painful no matter the circumstances. It's important to give yourself enough time to grieve but not so much time that you start to wallow. You need to move on but not so quickly that you haven't fully healed yet. Cupid has some advice on how to handle a broken heart:

1. Surround yourself with people who care: There is nothing strange about wanting your mama when you are hurting, no matter how old you are. It's natural to feel lonely after a split. Being around people who see how wonderful you really are will help you see it too. Follow Murray's lead after his celebrity breakup and don't shut yourself off from the world! Take a weekend trip to see family or friends. Even though your significant other may no longer be in your life, you are not alone.

Related Link: ['Bachelorette' Andi Dorfman Hands Out Final Rose](#)

2. Be active: You know what they say: Out with the old, in with the new! Use this time of change to better yourself by starting a new hobby or interest. Try taking a cooking or dance class or learning a new language. Exercise classes can be especially beneficial because of the endorphins your body releases when you workout. Get your mind off your hurt by setting a goal and hitting the gym.

Related Link: ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call It Quits](#)

3. Invest in yourself: You've just gone from being part of a twosome to being single again; you need time to adjust to that kind of change. Remember your awesomeness comes from within, not from your partner. Take yourself out for a day of you! Do the things you love, things that you couldn't do when you were in a relationship.

How did you heal after a breakup? Tell us in the comments below!

'The Bachelor' Star Nikki Ferrell Opens Up About Celebrity Breakup with Juan Pablo Galavis



By [Whitney Johnson](#)

On the red carpet prior to Monday night's premiere of *The Bachelor*, former winner Nikki Ferrell opened up to host Chris Harrison about her celebrity breakup with Juan Pablo Galavis – and surprisingly she had nothing but nice things to say about her celebrity ex! According to [UsMagazine.com](#), the pediatric

nurse shared, "I'm not a quitter. I tried everything, and he tried too. It wasn't just a one-side thing. We real-life tried, not TV-tried." She added, "I knew I was never going to be the number one priority. He has a daughter...but there's a difference between being the second priority and the seventh priority."

Not everyone speaks so highly of their celebrity ex like 'The Bachelor' winner Nikki Ferrell. What are some factors to consider when someone asks you about your ex?

Cupid's Advice:

Everyone handles a breakup differently. Maybe you want to hide under the covers and consume pint after pint of Ben & Jerry's Phish Food until your heart begins to heal. Or perhaps you can't help but spill intimate details about your relationship to anyone who will listen, including that stranger who sat next to you on the subway. So what is the best way to respond when someone asks you about your ex? Cupid has some tips:

1. Think before you speak: It's tempting to say exactly what's on your mind (nice or not) when it comes to chatting about your ex and your intense breakup. Instead, when you're alone, really think about your relationship and come up with a blanket statement to share with anyone who asks for more information. Take a cue from *The Bachelor* winner Ferrell and consider something as simple as, "We tried our best to make it work."

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split](#)

[from Juan Pablo Galavis](#)

2. Keep private details to yourself: If you find yourself saying too much when family or friends inquire about your recent heartbreak, start a journal. Writing down your emotions is a great way to share your feelings but still keep them private. That way, you'll be more in control of your thoughts when your loved ones want to know what happened!

Related Link: [Did 'Bachelor' Winner Nikki Ferrel Reveal She Has a New Man?](#)

3. Change the subject: If you're worried that you won't be able to stop talking about your former partner once you get going, just bring up a new topic! Politely say that you'd rather not talk about it and then ask about their holidays or if they've been watching the most recent season of *The Bachelor*. Easy!

How do you respond when someone asks you about your breakup? Tell us in the comments below!

Kate Hudson and Matthew Bellamy Spotted Shopping in Aspen Post-Split





By [Courtney Omernick](#)

Who says exes can't be friends? Kate Hudson and Matthew Bellamy were spotted in Aspen this week as they were finishing some Christmas shopping, according to [UsMagazine.com](#). The pair recently ended their relationship after a three-year engagement. Hudson and Bellamy have one child together, son Bingham.

How do you know how much space to give your ex post-split?

Cupid's Advice:

Breakups can have different outcomes depending on the couple. Sometimes, it's mutually beneficial and no harm has been done. Other times, one or both members are left feeling many different emotions all at once. So how do you know how much space to give your ex post-split? Cupid has listed some tips below:

1. Assess their emotions: If it was a mutual breakup and the other person also clearly thought that it was for the best, you probably don't have to give them too much space. However,

if you both disagreed about the breakup and there are hard feelings, you may want to give your ex more space before you're able to be friends or hang out post-split.

Related Link: [‘Bachelor in Paradise’ Lovebirds Cody Sattler and Michelle Money Breakup After Six Months](#)

2. Consider how long you've known them: If the two of you have been friends since you were teenagers and you've been dating for the last five years and if the relationship didn't end because of a cheating scandal, you won't have to give the other person too much space. But if you haven't known each other very long and it ended because you both want to go different directions with your lives, you might want to hold off on a lot of contact.

Related Link: [Single in Stilettos Show: How to Move On After a Breakup](#)

3. Blended friend group: If you've been together for a long time or if you both work at the same office, went to the same school, etc., you might have the same friends, and you may not be able to take a break from each other for long. If this is the case, you should figure out how to behave around each other as friends as quickly as possible.

How have you known how much space was needed for your ex post-split? Comment below!

Nicki Minaj Blasts Her Ex-Boyfriend on Twitter



By Maggie Manfredi

Oh no she didn't! According to UsMagazine.com, Nicki Minaj and her ex Safaree Samuels took their drama public on Saturday, Dec. 20. Minaj tweeted, "Even when I try to protect ppl, they still try to take advantage of me. Haven't u learned that God is in control? Stop while you're ahead. Anything you don't appreciate will be taken. God sees your ungrateful evil soul. I gave and gave and gave. Threatening me? Blackmail? Jump," she continued. "30K watch the night my cousin was killed on the street like a dog. More than rappers. But it was never enough. Don't make me. Too much love."

What are some ways to keep things civil after a breakup?

Cupid's Advice:

Breakups are tough, especially when one of the parties airs

your dirty laundry. Cupid has some advice on how to keep things civil:

1. Stay offline: Just stay off the Twittersphere and Facebook with your personal information. If you need to vent, talk to a close friend or write it out in your journal. Once you post something on social media, it's hard to get it back. The last thing you want is to regret something down the line.

Related Link: [Heidi Klum Protects Her Kids From Public Split](#)

2. Don't fear counseling: If you are struggling after your split, don't be afraid to seek outside help. Talking it through with a therapist might be just the release you need. Someone who isn't invested in the situation and who is impartial can give you advice with an unbiased outlook.

Related Link: ['Bachelor in Paradise' Lovebirds Cody Sattler and Michelle Money Breakup After Six Months](#)

3. Have fun: Go out with your friends, try new things and play. Life is short, so try not to get caught up in the past. Though it's easier said than done, those close to you can help.

How do you feel about tweeting about your ex? Share your thoughts below!

**'Bachelor in Paradise'
Lovebirds Cody Sattler and**

Michelle Money Breakup After Six Months



By [Sarah Batcheller](#)

One of the happiest reality television love stories has come to an end. [UsMagazine.com](#) revealed that Cody Sattler and Michelle Money, who met on Season 1 of *Bachelor in Paradise*, have gone their separate ways after a cross-country move and six months of dating. Both stars took to social media to gracefully announce their split, and inform fans that they will remain lifelong friends. The single mom sweetly wrote, "Cody truly has blessed my life and the life of my daughter in more ways than he will ever know. His positive impact on Brielle is something I will forever be grateful for."

How can you properly announce a breakup?

Cupid's Advice:

The end of a relationship can be tough not only on you and your ex but on your loved ones as well. After all, they too have grown close to your former partner during your time together. Here are three ways to gracefully share the news of your breakup:

1. Inform family and close friends first: In this case, Money has a young daughter, who spent a lot of time with Sattler. The closest people to you should always hear the news first because it will affect them the most. It's better for those who had some emotional stake in the relationship to be able to process it before everyone else hears about it.

Related Link: [Screwing the Rules Video Dating Tips: 'Tis the Season to...Breakup?](#)

2. Don't share too many details: Relationships are very personal, and that means breakups are too. If and when you announce your split on social media or in some other public way, don't disclose any intimate details that you'll regret having shared later on.

Related Link: [Single in Stilettos Show: How to Move On After a Breakup](#)

3. Make sure both of you are on the same page: Per the above statements, you want to make sure that you and your ex agree on who to tell and what details to reveal. You also want to agree on how and when you announce your breakup publicly. It may be uncomfortable, but it's the last thing you'll ever have to negotiate, so keep it amicable.

How have you exited a relationship gracefully? Tell us in the comments below!

Single in Stilettos Show: How to Move On After a Breakup



On this week's [Single in Stilettos](#) show, founder Suzanne Oshima chats with dating coach and author Abiola Abrams about post traumatic love disorder, which refers to being stuck in the past and unable to heal after a tough breakup. First, you have to identify the signs of this disorder: bed hopping from man to man; spending late hours at the office to avoid dating; jumping into another bad relationship; and being afraid to be alone. If you recognize any of these symptoms in your behavior, it's time to find a cure, which includes five simple steps. Start by doing a self-assessment; then, list out past relationships and the lessons you've learned from them; next,

learn how to love yourself unconditionally; additionally, learn more about yourself through the dating process; and finally, take baby steps towards meeting the right man.

Related Link: [Abiola Abrams on How to Attract Love in Your Life](#)

Remember that dating is never easy. Despite your heartbreak, don't get discouraged and just stay focused on finding a healthy relationship with someone special!

For more information about Single in Stilettos shows, click [here](#).

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Cupid wants to know: How do you pick yourself up and move on after a breakup?

'Slumdog Millionaire' Stars Freida Pinto and Dev Patel Breakup After Six Years Together





By [Whitney Johnson](#)

All good things must come to an end! According to [UsMagazine.com](#), *Slumdog Millionaire* costars Freida Pinto and Dev Patel have called it quits after nearly six years of dating. In happier times, the adorable couple considered themselves “soul mates,” but a source confirms that they’ve been over for a while now. “Freida is single and happy,” another source adds. “Friends are setting her up.” Pinto even celebrated her 30th birthday in October with billionaire Siddhartha Mallya by her side.

How do you establish yourself as an individual after being part of a couple for a long time?

Cupid’s Advice:

It’s easy to get caught up in your partner’s interests during a longterm relationship. If they cheer for the Dallas Cowboys, you may find yourself ordering a Romo jersey and blowing your paycheck on tickets on the 50-yard line. After a breakup though, it’s time to rediscover what makes *you* tick. Here are

three ways to establish yourself as an individual after being part of a couple for a long time:

1. Invest in a new hobby: Have you always wanted to learn how to knit? Or do you want to take photography classes at your local arts center? Sign up now! Embrace your newfound independence. Instead of wallowing in your loneliness, take full advantage of your free time and put it to good use.

Related Link: [Selena Gomez Cries Singing Song About Justin Bieber at AMA's](#)

2. Reconnect with loved ones: Perhaps you missed out on birthdays and baby showers because you were so wrapped up in your love life. Rather than dwell on the past and feel guilty about your behavior, use the upcoming holidays as an opportunity to revitalize these relationships and make an extra effort to spend time with your friends and family.

Related Link: ['Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

3. Do you: Take your favorite book to a local coffee shop and spend a few hours reading and people watching. Binge-watch *Scandal* on Netflix without your partner interrupting the most intense moments. Or spend your Sunday flipping through fashion magazines instead of devoting the final day of the weekend to football. Remember what *you* love to do...and do it!

How did you establish yourself as an individual after a breakup? Tell us in the comments below!

Single Khloe Kardashian Shares Sad Instagram Post



By Maggie Manfredi

The breakup blues! According to UsMagazine.com, Khloe Kardashian is taking to social media in light of her second split from French Montana. It was also this time last year that Kardashian filed for divorce from Lamar Odom. The *Keeping Up With The Kardashians* star instagrammed a melancholy quote about saying goodbye, making it hard for her followers not to feel her pain. We love you, KoKo!

What are some ways to conquer loneliness around the holidays?

Cupid's Advice:

Are you single or away from your loved ones this holiday season? Don't fret! Cupid has some advice on how to still enjoy the most wonderful time of the year:

1. You better watch out: If you have ABC Family, you can get so much holiday cheer from one channel! From the the Grinch to Rudolph, solo nights snuggled up on your couch with Chinese food will be filled with classic characters.

Related: [Khloe Kardashian and French Montana Split For Second Time](#)

2. You better not cry: Take this opportunity to help those less fortunate than you. Donate to your office's toy drive or dedicate some weekend time to community service to experience some joy in giving back.

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3. Santa Claus is coming to town: Even if you are lonely or sad this season, remember to count your blessings. Send out positive vibes instead of perpetuating a Scrooge-like mentality, so that in the future, good things and good people will come your way.

How do you cope with holiday woes? Share with us below!

Chris Brown Says Karrueche Tran Dated Drake and Didn't

Visit Him in Jail



By Maggie Manfredi

Chris Brown handled his recent breakup with Karrueche Tran poorly...and nobody is shocked. According to UsMagazine.com, the former couple are taking to social media to release some of their emotions around the break up. She claimed she was mistreated, while he claims she cheated on him with Drake! Brown has nothing nice to say, so we kindly ask that he doesn't say anything at all.

What do you do if your partner gets involved negatively with the law?

Cupid's Advice:

When things go wrong with an individual in a relationship,

it's tough on the partner as well. Here is some advice if your significant other gets involved with the law:

1. Be honest: In order to survive, you both have to communicate effectively. Be open and share your thoughts candidly.

Related: [Khloe Kardashian and French Montana Split for Second Time](#)

2. Think long-term: Are they going away for awhile? Before the trouble, where were you at in this relationship? Do you see a longtime commitment for this relationship? These are the questions to ask at this crossroad.

Related: [If Men Were Like Santa's Reindeer, Which One Would You Choose?](#)

3. Be there: If you are in it for the long haul, it's important to show your support and help your partner through this tough time. Don't excuse bad behavior but remember that everyone makes mistakes.

Do you have any thoughts on Chris Brown's actions? Share with us below!

Did 'The Bachelor' Winner Nikki Ferrell Reveal She Has A New Man?



By [Emily Meyer](#)

Although Nikki Ferrell's celebrity breakup from *Bachelor* Juan Pablo Galavis was only a month ago, her Instagram account tells us she's wasting no time getting back into the swing of things when it comes to her relationships and love life. According to [Wetpaint.com](#), the *Bachelor* winner posted a photo over the weekend quoting Beyoncé's song "Halo" by writing, "I swore I'd never fall again, but this don't even feel like falling." She then captioned the quote with more lyrics from the song, "Think I'm addicted to your light," followed by a heart emoji. The private beauty didn't give any more details about this new special someone, but we can't wait to see what celebrity love gossip she shares next!

‘The Bachelor’ winner Nikki Ferrell found romance after her celebrity breakup. How do you know when you’re ready to start dating again after a breakup?

Cupid’s Advice:

Whether you were in a relationship for months or years, breaking up is never easy. You have been dealing with a tornado of emotions ranging from anger and confusion to sadness. It can be difficult to figure out when you’re ready to start dating again, so Cupid has three ways to help you know when you’re ready to get back into the dating scene:

1. You have a positive outlook about your past love: Although it’s normal to feel somewhat angry about how your last relationship ended, it’s important that you let go of those negative feelings. If not, you may not be able to move forward to a place of peace with a new partner. Figure out what’s still holding you back and like *Bachelor* winner Nikki Ferrell, speak positively of your ex to help you move into a better place.

Related Link: [‘Bachelor’ Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis](#)

2. You can be happy on your own: You have to be content with yourself before you can find happiness with someone else. Make sure you have your own hobbies, career, and social circle before you dive into another relationship. When you sincerely love yourself as an individual, you’ll be ready to start the dating process again.

Related Link: [Chris Harrison Jokingly Slaps Chris Soules in](#)

[New 'Bachelor' Promo](#)

3. You want to move on for *yourself*: It's only human to want to make your ex *a little* jealous. However, that should not be your main motivation. Make sure you're fully committed to dating new people for the right reasons.

How did you know you were ready to get back into the dating scene? Tell us in the comments below!

5 Women Who Got Famous After Celebrity Divorce



By [Courtney Omernick](#)

Sometimes, the not-so-glamorous side of one's life is showcased and talked about more than their positive, beautiful moments. And when it comes to divorce, especially if you're a celebrity, get ready to be eaten alive by the tabloids!

Below are five women who had a rise in fame after they dropped the ax on their marriage by getting a celebrity divorce.

1. Camille Grammer: The famous ex-celebrity wife of Kelsey Grammer became even more famous when the couple went through an ugly celebrity break-up in 2011 after 14 years of marriage. While her [celebrity divorce](#) was being finalized from Kelsey, Camille signed on to the reality show *The Real Housewives of Beverly Hills*.

Related Link: [Four Changes You MUST Make to Avoid Falling Prey to the Unavailable Man](#)

2. Katie Holmes: While Katie had a great run on *Dawson's Creek* from 1998-2003, the actress didn't get a lot of attention until she surprised Tom Cruise with celebrity divorce papers in 2012. Since that time, Katie's been scouted for multiple film roles and received copious amounts of attention from the paparazzi.

Related Link: [Solange Knowles and Alan Ferguson Honeymoon in Brazil](#)

3. Heather Mills: This celebrity wife was only married to Beatles front man, Paul McCartney, for four years. But, she turned heads after her split from Sir Paul because she claimed that he was 'abusive,' 'a drug taker,' and more. McCartney was

also forced to give Heather \$46.6 million after their split.

4. Elin Nordegren: Since her crazy divorce from Tiger Woods in 2010, every newspaper wants to know how she's moved on, if she forgives Tiger, and what she's been up to. Prior to the cheating scandal involving Woods, not many people could recall the name Elin Nordegren.

5. Ivana Trump: Soon after her divorce from Donald Trump in 1992, Ivana started making a name for herself. Since that time, Ivana signed on with William Morris Agency and developed lines of clothing, fashion jewelry, and beauty products. She has also written several books and starred in her own reality television show.

What other celebrity women have gotten famous after their divorce? Comment below!

'The Bachelor' Winner Nikki Ferrell Confirms Split from Juan Pablo Galavis





By [Emily Meyer](#)

Sadly, it has been confirmed that another *Bachelor* couple has split. After speculation that there was trouble between celebrity couple Nikki Ferrell and Juan Pablo Galavis, Ferrell confirmed the celebrity breakup. According to [E! Online](#), the split happened over her birthday weekend. The pediatric nurse revealed, "We were just going back and forth through texting. He was questioning the relationship, and I was questioning it back. I sent him a message saying, 'We should fight for this. We should work this out.' And he didn't respond." That's when the 28-year-old posted her angry message to Instagram. She confessed, "In hindsight, I probably shouldn't have done that. I'm a tad bit impulsive." Regardless, the two still have love for one another. Ferrell said, "Who knows what the future holds, but at this point in our lives, it's not working for either one of us."

Celebrity couple Nikki Ferrell and

Juan Pablo Galavis were pretty upset about their celebrity breakup. How can you stay positive when ending a relationship?

Cupid's Advice:

We've all been there: a bad breakup that makes you feel like you'll never be happy again. We know being strong is challenging, but staying positive can help you get through the tough times that are ahead. We know this celebrity couple will get through it and so can you. Here are three tips on how to stay positive when going through a split:

1. Forgive and forget: A big part of being positive is learning to let things go. Not all relationships work, so there is no reason to blame yourself or your ex. Learn to move on and remember the good times you shared.

Related Links: [Have 'Bachelor' Couple Juan Pablo Galavis and Nikki Ferrell Split?](#)

2. Reconnect with yourself: You have been part of a partnership for so long; now is the time to focus on yourself again. Find out what it is that truly makes you happy and pursue it, whether it's exploring a new hobby in photography or spending extra time with your best gal pals.

Related Links: [Can You Really Find Love on 'The Bachelor'?](#)

3. Surround yourself with good people: It's important to surround yourself with friends and family who love and support you. Find things that make you smile and laugh. The happier you are, the sooner you will forget about the breakup and be ready to open yourself up to love again.

What are some other ways you can stay positive during a breakup? Share below!

Find Out Why Kris Jenner Is 'Livid' at Bruce Jenner



By Amanda Boyer

It seems that Kris Jenner is in an angry place while she tries to promote her new book, "In the Kitchen with Kris." According to UsMagazine.com, Kris has only been releasing positive statements about her husband, Bruce, while sources say that in reality, she is embarrassed by the current situation.

According to a source, Kris is “livid” because Bruce was recently spotted stepping out with Kris’ longtime BFF Ronda Kamihira.

What do you do when you’re jealous about your ex’s new partner?

Cupid’s Advice:

Are you jealous after seeing your ex with his/her new partner? Read ahead for some advice on what to do in this situation:

1. Distance: Keep your distance from them. If you never see them, they will not be on your mind as much. Sometimes that’s easier said than done, but do your best.

Related: [Kris Jenner Gets Cozy with New Man Corey Gamble at Kim Kardashian’s B-Day](#)

2. Throw away the attitude: Although you’re jealous, put those feelings away and be cordial with them if and when you ever run into them.

Related: [Kris Jenner Warms Up to Khloe Kardashian’s New Boyfriend French Montana](#)

3. Happiness: Take a few seconds and walk in their shoes. Regardless of the breakup, be happy that your prior partner has found happiness. Now it’s time to make yourself happy as well.

Have another way on what to do when you are the jealous green monster about your ex’s new partner? Comment here!

Have 'The Bachelor' Celebrity Couple Juan Pablo Galavis and Nikki Ferrell Split?



By Emily Meyer

It looks like *The Bachelor* celebrity couple Juan Pablo Galavis and Nikki Ferrell have called it quits after trying to salvage their rocky celebrity relationship. For those who watched the controversial couple on *The Bachelor* and VH1's current season of *Couples Therapy*, it should be no surprise that there will be no more roses passed between the two of them. According to People.com, Ferrell dumped Galavis seven months after audiences watched him decline to say "I love you" to the 27-year-old pediatric nurse on the finale of *The Bachelor*. It

seems she has finally grown tired of his childish behavior: On Sunday, she unfollowed the reality star on both Instagram and Twitter and then posted a harsh quote that appears to be aimed towards Galavis. She posted, "Isn't it pathetic how we waste so much time on certain people and in the end they prove that they weren't even worth a second of it."

'The Bachelor' winner Nikki Ferrell had a tough time figuring out when to end her celebrity relationship. How do you know when it's time to call it quits in a long-term romance?

Cupid's Advice:

We all want that perfect connection with someone, but we know that relationships and love are hard work. As difficult as it is to admit, time changes things, and sometimes, a breakup is for the best. So how do you know whether to stick around or back out of a longtime love? Cupid has some tips:

1. Your connection has faded: If you and your partner have lost sight on what brought the two of you together, then it's time to say goodbye. A healthy relationship is one where the passion is constantly flowing. Rather than convince yourself that you belong together, you should be reminded every day of why you're in love with this person.

Related Link: [Jennifer Lawrence and Chris Martin Call It Quits](#)

2. You're fighting more often: When it comes to relationships and love, it's important to remember that it's okay to fight. It's not about how much you argue with your partner but *how* you

resolve your issues as a team. If the fighting becomes more serious and filled with anger, it's time to break it off.

Related Link: [Nick Cannon Opens Up About Split From Mariah Carey](#)

3. Your vision for the future is no longer the same: A must in any relationship is to share the same goals and hold similar ideas for what you want. Whether it's the number of kids you'd like to have or where you want to live, make sure to be on the same page as your partner. If you find you're disagreeing over these big items, how will you ever agree on the little things?

How did you know it was time to call it quits with your long-term partner? Tell us in the comments below!

Learn the 20 Steps to Heal a Broken Heart in Lesley Robins' New Book 'The Breakup Book'





This post is sponsored by Lesley Robins.

Interview by [Lori Bizzoco](#). Written by Emily Meyer.

When it comes to bad breakups, Lesley Robins has been through them all. In her new book, *The Breakup Book: 20 Steps to Heal a Broken Heart*, the E! News producer and Young Hollywood contributor walks her readers through a 20-step process to get over your broken heart. Executive Editor Lori Bizzoco recently chatted with the new author about how she managed to thrive after her tough split as well as her best advice for hopeless romantics who are dealing with heartache. Here's what the nationally-recognized journalist had to say:

Why did you organize your book with a 20-step approach?

There is a reason why the chapters go in the order that they do. At the beginning, I'm not telling you to be grateful; I'm not telling you to travel; I'm not telling you to create a new home the day he leaves you. The first chapter just encourages you to *not* be alone. You need love – you lost love; now, go find it.



Lesley Robins talks about new book in an exclusive interview.
Photo courtesy of Amanda Boyer.

What inspired you to write your book?

As a journalist, I am a host, reporter, producer, and writer. I had all of these things, but I've always wanted to be an author. So in 2010, my ex and I had broken up for good. It was a few months after that, and I was still in a really dark place. I was out to dinner with my mentor's wife, and I was talking about my breakup and what I was trying to do to feel better. She turned to me and said, "That's your book." It was at that dinner that we discussed that every chapter should be a piece of advice someone gave me to get through the split. We talked about what worked and what didn't work, and I crafted

it in that moment.

Related Link: [10 Signs That Your Relationship Has Hit a Dead End](#)

It seems like every woman has a story about a bad breakup. Do you think this book will be successful since everyone can relate to it?

We all have a breakup story, yet no one wants to talk about it. We're human, which means we have flaws. The thing I stress is, when you're trying to talk about your breakup, you want a neutral party, someone who is not going to judge you. No relationship is alike, and no breakup is alike. However, at the same time, when we talk about it and we can share our story, it's comforting to know that other people are going through the same thing.

What advice do you give to woman who want to feel confident instead of depressed after a breakup?

You're not going to feel your best right away – and that's okay. I'm giving you permission to be sad, depressed, and pathetic for a minute. That's why the first step is to never be alone. Since you used to have someone by your side 24/7 and now that person is gone, you will need to be surrounded by love. Go find your people!

What do you say to people who feel overwhelmed by the thought of completing 20 steps?

The beautiful thing about these steps is that they can happen simultaneously. You're not going to start them all at the same time, but they will all eventually merge together to form the new you. It is all really about self-love. I think the main thing that I want women to grasp is the importance of being grateful. Be grateful for everything around you – your family, your friends, your career. Be in the moment and focus on what you *can* control.

Related Link: [How to Get Through a Breakup and Heal Your Heart](#)

Something that I think is really important for our readers to know is that you were in your 30s when this breakup happened. You were thinking about a long-term commitment, even marriage.

In my first draft of the book, I actually didn't include my age. Then, my editor told me I needed to add it. I met my ex when I was 29, and here I was, single again at 36. Any woman reading it gets it. Being single in your 20s is so different from being single in your 30s! So my life became about doing everything by myself, which was a big adjustment. I had to be okay with being on my own.

What was the hardest chapter for you to write?

I think the hardest chapter for me to write was "Go Cold Turkey with your Ex" because I didn't master it for a really long time. But once he got engaged, I went cold turkey. That's when I was finally done. I had no more fight left in me. I went through every emotion I could imagine – and I write about that.

How is your love life going now?

I'm dating, but I'm single. I'm happy and strong, and I'm still a hopeless romantic. The first few months after my breakup, I didn't want to be with anyone. But now, I am back to being the girl who loves romance and finding love. I love it!

~~**GIVEAWAY ALERT:** Two lucky readers will receive a copy of *The Breakup Book: 20 Steps to Healing a Broken Heart*. To enter our giveaway, email cupid@cupidspulse.com with your full name, address, email, and daytime phone number BEFORE 5 p.m. EST on November 12th. In the subject line, please write "The Breakup Book Giveaway." You can also enter on Facebook. You can enter the contest only once. Good luck!~~

Giveaway is now closed. Thank you to all who participated!

Pick up a copy of The Breakup Book: 20 Steps to Heal a Broken Heart today! You can keep up with Lesley on Twitter @LesleyMia.

Monica Lewinsky Says She Was 'In Love' with President Bill Clinton



By [Jessica DeRubbo](#)

Former White House intern, Monica Lewinsky, revealed some shocking details in her first ever public address of her story surrounding former President Bill Clinton, according to UsMagazine.com. Lewinsky said, "I fell in love with my boss. Only, my boss was the President of the United States." Her speech was about launching a "cultural revolution" again Internet shaming.

How do you move on from a past love?

Cupid's Advice:

When you fall in love, it's usually for good reason, and it can be hard to move on from that when the relationship ends. Cupid has some tips:

1. Keep busy: The first order of business is to keep your mind off your lost love. Reignite old friendships, and take up new hobbies. As you fill your life with fun new things, your past love seems less important.

Related: [How to Get Through a Breakup and Heal Your Heart](#)

2. Remove social media teasers: Resist the urge to jump on your ex's Facebook page or Instagram account. Obsessing over what your ex is doing post-breakup will only make your heart hurt longer.

Related: [AshLee Frazier Opens Up About Being 'Most Hated' on 'Bachelor in Paradise'](#)

3. Allow yourself to grieve: Your friends may want to take you out the night after your breakup, but it's probably not the best idea. Allow yourself the chance to come to terms with the loss, and then move on once you've done that.

What are some other ways to move on from a past love? Share your thoughts below.

AshLee Frazier Opens Up About Being “Most Hated” on ‘Bachelor in Paradise’



By Emily Meyer

We know reality television isn't scripted, but that doesn't mean it's 100 percent real, right? That's what *Bachelor in Paradise* star AshLee Frazier says. In her recent blog post, the reality star talked about going from being "America's girl" to being portrayed as a villain. The Texas native admits to have stirred the pot but believes the backlash she has received as only made her stronger. She wrote, "If I can be

ok after the most hateful words were carelessly thrown my way by people who know nothing about my life, then you can get through the tough times and know that there is an end.”

How do you bounce back after a bad breakup?

Cupid's Advice:

Breaking up with your partner can be hard, no matter how long you've been together or if you're the dumper or the dumped. However, there are ways you can get back on your feet after that devastating heartache. Cupid has some tips for how to bounce back after a breakup:

1. Surround yourself with friends: There is no better way to get over a bad split than by being surrounded by your best friends. Relax and just enjoy being with the people who make you laugh and love you for who you are.

Related Link: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

2. Pamper yourself: Take a break from dating and focus on yourself. Maybe even splurge a little bit and take a vacation! A change of scenery is sure to help when you're in a rut.

Related Link: [Jason Derulo Confirms Split from Jordan Sparks](#)

3. Get involved: Find something you are passionate about. Getting active in your community, whether it's volunteering or joining a team, will help take your mind off your breakup. Start doing things that make you feel good about yourself.

What's your best tip for bouncing back after a breakup?
Comment below!

Jason Derulo Confirms Split from Jordin Sparks



By Maggie Manfredi

Derulo will not be in the club making wedding plans. According to UsMagazine.com singer Jason Derulo and songstress Jordin Sparks have ended their long term relationship. Three years and a few love songs later the two celebs are upset over the split. "Wiggle" singer and *American Idol* winner are working and traveling and dealing with the separation privately.

How do you keep the drama in a breakup to a minimum?

Cupid's Advice:

Breakups are the worst! Cupid has some helpful tips for

getting through a breakup with as little drama as humanly possible:

1. Stay off social media: Whether you have feelings to share or you know your partner might be getting online to vent, don't stoop to that level. Keep the tweets, posts and pics to a minimum while you work through the split.

Related: [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

2. Keep your distance: I am not saying block their number and tell all your mutual friends to shun him or her, but try not to text or call. This is the time to lean on your other loved ones for support and comfort.

Related: [Liberty Ross Says "Trust Your Gut" When It Comes To Cheating](#)

3. Do things for yourself: So you've cried on one of your friend's shoulder, screamed to another, and went out with a few more. It might be a lonely time but don't be afraid to embrace the alone time and do things just for you, by yourself; it will feel good to recharge your batteries.

Give us your favorite post breakup activities, share below!

Red Flags That Mean It's Time to End Your Relationship





By Jennifer Ross and Laura Seaman

Perhaps your one-year dating anniversary is coming up. Or maybe you've just gotten engaged and announced it publicly. You may even be making your wedding arrangements; deposits have already been given. Almost all your friends are envious of your relationship. Yet deep inside, you have a nagging suspicion that something's just not right. The feeling started out small, probably as a momentary thought that you perceived as ridiculous and quickly dismissed. However, with every passing day, this "ridiculous thought" continues to creep up at different times, and you find it worrisome. Don't fret – you're not the first one to experience this issue!

It's surprising how many people, when reflecting back on their lives, knew not only that they should have called off their relationship, engagement or wedding but also the very moment when it should've happened. There were times when a red flag drew its ugly head, and they ignored them, not wanting to discuss them for fear of embarrassment or starting a fight.

However, we don't recommend that approach. When you have a

nagging feeling that won't go away, you must wake up! Listen to it and decide whether it bears any truth or not. If you're hesitant to call off your relationship, here are five warning signs that can help you decide.

Related Link: [7 Steps to Recover From Ending a Relationship](#)

1. Waiting for improvement: If you keep telling yourself, "Oh, they'll stop doing that once we're married" or "They'll change when they become a parent," just stop. If you don't like someone for who they are at that exact moment, you shouldn't be with them. Don't keep hanging around waiting for who they *could* be because that might never happen.

2. Infidelity: This is one of the biggest red flags that the relationship is failing. Every day, so many people are cheated on by their partner, and yet, the relationship continues. Most of the time, it happens not because someone is a philanderer but because there is a void or issue that one or both sides aren't willing to discuss. Remember that the problem isn't going to go away on its own.

3. There is a missing link: Communication between you two is good, but certain fundamental issues either haven't been discussed or cannot be agreed upon. Things like how many children to have, which church to go to, and where to live are crucial questions to be answered in order for the relationship to last.

Related Link: [How to Break Up Without Breaking Them Down](#)

4. Your parents aren't on board: When your parents voice that the your partner isn't a good fit for you, their advice should be considered. After all, they know you better than anyone else! They love you and have your best interest at heart. They also have the advantage of being an outside observer and can see things that you can't.

5. You just have a gut feeling: Too often, our instincts warn

us to take heed, and we don't listen. If your gut is telling not to move forward, it's best to call it off and understand why. At the very least, you should temporarily take a break from your relationship until the feeling passes. If your love is meant to be, you'll eventually resolve whatever looming issue you may have.

What warning sign do you find easiest to ignore? Let us know in the comments below!