

# Jennifer Lopez Reunites with Celebrity Ex Casper Smart at MTV VMA's



By [Courtney Omernick](#)

In the latest celebrity news, [UsMagazine.com](#) reported that Jennifer Lopez was able to spend some quality time with her celebrity ex Casper Smart last night at the VMA's. He sat in front of her at the award show, and they were spotted sharing Skittles and talking. Their [celebrity relationship](#) may have ended, but it's clear that these two are maintaining a good friendship.

# Even the most coveted celebrity relationships come to an end! What are some ways to keep things civil post-breakup?

## Cupid's Advice:

If you're hurting because of a break-up, it can be hard to think about being nice to your former significant other. But, if you're looking to keep things civil, we have some love advice for you:

**1. Give them their space:** Breaking up is hard for both parties. If you truly want to keep things on a level playing field, it's best to give them some space right after the break-up occurs. The other individual is going to be much more open to being friendlier if they've had some time to cope with their feelings.

**Related Link:** [Jill Duggar and New Husband Derick Dillard Are Expecting First Child](#)

**2. Show your support (in moderation):** You want the other individual to know that you still value them as a person, and possibly a friend, so it's important to help them understand, through tiny gestures, that you still support them. However, you don't want to constantly bombard them with "Congratulations" and other happy messages because you could be implying something else.

**Related Link:** [Carson Daily and Celebrity Love Siri Pinter Welcome Third Child](#)

**3. Treat them as a friend:** If you want to keep things civil, it's important to treat your ex as you would a friend or acquaintance. Be positive, smile, and keep things light and

happy.

J-Lo is facing the end of her celebrity relationship gracefully. What are some ways you've kept things civil post-break-up? Share your stories in the comments!

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# Meg Ryan and John Mellencamp Split After Three Years Together



By Ann Luther

After more than three years together, Meg Ryan and John Mellencamp have ended their relationship. Ryan has been living in New York, while Mellencamp has been staying on a farm in Indiana. A source tells [UsMagazine.com](http://UsMagazine.com) that “the distance got to be too much” for the couple. Best of luck to both of them as they go their separate ways!

**What are some ways to cope with long distance in your relationship?**

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

Even the best couples can be broken up by distance. You expect so many things from a relationship that you simply cannot get when you're far away from your love. Plus, your partnership loses an amount of intimacy that can mean doom. However, distance doesn't always mean the end, so here are a few ways to help:

**1. Video chat:** Face-to-face communication is crucial to surviving a long-distance relationship. So much can be lost over texts or even phone calls. Tone, intentions, facial expressions, and body language are all key to fully understand what and how your partner is feeling. Video chat isn't the same as being in-person, but it's a step in the right direction!

**Related Link:** [Celebrity Breakups: Who Burned Who?](#)

**2. Send each other mementos:** Leave something behind for each other...preferably something that can be cuddled. A teddy bear sprayed with his cologne will get you through those long, lonely nights. Having something to be able to physically touch when you can't touch your guy will aid in taking a bit of the edge off.

**Related Link:** [Singer John Mellencamp and Wife Elaine Split](#)

**3. Be sure to know each other's schedules:** Send each other

your schedules and include time differences if you're separated by time zones. Knowing when the other is available for when you need or want them is unparalleled in comfort and security. If you know he's at the gym at until 6 p.m. every night, then you won't be worried that he's ignoring your messages. You may not be able to actually participate in your partner's activities, but this little step will make you feel like a bigger part of their life.

**How have you coped with a long-distance relationship? Share in the comments below.**

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## **Ciara Is 'Devastated' After Discovering Future's Ongoing Affair**







By Ann Luther

Only three months after the birth of their child, Ciara broke off her engagement to her newborn son's father, rapper, Future. The singer discovered that her now ex was cheating with his wardrobe consultant, Tyrina Lee. An insider told [UsMagazine.com](http://UsMagazine.com) , "There was clear evidence when she approached Future about the cheating. This was clearly not just a one-night thing." The source continued to say that Ciara is "devastated" about the faithlessness.

**What do you do if you suspect your partner is cheating?**

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

Whenever the word "cheating" is thrown around, hearts break and heads heat. Even if it's unjust gossip, the insinuation is hard to accept. There are so many ways to approach the situation and, more than likely, you're not in the proper emotional state to pick the best option. Check out some options below:

**1. Approach your partner calmly:** Nothing ever gets

accomplished when someone loses emotional control. Before you confront your suspect, make sure that you are in the proper headspace to speak rationally. This also gives you the upper hand. You cannot be accused of blowing something out of proportion or being overly dramatic if you're cool and collected.

**Related:** [Ciara Calls Off Engagement to Future Due to Cheating](#)

**2. Choose your words:** When confronting a person about a sensitive issue, be careful of any buzzwords that could set the person you're talking to off. Be assertive with your word choices without being aggressive. You don't need the word "cheat" in the conversation to know what's going on.

**Related:** [Cupid's Weekly Round-Up: Surviving a Breakup](#)

**3. Decide to love or leave:** Sometimes, there are extenuating circumstances that drive the people we love to cheat. There will be more to the story than just infidelity. If your partner is truly remorseful, you believe he'll never stray again, and you do still love him dearly; it's okay to stay. Otherwise, you must make a firm to decision to leave and stay gone no matter how difficult it may be. A true cheater never changes.

**What have you done after suspecting your partner was cheating? Share your stories in the comments below.**

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**'Bachelor in Paradise'  
Contestant Chris Bukowski**

# Talks Friendship with Michelle Money and Celebrity Break-Up from Elise Mosca



By [Sarah Batcheller](#) and [Whitney Johnson](#)

If you tuned in to the third episode of *Bachelor in Paradise* last night, then you saw a new side of reality TV contestant Chris Bukowski. In an exclusive celebrity interview, CupidsPulse.com had the chance to speak to the Illinois native, and he expressed that this sensitive, softer side of him is more true to form than what was previously portrayed on the small screen, stating, “This is the side that my friends and family see everyday.”



# Exclusive Celebrity Interview with Chris Bukowski

Choosing to leave Mexico because of a knee injury, Bukowski asked his new *BIP* love interest Elise Mosca to head home with him. When Mosca accepted, Bukowski gave his final rose to BFF Michelle Money, in order to extend her chance at finding a relationship love on the show. “She [Money] is one of my closest friends in the reality TV world and the real world,” the reborn fan-favorite says. “She deserves someone to share her life with, and I want to see that happen for her. She’s truly an amazing person, and I wanted to give her the opportunity to find someone amazing for herself.”

**Related Link:** [‘Bachelor in Paradise’ Newcomer Chris Bukowski Says Dates with Elise Mosca Were “Spectacular”](#)

It’s no surprise that the blue-eyed entrepreneur appreciates being portrayed in a more positive light. He’s glad that the *Bachelor in Paradise* audience finally saw who he truly is, concluding, “Something that everyone in my life will say about me is that I’m honest. If people were more honest to themselves and to each other, there’d be a lot less bullshit in this world – and on reality TV!”

## ***Bachelor in Paradise* Star Talks Celebrity Break-Up**

While there’s no doubt that fans were surprised to see this version of Bukowski, what everybody *really* wants to know is how his whirlwind romance with Mosca netted out. Bukowski shares that Mosca stayed in Chicago with him for six days after they left Tulum and that they dated for about a month after that. Unfortunately, though, the two lovebirds couldn’t make it work. “I broke it off because we were at two very different points in our lives,” the Bracket Room owner admits

of their [celebrity break-up](#). “I wasn’t confident that Elise was the right girl for me and didn’t want to lead her on to believe anything different.”

Sources close to us say that the adorable couple were flown back to Mexico before filming of *Bachelor in Paradise* ended with the intention of updating the rest of the cast (and viewers, of course!) on the status of their relationship and love. They also shared that this scene never played out because the producers wanted Chris Bukowski to propose, but he wasn’t ready to.

**Related Link:** [Chris Bukowski Says “Paradise Wasn’t Paradise for Me”](#)

Despite their celebrity breakup, the currently-single restaurant owner only has nice things to say about Mosca. “It’s tough for me to hear people say she’s crazy when she’s only crazy about falling in love,” he explains. “She’s a nice, genuine girl, and I’ve never heard anyone who knows her say a bad thing about her. She’s very caring and will make someone very lucky one day...as long as she lays off the sequin outfits!” he jokes.

Bukowski also encourages *Bachelor in Paradise* fans to “not punish someone for wanting to be loved. All we need is love, and love is actually all around,” he says in reference to the movie *Love Actually*. He adds, “I love that movie, by the way!”

*Keep up with Chris on Twitter @ChrisJBukowski. Be sure to tune in to Bachelor in Paradise on Monday nights at 8/7c on ABC!*

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# On-Again, Off-Again: Celebrity Couples Who Can't Make Up Their Minds



By Deanna Atkins and Laura Seaman

In Hollywood, you never know who's going to be the next big couple, especially when the new duo may breakup before official word even gets out. To be fair, it has to be difficult to maintain a relationship that's constantly in the public eye. Aside from frequent budding romances, we're constantly hearing about those twosomes who just can't commit. They're on one week and off the next week, and then before you know it, they've eloped...only to divorce weeks later.

These three pairs constantly keep us guessing and never fail

to surprise us with yet another breakup or makeup. Sometimes we enjoy staying on their relationship roller coaster ride, but still, we have to wonder why these stars are so incapable of staying together:

**Lady Gaga and Taylor Kinney:** If you were as busy as the pop star, you'd probably find it challenging to keep a boyfriend too. But as her touring schedule has slowed down, it seems like she and the *Chicago Fire* actor are back on again! The 'Born this Way' singer has been with the 33-year-old for three years now, and rumor has it, she's been looking at wedding dresses in Canada. The pair have been seen on romantic skinny dips and dining at Gaga's father's restaurant, but don't be fooled by their seemingly effortless relationship because it's definitely a tough one to maintain.

**Sammi Giancola and Ronnie Ortiz-Magro:** Whether this couple's out of control relationship was purely for entertainment purposes or not, everyone can't help but love to hate the *Jersey Shore* duo. The guido and guidette got together on the first season of the show, and, ever since, we've seen the twosome through the crying, name calling, and all out physical brawls. It's actually a rarity when they're filmed *not* fighting.

That said, there are those times they honestly look happy together. Between his fohawk and her Jersey-girl attitude, they couldn't be more perfect for one another. Let's give them some credit though: Since the filming of the sixth season ended, they're officially on and have even moved in together.

**Related Link:** [Celebrity Couples Who Reconciled for the Summer](#)

**Selena Gomez and Justin Bieber:** This A-List couple has been on and off for quite a while. As of now, the pair seems to be back together. For the past few years, fans have been told about their constant breakups, only to be shown pictures of the two cuddling on Instagram.

It's no surprise that there's friction between them. The former Disney star seems to be rapidly climbing the ladder of success in both music and film. Bieber, on the other hand, just keeps getting in trouble and can't seem to catch a break. From his DUI to videos of his vulgar behavior, this pop star isn't gaining much support lately. For a while, there was even a petition to deport him to his home country! Despite all of this drama, America's darling seems to be smitten with this Canadian bad boy.

**Related Link:** [Justin Bieber and Selena Gomez Attend Bible Study](#)

Whether these celebrities don't realize what they have in front of them or they're waiting to see what else is out there, anyone can relate to needing a push in the right direction. It may be time to quit the games and find a more compatible mate or accept that you're truly in love with your partner. Either way, it's not beneficial for anyone to be in a consistent on-again, off-again relationship!

**Have you ever been in an on-again, off-again relationship? Share your experiences below.**

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## **'Hunger Games' Star Leven Rambin and 'True Blood' Alum Jim Parrack Are Engaged**







By Ann Luther

We all saw *True Blood* alum Jim Parrack's heartbreak when he ended his marriage to his wife of six years, Ciera Parrack. However, he quickly moved on, proposing to *Hunger Games* star, Leven Rambin, after only a few months of dating. According to [UsMagazine.com](http://UsMagazine.com), they even made their big news official on Facebook: Parrack changed his relationship status to Engaged over the weekend. The new couple does, in fact, seem very happy in this Instagram video they posted announcing their hiatus from social media. Best of luck to the adorable pair!

**How do you know when you're ready to move on post-divorce?**

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

Divorce is one of the most difficult things a person can go through in life. It is the end of something that was supposed to last forever. It's hard to believe that you'll someday move on – and maybe even find love again – when you feel so wrought with despair. However, know that you *will* feel closure and

happiness again...eventually. So how do you know when the time is right to open up your heart to someone new?

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**1. You're going out with your friends:** If you can go out with your friends, you can go out on a date. Put a little extra effort into your beauty routine to make yourself feel your best. Even if you're not ready to get into a serious relationship, going on a date is a simple step in the right direction.

**2. You miss what you had but not your ex:** There is a big difference between missing a person and missing a feeling. When you lose a partner, it's almost always best to leave that person where they belong: in the past. A feeling, however, can always be found again. It may not be the same feeling you had with your ex, but it will be extraordinary because that is what love is. The important thing to remember is that you will have many loves in your life. Don't give up!

**Related Link:** [5 Celebrity Couples Who Are Still Friends Post-Divorce](#)

**3. You're okay with being alone:** Something we all struggle with is recognizing the difference between being alone and feeling lonely. Being alone is a part of life, even when you're married. You should be at peace with your thoughts, your choices, and your life. There is nothing scary about being alone. You are free in so many wonderful ways!

**How did you know that you were ready to move on after a breakup? Tell us in the comments below!**

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# Zooey Deschanel Splits from Boyfriend Jamie Linden



By Laura Seaman

The *New Girl* actress Zooey Deschanel and her boyfriend Jamie Linden have split up after two years of dating, according to [UsMagazine.com](http://UsMagazine.com). The couple started dating not long after the actress left her husband Ben Gibbard, the singer for Death Cab for Cutie, in 2012. Deschanel was seen looking pretty close with a new man last month on the set of *Rock the Kasbah*. This new man is producer Jacob Pechenik, who worked with her on her most recent film.

**What are three deal breakers in every relationship?**

## Cupid's Advice:

Everyone has their own personal conditions and deal breakers when it comes to relationships, but there are a few relationship roadblocks that most relationships can't get past. These are the offenses that end relationships and cause heartbreak faster than any others, and you had better watch out if they happen to you:

**1. Infidelity.** This is, of course, one of the biggest deal breakers in any relationship. Once a cheater always a cheater, and the minute you find out your partner is being unfaithful, it's time to kick them to the curb. Cheating is one of the most hurtful things a partner can do, and if they're going to carelessly hurt you like that, they aren't worth it.

**Related:** [Audrina Patridge and Corey Bohan Split After Five Years Together](#)

**2. Disrespect.** Teasing is one thing, but constantly putting your partner down and making them feel worthless is another. Any relationship should be an equal partnership, and if your significant other doesn't treat you as their equal, maybe they're not as great as you thought. Not only could this mean disrespecting you, but it could mean they disrespect your family and friends, who are important to you. If they really want it to work, they will have respect for everything you care about. Including yourself.

**Related:** [Rob Pattinson Comments on Ex Kristen Stewart's Cheating](#)

**3. Failure to communicate.** This one isn't so plain to see, but it tears down relationships just as quickly as the previous deal breakers. If you and your partner can't communicate, there is something seriously wrong. This could lead to huge fights and secrets that could tear apart your future, such as a sudden job promotion that requires moving far away or a past financial situation preventing you from buying that house you

always wanted. You need to talk about everything, even if it makes you uncomfortable. If you don't, you might find yourself newly single thanks to this relationship deal breaker.

What are some of your relationship deal breakers? Tell us in the comments!

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## Rob Pattinson Comments on Ex Kristen Stewart's Cheating



By Sanetra Richards

Leaving the past in the past. That is exactly what Rob



Pattinson tends to do. According to [UsMagazine.com](http://UsMagazine.com), the *Twilight* alum spoke out about the public affair that ultimately ended his relationship with ex-girlfriend Kristen Stewart. From the looks of it, the actor has moved on and even joked about the cheating scandal in the September issue of *Esquire UK*. “S— happens, you know?” said the 28-year-old actor. “It’s just young people... it’s normal! And honestly, who gives a s—?” News broke back in July of 2012 when photos were released of Stewart cheating with married *Snow White and the Huntsman* director Rupert Sanders. “The hardest part was talking about it afterwards,” Pattinson went on to say about the fling. “Because when you talk about other people, it affects them in ways you can’t predict.” After the affair went public, Stewart released an apology to Pattinson, stating: “This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob. I love him, I love him, I’m so sorry.” The former couple attempted to repair the relationship, but ended up going their separate ways. “It’s like that scene in *Doubt* [2008, in which Philip Seymour Hoffman plays a priest suspected of inappropriate behavior], where he’s talking about how to take back gossip?” Pattinson teased the allegations resulting from his relationship. “They throw all those feathers from a pillow into the sky and you’ve got to go and collect all the feathers.”

**What are some ways to get over a cheating ex?**

### **Cupid’s Advice:**

Your worst fear came to light: You discovered your partner tainted the relationship by cheating. A number of emotions are piled up and you do not know where to go from here. Being cheated on can leave both good and bad effects on a person. You are probably thinking you will never get over this heartbreak. Can you? Sure, you can. Cupid is here to tell you a few steps to get there:

**1. Good support system:** In any situation, it is always best to have a few people to count on during times needed. If you are a person who tends to build a wall and does not communicate very well, this will become evident after a breakup. Avoid pushing those closest to you away just because of one person – do not let the cheating ex ruin it for all. Your family and friends are there to listen when needed.

**Related Link:** [Robert Pattinson Says He's 'Quite Sensitive' in Relationships](#)

**2. Do not trigger any specific memories:** If in your control, stay away from the places that remind you of your ex. If you all had a favorite burger shack, this will indeed bring back any romantic memories shared together while there (that is the last thing you need while grieving).

**Related Link:** [Robert Pattinson and Kristen Stewart's Split: Signs Their Relationship Was Crumbling](#)

**3. Time heals all:** There will be a day when you are able to successfully say you have moved on and are in a happy place. Understand this moment will not be instant, but will eventually come. Keep your head held high in the meantime.

**How do you get over a bad breakup caused by a cheating ex? Tell us below.**

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**Source Says Gwyneth Paltrow  
and Chris Martin Look**

# 'Genuinely Happy' in Hamptons



By Laura Seaman

Despite their 'conscious uncoupling', Gwyneth Paltrow and Chris Martin have been getting along just fine. The two were seen at the premiere for *Hector and the Search for Happiness* in New York. The film stars Simon Pegg, the godfather to one of their children. The two showed their support for Pegg while also seeming happy and supportive of each other. It wasn't until the end of the cocktail party after the premiere that the two were seen speaking to each other, but an insider told [UsMagazine.com](http://UsMagazine.com) that "they looked genuinely happy to be in each other's company."

**What are some ways to remain civil with your ex post-breakup?**

## **Cupid's Advice:**

Couples break up for a reason, and very rarely is that reason a pleasant one. It's understandable to be angry and upset with your ex, but sometimes you have to move past the hurt for the sake of the children, your friends, or your own sanity. It can be hard to move on from the hurt and learn to forgive, but never fear! There is always a way to set things right, even with your ex, and cupid is here to help:

**1. Don't put the blame on anyone.** Whether it was you or your partner that ended the relationship, nobody is at fault. Something was wrong between the two of you and it had to end, so someone had to speak up. Any relationship is a two-way street, so don't start pointing fingers. Instead, acknowledge that something just didn't work and move on from there.

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**2. Admit that it's over, and that's okay.** Nothing causes friction like an ex chasing after you and attempting to get back together. Don't be that person! Tell yourself it's for the best and that you'll be happier in the long run. If you have to, give yourself some distance from your ex before trying to patch things up. Friendship is a much better option than a one-way attraction.

**Related:** [Robin Thicke Speaks Out About Trying to Win Back Paula Patton](#)

**3. Remember why you liked them in the first place.** Many people will shout the disgusted phrase, "Ugh! I don't even know why I dated them! They're such a scumbag!" after a breakup. It's understandable; you're angry and hurt. But after that frustration wears off, you have to remember that there was a reason you two were together. There was something there that you liked, and you have to focus on the good times instead of the bad. It will make any future encounters a lot easier.

Have you been civil with your ex? How do you do it? Let us know in the comments!

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# Audrina Patridge and Corey Bohan Split After Five Years Together



By Laura Seaman

The on-and-off couple of Audrina Patridge and Corey Bohan have called it quits yet again. However, a source tells [UsMagazine.com](http://UsMagazine.com) "I don't think they'll get back together this



time.” Patridge and Bohan have been dating on-and-off for the last five years, their last split being in March of 2011. They had just gone on a romantic getaway to Mexico in May. But on July 27, the *Hills* actress posted on social media, “Man is not what he thinks he is, he is what he hides”. Yikes.

**How do you know when an on-again off-again relationship should end for good?**

### **Cupid’s Advice:**

Some on-and-off relationships can go on forever, and some end with the couple getting married and living happily ever after. However, some of them end in heartbreak. But maybe it’s for the better! So when it is time to finally call it quits and move on? There are some ways of knowing.

**1. When you’re ‘off again’ more than ‘on again’.** If your time together is getting shorter and shorter, maybe it’s time to just stop it altogether. It should be pretty clear by now that any relationship between you two is only used as a temporary fix that will never last. Look for a more durable relationship!

**Related:** [Emilie de Ravin and Joshua Janowicz File For Divorce for Second Time](#)

**2. When you break up, it’s very damaging.** If you walk away from every argument and breakup with another little piece of your heart broken, it’s time to leave. You can only take so much! This relationship is clearly toxic, and you need to spare yourself the pain.

**Related:** [Pamela Anderson and Rick Salomon: Filed for Divorce Again](#)

**3. When you’re ‘on again’, you forgive and forget.** Nothing is going to get fixed if you just forget the problems that broke you up in the first place. If you get back together, you need

to talk about why you broke up in the first place. If you don't, the problem will just keep resurfacing until it becomes too much. A relationship without communication isn't one worth having.

**Have you ever ended an on-and-off relationship? How did you know it was the right thing to do? Let us know in the comments!**

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## **Emilie de Ravin and Joshua Janowicz File for Divorce for Second Time**





By Sanetra Richards

One couple is headed to Splitsville, for the second time. Emilie de Ravin and husband Joshua Janowicz have filed for divorce once again, according to [UsMagazine.com](http://UsMagazine.com). “Emilie and her husband have filed for divorce,” de Ravin’s rep, Jeff Raymond, released in a statement. “They have recently been living separately and remain friends.” The couple first filed for divorce in January 2007, seven months after their wedding ceremony. Janowicz was served the papers two years later, however, and it was not finalized. This time around may be for good. The 32-year-old cited irreconcilable differences with the Once Upon a Time actress. The two have been separated since November.

**How do you know when to call it quits on a long-term relationship?**

### **Cupid’s Advice:**

Every couple goes through their fair share of issues, whether minor or major. Sometimes you are left questioning if

separation is the best solution. Like the saying goes, "Warning comes before destruction" – which typically means the signs are always there before things really take a turn for the worse. Unfortunately, it is especially hard to break it off when you have been in a long-term relationship, simply because there is tons of history. Cupid has some ways to help you decide when it is time to call it quits:

**1. Tension is so thick:** ...you can cut it with a knife. The elephant has become evident in the room. Do not try to avoid the issue. Your relationship is on the rocks – you and your partner are constantly bickering and there is no resolution. It could possibly be time to call it quits.

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**2. Absolutely no improvement:** You should be able to recognize growth individually and as a couple. One specific aspect of a relationship is being each other's support system. If the relationship is stagnant and there is no hope for bettering, consider going your separate ways.

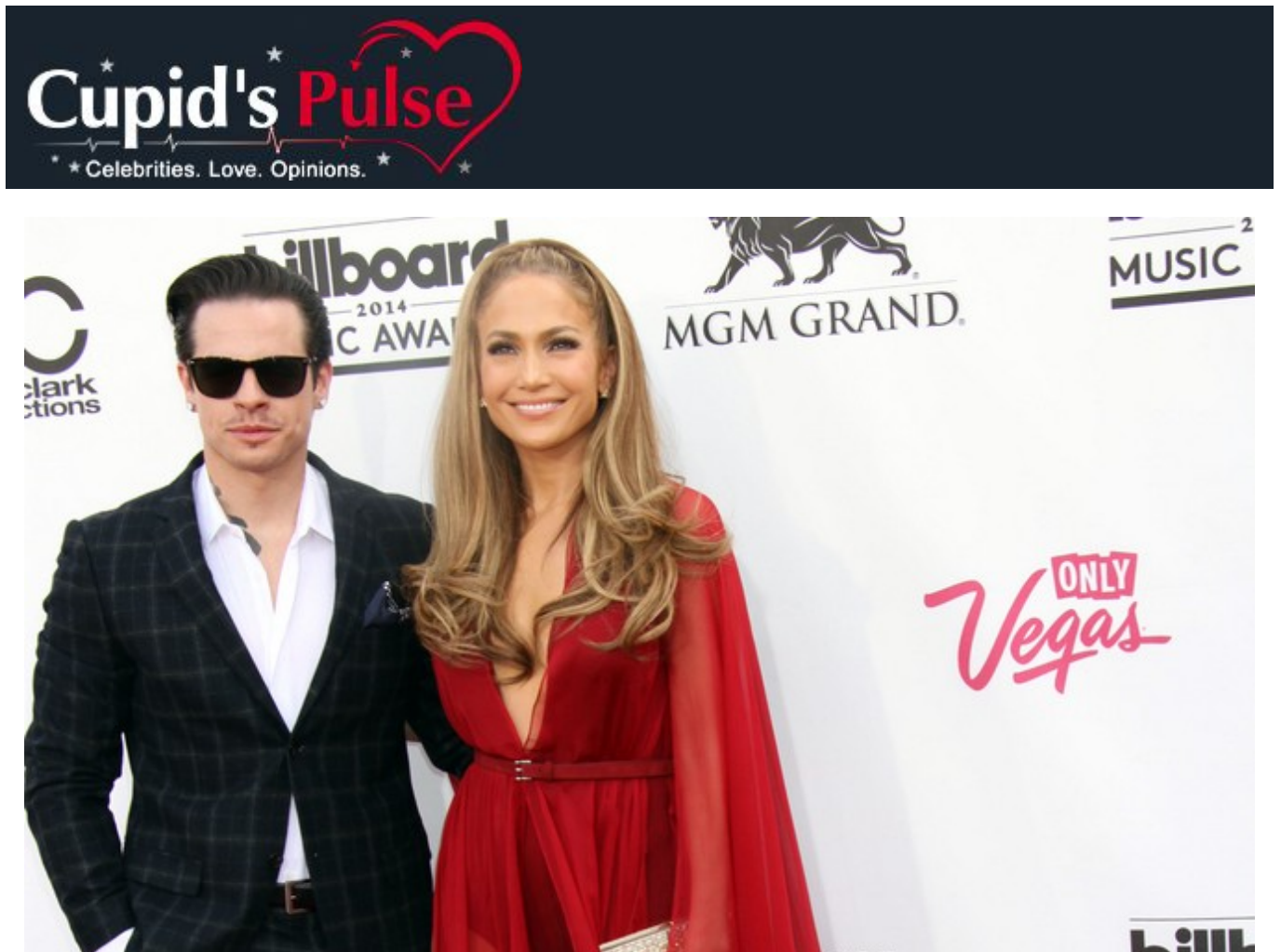
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**3. The flame has fizzled:** The passion, the romance, the simple yet complex "I love yous" have all seemed to vanish over time. If there is no reason to why all the kind gestures have disappeared and communication is going downhill as well, it just may be time to part.

**What can lead you to calling it quits? Share below.**

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# Pamela Anderson and Rick Salomon: Filed for Divorce Again



By Laura Seaman

Second time isn't the charm! It seems like this couple just wasn't meant to be, as Pamela Anderson and Rick Salomon recently split up yet again. The couple has been married twice, with the first marriage ending in 2008 only months after the wedding. According to [UsMagazine.com](http://UsMagazine.com), they were then spotted together on the beach in 2013. "It's recycling," Anderson joked, then saying "No, I'm very happy. We're happy. He's a great guy." The couple secretly got remarried, but are now filing for divorce for the second time in their on-again-



off-again relationship.

**What are some things to learn from an on-and-off relationship?**

**Cupid's Advice:**

On-and-off relationships can go one of a few ways: They could constantly follow the pattern and you'll never truly have a stable relationship, the cycle breaks and you decide to really dedicate yourselves to the relationship, or the cycle breaks and you decide to part ways for good. No matter how your rocky relationship ends, here are some things to learn from it:

**1. Be happy by yourself.** Maybe you went back to your ex because you didn't like being single. It can be a big change if you've been in a lot of relationships or your previous one lasted a long time, but it's a change you have to deal with. You can't be happy with someone else until you're happy with yourself, so learn to be happy and single before considering your ex (or anyone else) again.

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**2. Get some impulse control.** Sometimes you might get the urge to text or call your ex 'just to chat', or to check their Facebook page to see how they're doing. Resist the urge and distract yourself. If you give in to these nagging wants, you'll only pull yourself back into the relationship without fully being out of it and having a clear head.

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**3. Make some changes.** If you had certain routines with your partner or had your schedule revolving around them, it might be difficult to get used to life without them. This can add to the pressure of wanting to get back together, but if you make some changes and live your life more like *you* want to, the pressure will slowly drift away.

Have you been in an on-and-off relationship? What did you learn from it? Let us know in the comments!

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# New Celebrity Couple Joe Manganiello and Sofia Vergara Spotted Cozying Up in Louisiana



By Laura Seaman

*True Blood* actor Joe Manganiello and *Modern Family* star Sofia

Vergara are the hottest new [celebrity couple](#). The two met at the White House Correspondents Dinner while Vergara's engagement to Nick Loeb was still on. "It's very, very new," an insider tells [UsMagazine.com](#). "They're having fun and getting to know each other." The famous couple made celebrity news after being spotted at a diner in Louisiana in May kissing and taking pictures with fans.

## How do you know when you're ready to move on to a new relationship and love?

### Cupid's Advice:

Break-ups can end in many different ways. Some splits are mutual and leave both parties feeling more liberated and happy, like Vergara's break-up from Loeb. Others are messy and leave one or more parties hating love and stuffing their faces with food. Well, no matter which break-up you went through, consider this dating advice to know when you've truly moved on from your ex:

**1. You have no problem deleting their number:** If you're truly over your ex, you know that there's no chance of them randomly texting or calling and begging to get back together, so you should be fine with deleting their number. It's better to do this so that you don't "accidentally" text them one night.

**Related Link:** [Going Solo Again: Bold New Beginnings](#)

**2. You're not jealous if they're with other people:** They're single now, and they should be able to see other people without worrying how you feel. If you're really over them, you shouldn't feel anything more than maybe a short pang of hurt before forgetting about it. Besides, you're single too! Just like Vergara, you can start dating other people when you feel

you're ready.

**Related Link:** [How to Move On After Heartbreak](#)

**3. You aren't angry about the relationship ending:** If your ex was the one to end things, you were probably angry at them for a little while. However, if you're really over them, you shouldn't be angry anymore. After all, it was probably for the better, and you should know that if you're over them.

**How did you move on from your relationship and love after a bad break-up? Share your dating advice with us in the comments below!**

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## Prince Andrew and Monika Jakisic Call It Quits





By Sanetra Richards

Single again and back on the prowl! According to [UsMagazine.com](http://UsMagazine.com), Prince Andrew and model Monika Jakisic (also George Clooney's ex) have gone their separate ways after five months of dating. The British Prince was seen out with Dara Tomanovich, a Canadian lingerie model, at a Royal Ascot event last week. A few months ago, Jakisic uploaded a picture of a nice sized diamond ring alongside of a £600 restaurant bill, sparking rumors of a possible engagement to the royal. Despite the rumors, a spokesperson for the Prince told the Daily Mail, "I can confirm the Duke of York is not engaged to Monika Jakisic."

**What are some benefits to splitting up early on in a relationship?**

**Cupid's Advice:**

Breaking up is never really an easy thing to do. However, when it is early on in a relationship, it may actually be quite easier to call it quits and move on. You are probably



wondering, “How is that possible?” Cupid has some pros of going your separate ways in the first few months:

**1. Less time invested:** You spent a few months together as a couple, but decided to split after things took a turn for the worst. Luckily, you were able to detect problems with no solutions right away and removed yourself from the relationship (before those months developed into years).

**Related:** [George Clooney Vacations With Rumored New Girlfriend Amal Alamuddin](#)

**2. Able to accept reality:** Everyone knows the first stage in a relationship is the honeymoon phase, which consists of googly eyes, love birds, and kissy faces. You and your [ex] partner went through it, but once it was over, you both saw the chances of actually being in a committed relationship were slim to none.

**Related:** [George Clooney is Granted Protection Laws in Lake Como Pre-Wedding](#)

**3. Likely to remain friends:** If not too much damage has been done, couples who may have dated for a short period of time find it easier to be friends after the breakup . . . or at least cordial.

**What are some more benefits of splitting up early on in a relationship? Share your thoughts below.**

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# Christina Milian: Bye Bye to Jas Prince



By Sanetra Richards

Goodbye, fiancé ! Hello, single lady! According to [UsMagazine.com](http://UsMagazine.com), a rep for Christina Milian's family has announced the 32-year-old singer/actress and fiancé Jas Prince have ended their engagement. The star and her music executive boyfriend of nearly four years called off the engagement at the beginning of this month. Milian removed her belongings from their L.A. house on Thursday, June 19th. The pair allegedly began dating in 2010, following a few months after her divorce from singer/songwriter The Dream. She was spotted sporting a nice sized diamond ring in April 2013, but kept it under wraps, even when asked about it in interviews.

While not saying too much, Milian shared a quote on Instagram on June 12th about new beginnings and achieving the life you desire: "There comes a time in life, when you walk away from all the drama and people who create it. Surround yourself with people who make you laugh, forget the bad, and focus on the good. Love the people who treat you right. Pray for the ones who don't. Life is too short to be anything but happy. Falling down is part of life, getting back up is living." Following the message, the caption stated, "Morning inspiration. Turn your life around and do all the things that make you happy. It's your life to live."

## **How do you know when to call off your engagement?**

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

You dated, fell in love, and then came the big question. Of course, you said yes . . . but found yourself rethinking the entire ordeal once things took a turn for the worse. Unfortunately, you are not quite sure how to tell your partner you do not want to go forward or if being **single** is what you truly want to do. Cupid has some advice to help you:

**1. No longer getting along:** The arguments have started and the looks of disgust are definitely not going away anytime soon – it is probably best to say goodbye to your engagement. The worst thing you could possibly do is get married knowing you are unhappy and will be that way for some time to come. Do not be ashamed to tell your family and friends you are calling it quits. Chances are, they will be happier to know you are not going into a marriage with ill feelings.

**Related:** [Christina Milian Talks Reality TV Show and Dating Advice in Exclusive Celebrity Interview: "Love Can Conquer All"](#)

**2. Cheating:** Yes, the big C. If this is already happening in your relationship, your marriage will not stand a chance.

**Related:** [Christina Milian Doesn't Deny or Confirm Engagement to Jas Prince](#)

**3. Future is not the same:** Your talks about what your future entails have changed and you are no longer on the same page . . . let it go. Your idea of a happy life is not matching your partner's, and there is no convincing him/her of having the same. If you want to succeed successfully throughout your marriage, conversations revolving around your life as a married couple are key (and should probably be similar).

**When is the right time to call off your engagement and return to the single life? Share your thoughts below.**

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## **Melanie Griffith Erases Antonio Banderas From Heart Tattoo Post-Split**





By Shannon Seibert

Melanie Griffith made quite the statement at Italy's Taormina Film Festival on Tuesday, June 17, by covering up her husband Antonio Banderas' name on her famous heart tattoo. The couple just recently split after being together for almost 20 years. Griffiths' signature heart tattoo was covered with a flesh patch and make up to cover her ex's name. The ink had been a trademark for their love since 1998 when it first debuted, according to [UsMagazine.com](http://UsMagazine.com).

**What are some ways to show the world you love your partner?**

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

Being in love is one of the most riveting experiences. There is no reason you shouldn't shout your hearts desires from every roof top and valley you come across. Ink may not be your thing, and it doesn't have to be. Check out these special ways you can show your love and the world how you feel:

**1. Make a documentary about your relationship:** What says love like being all over the internet? With all of the cool gadgets



and gizmos there are plenty of ways you can digitally document your love story. We all get teary watching the proposal videos all over YouTube, there is no reason that your relationship doesn't deserve the same glory.

**Related:** [‘Chuck’ Star Zachary Levi Secretly Marries Missy Peregrym in Maui](#)

**2. Never stop dating:** It sounds crazy, but some couples forget that they're still dating while in a relationship. Yes, you have found your significant other, but that doesn't mean you should stop courting them. Treat your love with the same attention that you did when you first got together, and the two of you will undoubtedly have a strong, lasting relationship that will be noticeable to everyone.

**Related:** [Eve Marries Maximillion Cooper in Spain](#)

**3. Just being together:** As corny as it sounds, everyone can pick up on a couple who is in love by the way they act together. If you're constant smiling with your honey, holding his hand, and he protectively holding on to you, people are bound to notice. The constant Facebook posts, the way he looks at you from across the room, and the way your eyes light up at the mention of his name are all indicators of love that cannot be fabricated. When you're in love, you can't force it, it's just there, naturally.

**What are some big ways you've showed the world you love your partner? Tell us in the comments below!**

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# Robin Thicke Will Name New Album After Estranged Wife Paula Patton



By Sanetra Richards

Persistence is key! And Robin Thicke seems to be a firm believer in that. The sultry star is not giving up on his marriage and will do all it takes to get back his estranged wife, Paula Patton. According to [UsMagazine.com](http://UsMagazine.com), the “*Blurred Lines*” singer has even named his new album after her, in hopes the record – along with other things, of course – will help mend their broken marriage. The upcoming album, *Paula*, is set to be released on July 1<sup>st</sup>. The track list includes the hit “Get Her Back,” which Thicke unveiled at the 2014 Billboard

Music Awards back in May: “All right, y’all, help me get her back.” The pair of nine years separated in February. A source told *Us* that Thicke “wanted to save their marriage, but it was Paula’s choice and she ended it.” The source went on to say, “Robin does not want this divorce.” Despite their separation, Thicke has put in tons of effort to win his wife back over the past few months, even going publicly. At his February concert in Fairfax, Virginia, Thicke told the crowd, “For y’all that don’t know, me and my wife separated but I’m trying to get my girl back.” The *Baggage Claim* actress later released a statement that there was and would always be a “deep love” between her and husband. “We’ve known each other since we were teenagers,” she said. “All I can tell you is there’s a deep love there—always was, and always will be. He wasn’t my first kiss, but he was my first lots of other things.”

**What are some ways to try to win back your love?**

### **Cupid’s Advice:**

Mistakes were made along the way, hearts were broken, tears were shed – but now you are more than ready to give it another try and will do whatever it takes to get your love back. Only problem is, you are unsure of how to exactly go about it (or at least try to). Cupid has some tips to lead you in the right direction:

**1. Sincerely apologize:** A simple “I’m sorry” will not cut it, especially if things are severely damaged. An apology does not have to be scripted or rehearsed. Politely ask your partner for a few minutes of their time to genuinely say what is on your heart and ask for forgiveness. Be empathetic! It is OK to be corny and send flowers every now and then. What is most important is that your sweetheart knows you are deeply sorry for the failed relationship.

**Related:** [Robin Thicke Pleads to Win Back Paula Patton at Billboard Music Awards](#)

**2. Correct your mistakes:** Typically, an apology has an invisible tag attached to it that says, "DO NOT DO THIS AGAIN!" Unfortunately, this sometimes goes ignored. Do not be the person to express regret, and then later repeat the same regret over and over again. Somewhere down the line, the relationship went wrong. It is up to you to fix the problem(s) that occurred along the way and make sure they never happen again.

**Related:** [Did Robin Thicke and Paula Patton's Body Language Indicate a Split Was Coming?](#)

**3. Be an open book:** Remain honest with your [ex] partner at all times. If they are willing to give the relationship a second go, have enough respect for them to be nothing short of direct and truthful . . . no matter the circumstance. It may take some time to rebuild what was lost and damaged, but with mutual effort and patience, you all will stand a chance.

**What are some other ways to win back your love? Share below.**

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## How to Recover From a Hurtful Split





By Melanie Mar

When CupidsPulse.com asked me to write an article on this topic, I stopped for a minute to reflect upon two emails I received this week, both requesting my help: one from a man who was struggling terribly to let go of his ex-girlfriend and move on, and the other from a lady with the subject "heartbroken." The end of a relationship can be extremely difficult, and I never underestimate the pain of a breakup. In severe cases, it is truly debilitating, causing mental anguish and physical turmoil, affecting your health, and leading to weight loss and other associated illnesses.

Of course, the degree of distress is dependent on how a relationship ends. For example, if both of you have come to the conclusion that the relationship has "run its course" and each have apathy for the other, then the most likely feeling you'll have is melancholy. You'll wish each other well and mean it. In these cases, I recommend doing things that bring you joy to counteract the blues: dance, sing, surround yourself with friends, whatever makes you happy.



There's also the "chipping away" of a relationship from bickering, lack of sex, lack of respect, etc. If these things have ultimately led to the end of your relationship, then relief is usually the first emotion felt. During this stage, I suggest doing things to rediscover yourself, like taking up a hobby or interest, pampering yourself, or taking some much needed "me" time.

**Related Link:** [Could You Be Friends With An Ex?](#)

If your relationship ends because of betrayal or immoral or unethical behavior, you will experience deep agony. The ending is usually swift and extremely hard to comprehend. Understanding the process (and yes, it is a process) will make it easier for you. Know that what you are going through is not uncommon and that having the right tools in your tool belt will assist you as you handle your loss.

Here are some other feelings you may experience during a hurtful split:

**Pain** can be both emotional and physical. I always tell my clients that "pain indicates change is needed or change is in progress." Do not push away the pain; instead, *feel it*. If you deny the feeling, you're only prolonging the inevitable. People ruminate when they are in emotional distress, which is perfectly fine for a short time. However, if extended, it can cause sickness.

Within weeks, you have to move on from the feel-think, feel-think, feel-think merry-go-round and do something positive to make it better. Remember that the way out of any negative thought is to follow it with a positive action.

**Anger** is a very frequently expressed emotion. As a certified transactional analysis, I use "child" and "adult" as forms of communication styles. With that in mind, there are four types of anger:

**1. Frustration** is created from a deep dissatisfaction from unresolved problems or unfulfilled needs.

**2. Resentment** is a bitter feeling of persistent ill will.

**3. Denial** is a defense mechanism in which confrontation with reality is avoided by denying the existence of the problem.

The three angers above are all child angers and are not healthy in the aid of moving on and letting go.

**4. Indignant** is adult anger in its simplest form, and it merely means you are logically angry about the situation. It's perfectly healthy to display your anger if done with facts and reasoning and not for an extensive amount of time.

**Sadness** comes after the pain has eased and the anger has subsided. It is, of course, sad to acknowledge that someone you loved deeply betrayed your relationship and that the future plans you had together will not happen. You miss that person and the special moments you shared. It's okay to mourn; in fact, it's normal, and it would be highly unusual if you didn't.

Just make sure that this phase doesn't continue for an extended period. Remember to keep reminding yourself the reason why your relationship ended.

**Related Link:** [Rihanna and Drake Are Off-Again](#)

**Acceptance** is the last stage. There will be a day when you wake up and realize that it's over and that you survived. It didn't kill you, but it did make you stronger. When looking back at the relationship, you understand completely that it wasn't what you initially thought and that your ex was less than you deserve. It's the relationships that don't last forever that teach us the lessons that will.

You now have what I call a "clear head, clear heart" – both of which are necessary to start dating again. So get out there

and enjoy the excitement of meeting someone new. You never know what it might lead to!

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker and life coach.

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# Robin Thicke Pleads to Win Back Paula Patton at Billboard Music Awards



By Shannon Seibert

At the Billboard Music Awards, singer Robin Thicke made two sentimental pleas to win back his estranged wife, Paula Patton. Thicke, 37, first gave thanks for his wife's love and support when he received 'Best R&B Single'. Thicke later performed his new single "Get Her Back" written explicitly for Patton, according to [UsMagazine.com](http://UsMagazine.com).

**What are some grand gestures you can make to win back your ex?**

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

If you are absolutely certain that your ex is the one who you are supposed to be with, don't let anything stop you from your happiness. Whether it is circumstance, past mistakes, or a simple misunderstanding, if the two of you are truly compatible for each other, there is no reason that can't be possible:

**1. A sincere apology can go a long way:** When in doubt, start with baby steps. Words can tear people apart, but they can also bring people back together. Give your heart strings a strong tug, and tell your man how you really feel. The phrase "I'm sorry" is a good place to start, and let the rest flow. Don't feel the need to justify every action you've made. Be attentive and listen to what is hurting him, and see what you can do to fix it.

**Related:** [Exes Jessica Simpson and Tony Romo Don't Speak at Correspondents' Dinner](#)

**2. Show that you've paid attention:** Sometimes a big gesture is comprised of the little things. What has he been telling you all of this time that you may have overlooked? Put together a bunch of his favorite things to show that you care. Whether it's a mash-up of his favorite music, that chocolate cake from the bakery that he can't resist or the movie you watched together on your first date. Go out of your way to show that you're attentive to his needs and you can give him what he is looking for.

**Related:** [Did Paul Patton and Robin Thicke's Body Language Indicate a Split Was Coming?](#)

**3. Take a trip down memory lane:** Sure there may have been some reasons why your relationship looked like it wouldn't work out, but there are so many reasons that it should. Every couple has their strengths, so use yours to win back your love. Try recreating your first date, or a few tender moments you've been through together. Remind him of how great you were together and the feelings that you share. If you're both adventurous, explain how this rough patch is just part of the bigger journey. If he's more introverted, appeal to his kind and quiet qualities with a love letter.

**What have you done to get an ex back? Share with us below!**

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## **Rihanna and Drake Are Off-Again**







By Sanetra Richards

AubRih is over, once again. According to [UsMagazine.com](http://UsMagazine.com), after working out their differences a few months ago, Rihanna and Drake decided to give the dating thing another try – only for it to lead to a breakup. “Rihanna and Drake had another fight,” says a source. “He is too in love with her, which has always been the problem. They have been fighting, but that could all change any day now. It is how it always is with them.” The two stars were first spotted as a re-emerging couple in Paris back in February and by March the couple seemed to be hitting it off pretty hard again. However, at Rihanna’s Met Gala after party, her actor turned rapper [ex] boyfriend was not in attendance. A source added that the artists are “currently on yet another break.”

**How do you know whether to get back together with an ex?**

**Cupid’s Advice:**

There comes a time when the post-breakup emotions start to roll in and you find yourself contemplating whether or not you

and your ex belong together. Cupid has a few things for you to keep in mind while considering:

**1. The factors:** Think about the reason why you and your ex parted ways. Was it because of infidelity? Was it because you could not agree on anything? Chances are, these problems will not go away if you decide to go another round – they are the reason why you all are not together today. Remember the saying, if you want different results, do something differently.

**Related:** [Rihanna and Drake Party Post-Concert in Paris](#)

**2. The feelings:** A lot of times, people allow their hearts overpower their intelligence. If you know for certain your ex is absolutely terrible for you, do not put in the effort trying to reconcile. Replay the good versus bad instances throughout your relationship. Question whether the good outweighs the bad. This could possibly lead you to the answer on if you and your former lover should work things out.

**Related:** [Rihanna Says the 'Slightest Things' Remind Her of Chris Brown](#)

**3. The change:** One of the most important conversations to have with your ex before reuniting is how will the relationship change? If you two have not grown enough individually, then you should not want to risk it again. It will be a repeating cycle: same differences, same arguments, and same outcomes. Think about the failed relationship's faults and create methods to better them for the next time.

**What are some things to consider when getting back with an ex? Share your thoughts below.**

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# Q&A: Should I Delete or Unfriend My Exes on Social Networks?



*Question from Shelby F.: Whenever a guy and I breakup, I always wonder if I should completely delete him from my life. A part of me thinks it's a good idea because then I won't be tempted to see if he's tagged in any new photos with new girls, but the other part of me doesn't want him to think I'm so bitter or immature that I can't stand him coming up on my newsfeed. What should I do?*

**Answer from Our Love Experts:**

[Suzanne Oshima, Matchmaker](#): When it comes to social media and

an ex, there really isn't a clear-cut answer. It really depends on how the relationship ended and how you feel about him. If the relationship ended amicably and you feel you can still be friends with him, then it's fine to stay connected to him on social media.

However, if the relationship ended on a bad note, then why would you want to torture yourself by seeing him with his new girlfriend? Unfriending him or deleting him really isn't about being bitter or immature; it's more about your well being and moving on with your life. What he thinks about it shouldn't really matter to you, as you are no longer together.

[Paige Wyatt, Reality Star](#): It's totally understandable if you feel the urge to check up on your ex every once in a while, but know that it's not healthy. Keeping an eye on him will never give you the chance to completely get over him and move on, especially if he posts pictures with other girls. Seeing him having fun or with another woman will drive you crazy, even if you tell yourself you're happy for him!

The best thing to do after a break-up is wait until things have settled and neither of you are upset, which might take a few weeks. Then, unfriend him. This way, he won't think it's you taking a stab at him, and he will more likely realize you're just working on getting over him, which is exactly what you're doing!

[Robert Manni, Guy's Guy](#): This is a personal decision that is entirely up to you. A lot depends on the individual circumstances of how things went down with each guy. If you had an amicable split and somehow managed to remain friends with your ex (it *can* be done), then keep your social media lines of communication open. However, if you experienced an uncomfortable break-up that left behind some emotional residue, it might be best to sever your social media ties with him, so you're not reminded of a bad situation.

Notice I have not mentioned or factored in what he thinks. That's because this is *your* decision, and what he thinks about your social media doesn't really matter. And if it does, then maybe you still have feelings for him.

For more information on our three dating and technology gurus, click [here](#).

If you have any questions you would like answered by our experts, please submit them on our [Contact Page](#).

**Do you delete or unfriend your exes on social networks? Tell us in the comments below!**

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## **Paula Patton Says She Will Always Have 'Deep Love' for Robin Thicke**







By Sanetra Richards

Can this damaged marriage be repaired? Despite the rumors, not much has changed between Paula Patton and ex-husband Robin Thicke. The couple parted ways in February and said in a statement, "We will always love each other and be best friends." According to [UsMagazine.com](http://UsMagazine.com), the 38-year-old actress told *Vanity Fair* that the two will always share a "deep love" with one another. In the recent issue, the *Baggage Claim* star went on to say, "We've known each other since we were teenagers. All I can tell you is there's a deep love there – always was and always will be." She continued: "He wasn't my first kiss, but he was my first lots of other things."

**What are some ways to remain friends with your ex after a breakup?**

**Cupid's Advice:**

Remaining friends with your ex seems virtually impossible, especially when you are dealing with the post-breakup blues and lingering resentment. Cupid has some questions for you to



consider:

**1. Were you friends before the relationship?** If the answer is yes, a breakup can lead to one of two things: you despise each other and completely ruin your friendship OR you go back to being strictly platonic friends. Most couples who were friends before entering a romantic relationship find it less difficult to transition back to that. If you and your ex-partner were pals before lovers, try reverting.

**Related Link: [Did Robin Thicke and Paula Patton's Body Language Indicate A Split Was Coming?](#)**

**2. Was the split a mutual decision?** Being friends after a breakup is most likely to happen if the separation was a mutual agreement. If things ended on not-so-bad terms, you both will be more willing to just be friends instead. However, if you weren't able to agree on anything in the relationship (which may be a reason why it ended), then you possibly won't even agree on having a friendship afterwards.

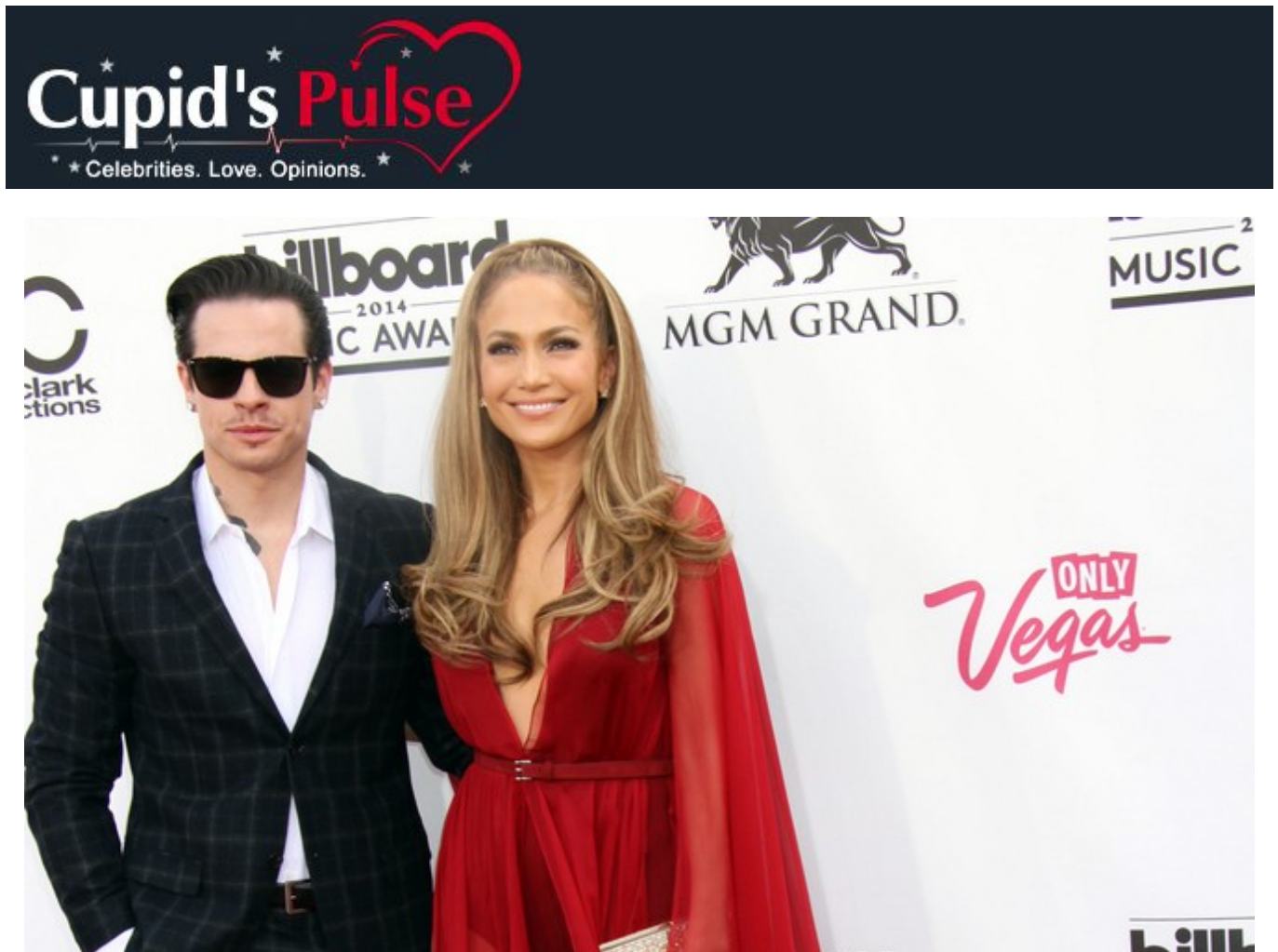
**Related Link: [Robin Thicke Takes Son to Disneyland Before Split with Wife](#)**

**3. Do your loved ones like your ex?** If your family and friends absolutely love and adore your ex, you will probably be more persuaded to befriend them. The constant questions on why you are talking or hanging out with your ex will be slim to none because you already have their approval.

**How do you remain friends post-breakup? Share your thoughts below.**

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# Demi Moore and Bruce Willis Barely Interact at Rumer Willis' Performance



By Sanetra Richards

Keep the peace! And that is exactly what Demi Moore and Bruce Willis seemed to do. The ex-couple of 13 years remained cordial at their daughter's, Rumer Willis, musical performance at West Hollywood's DBA on Saturday, April 5<sup>th</sup>. According to [UsMagazine.com](http://UsMagazine.com), although the two both attended, they sat at different tables: "They stayed after to congratulate her and chat for a bit," the eyewitness also said, "Bruce and Demi did not interact with each other." One male and two female friends joined the 50-year-old actress for the event, whilst the 59-

year-old actor was accompanied by his pregnant wife Emma Heming-Willis.

## What are some ways to keep things civil with your ex?

### Cupid's Advice:

Every breakup comes with a list of things to consider after the split. One of them is occasionally seeing each other (even if not intentionally) after the split. Nevertheless, there are a few ways to maintain your composure and be cordial with your ex. Cupid has some tips:

**1. Inhale, exhale:** The first time you may see your ex will possibly catch you completely off guard (although you probably had a heads up). Remain poised and content. You will make it through the awkward moment.

**Related:** [Find Out About Demi Moore's New Guy](#)

**2. Realize:** You have turned the page and are now on a new chapter. Do not let your past relationship feelings taunt you constantly. Think about the good things that came after your ex, not the ones you experienced while with them. Your happiness will thank you.

**Related:** [Bruce Willis Prepares to Welcome His Fifth Child](#)

**3. Delete:** Harboring those old feelings will not make seeing your ex-partner any easier. Let go of the anger and resentment. You will feel ten times better at the end of the day. Plus, you will not have to look at their face afterwards!

**How do you keep things civil with your ex? Share your thoughts below.**

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# Nikki Reed and Paul McDonald Split After 2 Years of Marriage



By Louisa Gonzales

It's official. Nikki Reed and Paul McDonald have decided to call it quits. According to [UsMagazine.com](http://UsMagazine.com) a rep confirmed the ex-couple are over, but even though they have decided to go their separate ways, their marriage is ending on good terms. Reed, 25. And McDonald, 29 will continue to share a love of music and their collaborative debut album, "I'm Not Falling" releasing in 2014, is still in the works. The duo first met in March 2011 at the premiere of Little Red Riding Hood in L.A., while McDonald was garnering attention as a contestant on

Season 10 of *American Idol* and after seven months of dating they walked down the aisle in a private ceremony in Malibu, California back in October 2011.

## **How do you know when to call it quits on your marriage?**

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

In life not everything works out and the same goes for relationships. A break-up is hard no matter what the circumstance, but when a relationship is not working out sometimes there is no other choice but to end it. Cupid has some advice on how to decide if it's time to call it quits on your marriage.

**1. You're no longer happy:** One of the major signs your marriage is not working out is if you are no longer smiling. Happiness is key to every good, healthy and long-lasting relationship. If you and your partner are no longer making each other happy it may be time to move on.

**2. You're fighting all the time:** Every couple have arguments and fights every once in a while and studies show it can sometime be healthy for a relationship, but if you are fighting all the time that isn't a good sign. If you find yourselves fighting and arguing over even the smallest things it could be because you are not the same people you use to be. Too much of anything isn't good and the same goes with fighting.

**3. Stop spending time together:** If you find that you're no longer spending that much time together and are okay with it, that's be a big clue something is wrong. You and your honey should want to spend time in each other's company or at least put in the effort to. If you find yourselves distancing yourselves from each other it could be because you're both going on different paths.

**How can one tell if it's time to call their marriage quits?  
Share in the comments below.**