

NoGamesLove Video Dating Tips: Get Over Your Ex



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

Dating Advice from E!'s *Famously Single* Laurel House on Getting Over Your Ex

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House knows firsthand just how difficult it can be to get over a lingering ex-boyfriend. "Are you having a hard time getting over your

ex?” the dating expert asks. “You are obsessing over him; you feel addicted to him – even though you know how unhealthy and toxic that relationship was, you still crave it.” In today’s video, she shares what she learned from her own experiences to help you move on.

For more information about our dating mentor, click [here](#).

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

Have you ever gotten over a toxic ex? Tell us your story in the comments below.

Did Robin Thicke and Paula Patton’s Body Language Indicate A Split Was Coming?





By [Jared Sais](#)

By now, we've all heard the news that power couple Robin Thicke and Paula Patton split after nearly a decade of marriage. The high school sweethearts appeared happy and in love on red carpets and at award shows in the past few months, so their separation announcement came as a surprise for many. So I can't help but wonder: Did we all miss the signs that their breakup was imminent? With this thought in mind, I took a look at three recent photos of the couple and analyzed their body language:

Photo 1 (from left to right above): In this picture, we see the couple at the 56th Annual Grammy Awards on January 26, 2014. Thicke is still wearing his wedding ring, but their non-verbal cues say more than a piece of jewelry ever could. Both the stars are walking this red carpet as if they're single already. If you cover up one of the them, you'll see they're posing separately. When two people are in love, they become a unit when taking a photo, and that's not the case here.

Additionally, if we take a look at Thicke, we can see that

he's a bit stiff: His shoulders are squared off, and he's facing the opposite way of Patton, showing that the couple are not in sync.

Looking forward a bit, you'll notice that Patton has the same stance in all three photos. She's got one hand on her hip (which conveys dominance) and is facing the camera. Girls often do this pose, with either one or both hands, to make themselves stand out more in the photos. Think of it like the Superman – or Superwoman – pose of power. Some girls also do this stance because they don't know what else to do with their hands. Either way, it's so culturally expected that it's now done subconsciously.

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

Photo 2: Here, the couple is at the Clive Davis and Recording Academy's Pre-Grammys Party on January 25, 2014. Both Thicke and Patton look very comfortable together, and she's genuinely smiling this time. As you may recall from my previous posts, the following signs indicate a real smile: The corner of her lips are raised; her teeth are showing; there's wrinkling at the corner of her eyes (called crow's feet); and she has puffed cheeks.

But one thing is still missing. Although the couple *look* like they're mirroring each other's body language (a sign of flirting and interest) with their faces, their bodies don't follow suit. For instance, there should be some sort of touching with their outside hands. Instead, we see Patton's typical hand on her hip and Thicke's hand in his pocket. This lack of touch tells me that, while she may be laughing and he might be leaning in, things are still not the same between them.

On the other hand, it also tells me that there's still attraction between them. Thicke is indicating that he wants to

get close to Patton both emotionally and physically, which makes sense seeing as he's publicly tried to win Patton's heart back in the past week or so.

Related Link: [Celebrity Couple Predictions: Paula Patton, Miley Cyrus and Catherine Zeta-Jones](#)

Photo 3: Both the singer and actress were rocking their typical poses at the *Baggage Claim* premiere on September 25, 2013. This photo is more generic than the previous two though; they're just posing for the cameras. The only thing worth noting is that Patton's head is tilted towards Thicke, which is a sign of affection.

I think it's a bit ironic that they're posing in front of a sign for the film, as both of them have some baggage that they need to claim. Based on these three photos, I can tell you that Thicke is still very much in love with Patton (a feeling that he's confirmed) and that Patton is still in love with Thicke. I believe that they'll get back together, but I am sure that Patton will create some guidelines (like no more twerking with Miley Cyrus).

If I could wrap up their relationship in two sentences, I'd say: Thicke was famous first; he found fame and then let the fame go to his head. Reality quickly set in though, and now he understands that being famous can't give you the same thing as love.

[Jared Sais](#) is co-author of the website www.nonverbalgame.com/, where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

Katy Perry And John Mayer Call It Quits



By Sanetra Richards

Just when we thought things were going well for the two, Katy Perry and John Mayer have landed in Splitsville. Despite ending their on-again-off-again relationship, the two shared a mutually agreed to part ways and are remaining close friends. According to UsMagazine.com, a source previously said Perry's tour schedule played a part in the breakup and the former couple "made the mature decision that it was the right time."

How do you know when it's time to call it quits on your relationship?

Cupid's Advice:

The end of a relationship is a bittersweet feeling, to say the least. You go back and forth with yourself wondering if the right decision will be/was made (most of the time it was). The signs are always there and it is up to you to pay close attention. Cupid has some advice for you to see the signs:

1. Tones and attitudes: Do not ignore the tension in the room that is thick enough you could cut it with a knife. If you begin to notice more aggression between you and your partner, address it. If the problem repeatedly continues, consider calling it quits.

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

2. No evolving: As a couple, you both should grow individually and together. Be able to recognize and commend your partner's steps of growth. Remember, it is about progression. If one is constantly gaining and the other is constantly losing, consider calling it quits.

Related: [Heidi Klum and Bodyguard Boyfriend Martin Kirsten Split](#)

3. Disappearing emotions: There should always be some sort of heartfelt emotion involved in your relationship. A glance at your love gives you butterflies, or maybe even you see stars – whatever the feeling, it should remain. Let your significant other know of the issues you are having. If the butterflies are stuck as caterpillars or the stars are not glowing, consider calling it quits.

How do you know it's time to end a relationship? Share your thoughts below.

David Arquette Says Courteney Cox's New Beau Johnny McDaid is "a Great Man"



By April Littleton

According to UsMagazine.com, David Arquette approved of his ex wife's new boyfriend on the *Wendy Williams Show*. "He's amazing. Great guy," he said about Johnny McDaid. Arquette and Courteney Cox finalized their divorce last May after 13 years of marriage. Arquette is expecting his second child with girlfriend of two years, *Entertainment Tonight* correspondent Christina McLarty.

How do you remain civil with an ex?

Cupid's Advice:

Maintaining a positive relationship with an ex can be hard. Sometimes, you have to remain friends for the sake of children, or any other loved ones who may be involved. Cupid is here to help:

1. Communicate when necessary: You and your ex don't need to communicate with each other everyday. You shouldn't know what's going on in their love life unless they disclose that information to you themselves. If you have children together, let meeting together be strictly about your family.

Related: [Lea Michele Says Cory Monteith is 'Watching Everything I'm Doing'](#)

2. Be mature: If you're both two mature adults, there shouldn't be any reason for the two of you not to get along. Forget all of the petty behavior and act your age. Don't throw insults back and forth at each other – doing so will get you nowhere.

Related: [Taye Diggs and Idina Menzel Separate](#)

3. Move on: In order to remain a civil, platonic relationship with your ex, you'll need to let go of all of your old feelings from them. All of the anger, hurt, pain, etc you felt toward your former flame needs to be put in the past. You'll never be able to move on and find someone new if you're still hung up on your ex.

How do you remain civil with your ex? Share your experience below.

Robin Thicke Takes Son to Disneyland Before Split with Wife



By April Littleton

A day before Robin Thicke and wife Paula Patton called it quits on their relationship, the “Blurred Lines” singer took his son on a day trip to Disneyland. An eyewitness told UsMagazine.com that Thicke seemed to be cheerful and was responsive to all his fans. “I asked if I could get his autograph and he said, ‘ Sure baby!’” Thicke and Patton confirmed their split in a statement Mon, Feb. 24. Sources claim the split was bound to happen, “It is not a shock to Robin or Paula, and it is something they have discussed for a long time,” one source said.

How do you break the news of a separation to a child?

Cupid's Advice:

If you and your partner have come to an agreement in regards to divorce, the next course of action would be to tell the child/children the two of you have together. This step in the process of your breakup might be the toughest to go through, especially if your child may be too young to understand. Cupid has some tips:

1. Private setting: When you decide to break the tough news to your child/children, make sure to discuss it in a place where he/she will feel the most comfortable. The worst decision you could make is to tell your child about you and your partner's split in a public environment.

Related: [Marc Anthony Says He's 'Good Friends' with Casper Smart](#)

2. Allow them to ask questions: Once you get the "hard" part out of the way, allow your loved one to ask as many questions as necessary. Your child/children will need some time to process the thought of not having both parents under the same roof. Don't get frustrated. Instead, practice your patience and try your best to explain the situation.

Related: [Marc Anthony and Girlfriend Chloe Green Split](#)

3. Don't smother: Allow your child his/her own space. Everyone in this situation will need some time alone. When things seem to settle down a bit, ask your kid how they're feeling about the situation – including your former flame in the conversation might be a good idea as well.

What are some other ways to break the news of a separation to a child? Comment below.

Brandi Glanville Says Eddie Cibrian Is Asking Her for Child Support



By Sanetra Richards

Brandi Glanville and ex-husband Eddie Cibrian have made their way to the headlines again this week with another twist to their public divorce story. According to [People](#), Glanville revealed in a tweet on Tuesday, February 18th why the two are still bumping heads: "Im not taking cheap shots at my ex in my new book cuz its all true,&now mr fancy new cars&house man is asking ME for child support!" However, a rep for Cibrian has

denied all allegations of the actor's request for support from his ex-wife.

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

Cupid's Advice:

Sometimes when you think of an ex, you don't always think of the possibility of being cordial with each other. One of the first things that come to mind is bashing one another every chance there is. Despite the history, whether good or bad, many past lovers are actually a bit amiable. Cupid has some advice:

1. End on good terms: Communicate thoroughly with your ex-partner to gain a full understanding on why the relationship has ended. This primary step will avoid a ton of confusion and maybe even make for a better 'friendship' between the both of you.

Related: [Brandi Glanville Says Drama Will End When LeAnn Rimes Has Her Own Kids](#)

2. Control your emotions: Avoid harboring those ill feelings because they can possibly lead to major problems between you and your ex down the road. If you are carrying a load of baggage from the relationship, do not expect to successfully be civil. Unfortunately, it's not as easy as it sounds and will take some time to adjust. What's most important is that you give it a try.

Related: [Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup](#)

3. Don't be selfish: Take in mind this life lesson you were taught at a young age. Also, steer clear of damaging or returning your ex's possessions. There is always a possibility that he or she will later ask for it and if not properly returned, chaos may rise – what you are trying to keep away

from.

What are some ways to keep things civil with an ex? Share your thoughts below.

Former 'Bachelor' Star Kacie B. Is Engaged



By Sanetra Richards

Third time's a charm! After two previous attempts, former *Bachelor* contestant Kacie Boguskie has found her groom, at last. According to [People](#), the 26-year-old announced her exciting engagement to music executive Rusty Gaston on

February 16th through an Instagram post with the caption, “I cannot believe I get to MARRY my best friend. I am so blessed to have such an amazing man!! I just want everyone to know!!!” Shortly after being rejected twice on the show during seasons 16 and 17, Boguskie met her now fiancé and the rest is history!

How do you rise above a bitter breakup?

Cupid’s Advice:

Your mind may be running a million miles per minute and you may think the world is ending after a bad breakup, but those feelings are only temporary. It is possible to overcome and snap back even better than before. Cupid has some advice:

1. Come to terms: Understand it is a breakup – it happened for a reason. The relationship could have been toxic or maybe you all were not completely compatible. Whatever reason there may be, do not be afraid to accept it. You might even catch yourself exhaling a deep sigh of relief afterwards.

Related: [5 Celebrity Couples Who Got Engaged Over the Holidays](#)

2. Treat yourself: Moping around eating ice cream and bonbons does not do any good . . . as tempting as it may sound. If your schedule permits, call a few friends and have a day/night out on the town. Whether it’s a spa appointment or a chick flick movie date, have fun! If you prefer to stay home, engage in a hobby, such as reading a novel or gardening. Your mind will be taken off of the sour thought of that breakup.

Related: [The LOWEdown on ‘The Bachelor’ Wedding of Sean Lowe and Catherine Giudici](#)

3. Wait patiently: Don’t be in a rush to pursue another relationship. It will come when you least expect it. In addition to the patience, leave behind any emotional

attachment that could taint your next possible love interest. You'll be at your best when Cupid aims his arrow and strikes again.

What are some different ways to rise above a bitter breakup? Share your thoughts below.

Dealing with a Valentine's Day Breakup



By Lori Zaslou and Jennifer Zucher for [Project Soulmate](#)

According to AYI.com, one in five people were dumped on Valentine's Day. The best way to combat that seemingly

horribly timed breakup is to get right back in the saddle! Look at this negative occurrence as a positive opportunity.

Good news is, it's still the beginning of the year. Make it your new New Year's resolution to let go of the one who broke your heart and focus on your fabulous self.

Related Link: [5 Celebrity Exes That Became Famous After the Breakup](#)

To start the forgetting process, make a list of what you don't like about your ex. Think about those times when he made you feel bad and didn't lift you back up. Then, write about the life you want. Who knows, thinking about your future may even inspire you to write a book or open your own business.

Erase all of your photos of him; if it's too hard to relive those memories, ask a friend to do it. Delete him from your phone too. The less you're reminded of him, the better.

Don't go on social media to check his status – and don't use mutual friends to do it either! Don't reread old emails, love notes, and text messages; you'll only make yourself upset. Don't listen to old voicemails either. The key is to remove all the triggers that relate to your ex.

Now, take a step back to get organized and then dive into your goals.

Go to the gym and take a spin class or drink some of that increasingly popular green juice. (It tastes decent but makes you *feel* great.) When you take care of yourself physically, your mental health and self-esteem improve too.

Not into the gym? Learn something new. Sign up for a French class or dig out your cookbooks and try different recipes. You won't have time to think about your broken heart when you're trying to figure out what “l'indépendance va vous libérer” means or how to not burn the soufflé that's in the oven!

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

Use this time to tap back into your responsibilities and remain active. My sister met her fiancé through the kickball league that she joined with her girlfriends. You never know when or where you'll stumble across The One!

This is also the perfect opportunity to explore new avenues of dating. Why not create an online dating profile? Let the positive feedback you receive from people messaging you boost your confidence. Just be sure you don't compare your new potential mate to your ex. It's time to start completely anew. Good luck!

For more information about Project Soulmate, click [here](#).

Any tips for dealing with a broken heart? Tell us in the comments below!

Marc Anthony and Girlfriend Chloe Green Split





By April Littleton

After a year of dating, Marc Anthony and Chloe Green have called it quits. “They are taking a break. It is because of busy schedules,” an insider told UsMagazine.com. The couple were last seen together Jan. 26 when they attended the 2014 Grammy Awards in Los Angeles.

How do you balance busy work schedules with your relationship?

Cupid’s Advice:

A relationship can struggle a bit when there’s hectic work schedules involved. Some couples find it difficult to find the perfect balance between their careers and their love lives. Don’t worry, Cupid has some tips:

1. Make time: Make any free time you have worthwhile for your partner. A relationship is hard work – especially when the two people involved have hectic careers. The time you do share together will be precious and rare, so make the most of it.

Related: [Heidi Klum and Bodyguard Boyfriend Martin Kirsten](#)

[Split](#)

2. Get your priorities together: Your career is important and should be at the top of your list, but just keep in mind that you have other things you should be worried about as well. You have family and friends who still depend on you, and every now and then you need to find a way to show them you still care.

Related: [Kelly Osbourne and Matthew Mosshart End Engagement](#)

3. Take it easy: Don't let the pressures of your everyday life take over. Think about your loved ones and don't let stress into your life. You don't need to stop working completely in order to have a successful personal life, but you do need to remind yourself why you're working so hard in the first place. Enjoy the the little moments and make sure your family knows you love them.

What are some other ways to balance work schedules with your relationship? Comment below.

Heidi Klum and Ex Martin Kirsten Step Out Post-Breakup





By Brittany Stubbs

Heidi Klum and Martin Kirsten may not be dating anymore, but they aren't acting like enemies or strangers. The former couple were spotted leaving a building in L.A.'s Brentwood neighborhood just eight days after a source confirmed to [UsMagazine.com](https://www.usmagazine.com) that they were broken up. Though looking casual, neither of them spoke as they returned to their separate vehicles. After dating more than a year, the insider claims, "He is no longer working with her or her family."

What are some things to consider before remaining friends post-breakup?

Cupid's Advice:

If you try to remain friends after a breakup, things can get complicated. Cupid has some advice:

1. The terms you ended on: How you leave a relationship usually has some influence on whether you're able to move on as friends or not. Evaluate the reasons for your separation. If your breakup was amicable and neither of you left with hard

feelings, then having a friendship may be easy. But in messy and complicated breakups, salvaging anything for a while can be more difficult.

Related: [Celebrity Tattered Hearts](#)

2. Timing: The length of time that has past since you've broken up is certainly worth considering. Even if you ended on great terms, it's important you both have some space from each other in order to not only heal from the breakup, but adjust to be single again. Jumping into a friendship directly after a breakup often results in people just continuing with the behaviors and habits they had as a couple.

Related: [Heidi Kulm and Bodyguard boyfriend breakup](#)

3. Your Feelings: As always, your emotions are the most important part to consider when determining what you're capable of. If you're still not over your ex or the relationship you shared, this is a sign you need to hold off on beginning a friendship. You can't build a new relationship on the foundation of a broken heart.

What are some things you've considered before remaining friends with an ex?

How to Get Through a Breakup and Heal Your Heart





We're excited to welcome [Ellen Smoak](#) as a guest post contributor to CupidsPulse.com! In her first video, the author of *Breakups Are a Bitch But Getting Through It Doesn't Have to Be!* shares the five stages of getting over a breakup and coaches you through each one. First comes shock, followed by denial. Next, we experience anger and begin to step into our own power again. The fourth stage is sadness and depression – “the hardest stage of all.” Finally, we come to acceptance, a stage we can only reach by going through the previous four stages first.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

“We can get stuck in stages for years and not even know it,” she reveals. “It can block our ability to love again, to attract love again, to be happy in love again.”

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

How did you move on after a devastating breakup? Share your story in the comments below!

Five Relationship Advice Tips for Breaking Up Without Hurting His Feelings



By Priyanka Singh

He might be perfect on paper, but that doesn't mean he's perfect for you. So how do you break it to him gently without stomping on his heart? While it's never an easy conversation to have, it's necessary if you're just not that into him. You might not be able to completely avoid hurting his feelings, but here are five tactful ways that you can let him down:

1. Decide what to say ahead of time: It's easier to say what you need to say if you have it mapped out before the conversation begins. Invest some time in pulling your thoughts together. Once you have a plan set, make sure you stick to it.

"Feelings aren't negotiable and also aren't anything you can help. They are your's and not his," says licensed clinical psychologist Alicia H. Clark. "For those reasons, telling him how you feel about him will work better than telling him what you think about him." Clark suggests using the Oreo approach, where you start off with something positive, transition to a negative, and then end on a positive. It's a great way to tie everything together in a cohesive manner.

Related Link: [7 Ways to Know If It's Really Love](#)

2. Talk to him face-to-face: Yes, we live in a world of technology, but some conversations just need to be done in person. If he sees that you're willing to give him the respect of breaking it off with him over coffee or even in the privacy of either one of your homes, chances are he'll return that favor and respect your point of view on the situation.

3. Take the high road: It's important to remember that you're both adults having a mature conversation about your relationship. Your objective is to get your message across in a kind and considerate manner, not to put him down or criticize him.

"You also don't want to burn bridges with any guy. You never know if you'll end up dating him again under different circumstances. Maybe the timing was just off. Or he may have a great friend that you end up dating one day," says Sandy Weiner, certified life/dating coach and founder of LastFirstDate.com.

4. Don't sugarcoat your reasons: If it's not meant to be, then it's just not meant to be, and if you're clear and direct in your explanations, he'll hopefully understand where you're

coming from. Don't beat around the bush; get to the point, but do it in a tasteful manner.

Related Link: [Four Telltale Signs He's NOT the One](#)

5. Honesty is the best policy: Think of it this way: If the situation were the other way around, wouldn't you want someone to be honest with you about how they feel instead of feeding you lies? The truth almost always has a way of coming out, so don't avoid it just because it's difficult to say (or hear). It hurts more when you find out the other person wasn't being truthful, so avoid the extra drama and just be honest with yourself and your soon-to-be ex.

Any other tips to add when it comes to nicely breaking up with someone? Tell us in the comments below!

**NoGamesLove Video Dating
Tips: I Miss Your Smile...But I
Miss Mine More**





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

Dating Advice from E!'s *Famously Single* Laurel House on Toxic Relationships

In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House shares her tips for recognizing when it's time to end a toxic relationship and honor yourself and your intuition. "Sometimes the hardest breakup is when you have to do the breaking up," the dating expert explains. "You have to finally admit that this relationship isn't working."

For more information about our dating mentor, click [here](#).

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

How do you know when it's time to end a toxic relationship?
Tell us in the comments below!

Ashley Olsen and Boyfriend David Schulte Call It Quits



By Brittany Stubbs

It looks like Ashley Olsen is back on the market. Several sources confirm that she and David Schulte have split up after dating for a little less than a year. "He was a great guy and cute, but it didn't work out," a source shares with UsMagazine.com. Despite her relationship with Schulte, CEO of

luxury eyewear brand Olive Peoples, the Olson twin has kept her personal life pretty private, and her rep had no comment regarding the breakup.

What are some ways to tell it's time to call it quits on a relationship?

Cupid's Advice:

Not everything is meant to last forever. In fact, some relationships are just ticking time bombs. Here's when you know it's time to say goodbye:

1. There is no trust in your relationship: Lack of trust can destroy a relationship. Whether it's rooted from consistent lies, or infidelity from the past, without trust, there's no healthy future for the two of you as a couple.

Related: [Ashley Olsen and Justin Bartha Split](#)

2. Everyday is a different battle: If your relationship has gotten to the point where it's just one fight after another, it might be a sign it's time to move on. Granted, every couple has their conflicts here and there, but if you're no longer seeing eye to eye on anything and tensions are high anytime you're in the same room, step back and reevaluate.

Related: [10 Celebrity Couples We Never Knew Existed](#)

3. You no longer communicate: Whether far apart or in the same room, if you're no longer communicating with one another, you've lost one of the most essential aspects of your relationship. You need to either find a way to reconnect and begin communicating again, or call it quits, because without communication, your relationship can't move forward (successfully, at least).

How have you known it's time to call it quits? Share your experiences below.

Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup



By Brittany Stubbs

Despite the fact that Nina Dobrev and Ian Somerhalder ended their relationship, fans aren't ready to let go of their love...at least the love between their characters on *Vampire Diaries*, Elena Gilbert and Damon Salvatore. UsMagazine.com discusses how the costars, and real-life exes, won "Favorite Onscreen Chemistry" at the 40th Annual People's Choice Awards on Wednesday, Jan. 8. Taking the stage to accept

their trophy, the duo joked about their history. “We started dating in real life,” Somerhalder said. “And then we broke up in real life,” Dobrev added. “And yet our characters are still dating on the show,” he continued. “It’s a good thing it’s not awkward!” she joked, resulting in roars of laughter from the audience.

How do you continue your professional relationship post-breakup?

Cupid’s Advice:

Breakups are always difficult and awkward to some extent, especially between two people that are forced to be around each other in the workplace. But despite what happened between the two of you, it’s important to keep your history from interfering with your professional life:

1. Don’t involve other people: Discussing the breakup with fellow co-workers or mutual friends should be avoided. This not only gets them involved in your business and often leads to gossip, but you will look unprofessional to them. If you value your current position and even aspire to move up, you need to make it clear your past-romance hasn’t changed anything. Also, if your ex gets word that you’re talking poorly about them or the relationship to other people, you’re only adding tension to an already awkward situation.

Related: [Ian Somerhalder Hints at Reason Behind Breakup with Nina Dobrov](#)

2. Agree to leave the past in the past: Whether your breakup was completely amicable or there is still unresolved tension between the two of you, it’s important that you both make an agreement to forget about your history while you’re in the workplace. Being on the same page about this, meaning neither of you will be discussing, joking about, or reminiscing your past relationship, allows for you to both move forward

professionally.

Related: [Nina Dobrev Admits to Fighting Feelings for Costar Ian Somerhalder](#)

3. Avoid playing games: Often times when a relationship ends but the couple is still running in the same circle, they'll get in the habit of playing games with one another. Whether this means harmlessly flirting with a mutual co-worker or friend to make an ex jealous, or pretending like the two of you are complete strangers, these games rarely end well for either person. It's best to acknowledge your history and just move on, avoiding anything that might add tension or more hurt feelings down the road.

How do you continue your professional relationship post-breakup? Share your thoughts below.

Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend





By April Littleton

According to [People](#), *The Real Housewives of Beverly Hills* star has been granted a permanent restraining order against ex-boyfriend Dimitri Charalambopoulos. He allegedly assaulted Grammer in a Houston hotel room after she went a hysterectomy for endometrial cancer.

How do you cope with a physically or emotionally abusive ex?

Cupid's Advice:

Continuing to maintain contact with an ex who is physically and/or emotionally abusive is the wrong move to make. You need to take the necessary steps to rid him/her from your life for good before the situation gets even more out of control. Cupid is here to help:

1. Realize your worth: You need to realize that you don't need someone like your ex in your life. You're better than the situation, so you need to find the strength to move on and let them go. Get your independence back. Show your ex and everyone else around you that you will be just fine without all of the

negativity. In fact, you'll be better for it.

Related: [Dwyane Wade Admits to Fathering a Child While On Break from Gabrielle Union](#)

2. End all contact: Cut ties with your ex completely. You shouldn't maintain any sort of contact with someone who is abusive and hurtful to you. Your ex is already just that, so there's no need for you to give them any additional explanations to why you're removing them from your life.

Related: [Taye Diggs and Idina Menzel Separate](#)

3. Get support: You can't handle a situation like this all on your own. Let your family and close friends know what's going on. They'll be there for you every step of the way. Whenever you feel like you're close to speaking with your ex again, talk to a loved one instead. Let them be your rock through this tough time.

What are some other ways to cope with a physically or emotionally abusive ex? Comment below.

Khloe Kardashian Says She's 'Excited for This Year to Be Over' Post-Divorce Filing





By April Littleton

According to [People](#), Khloe Kardashian is ready to start fresh in 2014. "I'm excited for this year to be over with," she told U.K.'s *Cosmopolitan*. The *Keeping up with the Kardashians* star filed for divorce from Lamar Odom earlier this month, but she's determined to look on the bright side of things. "I don't regret anything about my life. My life has made me who I am at this moment, and I'm very happy with who I am," Kardashian said. "No matter if it's great, disgusting, beautiful or ugly, it happens and it makes you *you*. Life is about how you process things."

What are some ways to cope with a recent breakup?

Cupid's Advice:

Breaking up with someone you care about will unleash a swirl of emotions you didn't know you could ever feel all at once. Some people know how to deal with these feelings in the right way, while other may need a little guidance to help them get through it. Cupid is here to help:

1. Get in shape: There's no better way to get over a breakup than by getting yourself back in the best shape possible. By going to the gym, you'll be letting out some of your frustrations in a positive way. By the time you're officially over your ex, you'll be looking better than ever.

Related: [Dean McDermott is Accused of Cheating on Wife Tori Spelling](#)

2. Busy bee: Keep yourself distracted until you can work out your feelings in a healthy way. Continue to work as you usually would, and spend more time with your friends and family. Maintain a schedule that works for you and try to keep contact between you and your ex as limited as possible.

Related: [Khloe Kardashian Says Split from Lamar Odom is 'Torture to My Soul'](#)

3. Vent: Don't let your emotions build up inside you. If you're feeling upset or sad about the end of your relationship, talk to someone you trust about the situation. You can ask for some useful advice or maybe you just need someone to hear you out. Either way, some of your good friends or close family members won't mind helping you out in your time of need.

How did you cope with a recent breakup? Share your experience below.

**NoGamesLove Video Dating
Tips: Get Over an Ex By**

Acting Like Him



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

Dating Advice from E!'s *Famously Single* Laurel House on When to Move On

It's tempting to put yourself on a dating hold after you get out of a serious relationship, but in this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House encourages you to take a different approach. If you want to get over an ex, start acting like him! "Guys are amazing at getting over relationships, aren't they?" the dating expert asks. Girls, on

the other hand, “saturate in the pain of the breakup.” They tend to obsess and go on a life hiatus, just waiting for love to happen to us again. Here, House shares her quick tips for moving on from heartbreak.

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

For more information about our dating mentor, click [here](#).

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

How did you move on after a broken heart? Tell us in the comments below.

Khloe Kardashian Files for Divorce from Lamar Odom





By April Littleton

According to [UsMagazine.com](https://www.usmagazine.com), Khloe Kardashian filed for divorce from husband of four years Lamar Odom Friday, Dec. 13. Kardashian is asking to legally remove Odom from her last name and she is not seeking any spousal support. The couple married Sept. 2009 after one month of dating.

How do you know when to call it quits on your relationship?

Cupid's Advice:

Deciding how and when to end a relationship is always tough on both parties involved. However, a breakup doesn't necessarily have to be a terrible thing to go through, especially if your relationship isn't at its best. Cupid has some tips:

1. Signs of abuse: If your partner is physically or mentally abusive, it's time to seek help from your family, friends or a professional. Don't stay in a relationship that endangers your wellbeing. The dynamic between the two of you most likely won't change – no matter how much your significant other tries to persuade you otherwise.

Related: [Taye Diggs and Idina Menzel Separate](#)

2. You like to be alone: If you'd rather spend time by yourself or in the company of others, you might need to rethink the status of your relationship. Spending time with your boyfriend/girlfriend shouldn't feel like a burden. When you stop enjoying being around your honey, it's more than likely the spark that kept the romance between the two of you alive has gone out.

Related: [Simon Cowell's Girlfriend Lauren Silverman is Officially Divorced](#)

3. Cheating is an issue: You should want to be in a relationship with someone who wants to be with you and only you. If infidelity has become a problem between you and your partner, it's time to end things with him/her. Don't hang on to someone who clearly doesn't want to commit to you.

How did you know when to call it quits on your relationship? Share your experience below.

Single in Stilettos Show: Why Do Men Disappear?





In this week's [Single in Stiletto](#)s show, Suzanne Oshima and dating and relationship strategist Joe Amoia talk about an age-old question: Why do men just disappear? They discuss the following situations: why men disappear after a few great dates; why men go away for the holidays and never come back; and why men disappear after a traumatic event occurs. Ladies, if you've dealt with a boyfriend who suddenly stops calling or texting, listen up!

Related Link: [Joe Amoia Talks Dating Red Flags](#)

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

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

How have you handled a man who just disappears? Tell us in the comments below!

NoGamesLove Video Dating Tips: When and How to End It



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

Getting dumped is never easy, but sometimes, it's even harder when you have to break up with your significant other, when you love someone but know it won't work, or when you have to break your own heart. So how do you make that decision to finally get out of an unhappy relationship and find the love you deserve? In this week's [dating advice](#) video, relationship expert and E!'s *Famously Single* dating coach, Laurel House offers her tips for knowing when and how to end things. One way to know: "You're lonelier with them than when you are alone."

Dating Advice from E!'s *Famously Single* Laurel House on How to Break-Up

Related Link: [Heartbroken? Heal and Move On...Like I Did](#)

If you do everything you can to fix the issues in your relationship and still don't see a future, it's time to say goodbye. House warns that it will be heart-wrenching – “I've been there,” the dating expert candidly shares – but also assures you that you will find more happiness.

For more information about our dating mentor, click [here](#).

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

How did you know when it was time to end a bad relationship? Share your story in the comments below.

Orlando Bloom Says He and Ex Miranda Kerr 'Love and Cherish Each Other'





By Brittany Stubbs

After three years of marriage, Orlando Bloom and Miranda Kerr announced their amicable separation earlier this year. Despite their split, [People](#) shares that they've maintained a healthy and happy friendship for their son Flynn, who will be 3 next month. "We both love and cherish each other," Bloom told E! Online on Monday. "What [our son] reads and knows about when he's a grown-up is more important to me than anything."

What are some ways to remain friends with your ex after you part ways?

Related Link: [Miranda Kerr and Orlando Bloom Reunite in NYC with Son Flynn](#)

Cupid's Advice:

1. Have a separation period: When building a friendship with someone you have a romantic history with, it's important to make sure all the feelings from your past don't get in the way. You can't truly have a healthy relationship if one of you is still bitter or hasn't recovered from the breakup. One way

to avoid this is by making sure you have some time apart from one another after the initial split. This approach allows you each the space to heal and move on before jumping into a friendship.

2. Set boundaries: Despite the fact that you both are over one another and are maybe even dating new people, there are still some boundaries you and your ex need to set to have a happy friendship. For example, you may be glad to hear your ex has a girlfriend, but you probably don't want to know the intimate details about their relationship. Being open and honest about what you feel comfortable sharing and discussing is key to remaining friends.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

3. Forget the bad: Regardless of why you and your partner split, there were probably tough times for each of you in your relationship. It's impossible to stay friends if old disagreements or unhappy memories keep resurfacing, so let the rough parts of your past go and focus on having a better future.

How have you remained friends with an ex? Share your experiences below.

Josh Brolin and Diane Lane Are Officially Divorced



By April Littleton

According to [People](#), Josh Brolin and Diane Lane have finalized their divorce. The once-happy couple separated earlier this. Los Angeles County Superior Court documents filed Nov. 27 made the split official. Brolin and Lane married in 2004 during a ceremony at a central California ranch.

How do you move on after a divorce?

Cupid's Advice:

You're finally divorced and now you're wondering if you'll ever be able to move on and be happy again. Divorce isn't easy. When it finally hits you that you will no longer be waking up to the same person in the morning anymore, you might hit an all-time low. However, this feeling won't last forever. Cupid is here to help:

1. Time: You'll need to give yourself the chance to heal and the only way to do that is by giving yourself the necessary time. You won't be able to get over the lose of your marriage right away and you shouldn't expect yourself to. Don't worry, you will find yourself feeling better about the situation day-by-day. Don't rush yourself into another relationship. Take this opportunity to get to know yourself all over again.

Related: [Malin Akerman and Husband Split Months After Son's Birth](#)

2. Support: You won't be able to get through this all on your own. Keep in close contact with your family members and friends. When you're feeling down, they'll be able to lift you back up and make you see all of the positive things you have to look forward to.

Related: [Minka Kelly and Chris Evans Call It Quits](#)

3. Try something new: Take your mind off of the divorce by digging yourself into some new hobbies. You don't have to do anything too extreme (like skydiving), but if you've always wondered what taking a painting class would be like, sign up for the next one at your nearest recreation center.

How did you move on from a divorce? Share your experience below.

Britney Spears' Ex Jason Trawick is Dating 'Hunger

Games' Star



By Brittany Stubbs

Britney Spears' former agent and fiancé Jason Trawick, has moved on to actress Leven Rambin. Sources exclusively confirm to UsMagazine.com that Trawick and the *Hunger Games* actress are "hooking up and dating." After Trawick ended his two year engagement with Spears in January 2013, the pop star moved on shortly after with David Lucado and has been with him ever since.

How do you know when you're ready to move on after a break up?

Cupid's Advice:

Break ups can be difficult and healing takes time (and sometimes a tub of cookie dough). It's important to allow

yourself an adjustment period to recover before jumping back out there:

1. You're emotionally stable: Break ups are often roller coasters when it comes to your emotions. One moment you're balling your eyes out in the bathtub, the next you're enraged and cutting up every photo you have of the two of you. When you've finally gotten to a point where you feel secure someone could mention his name or you could even run into him in public and not be tempted to have a dramatic meltdown in anyway, you've come a long way.

Related: [Britney Spears and Jason Trawick Call Off Their Engagement](#)

2. You no longer talk about them: It's normal for everyone to get in the habit of constantly mentioning their ex, whether you're going on rants about how poorly they treated you or just finding little opportunities to bring up their name. This usually means they're still on your mind and you're still pretty attached. But if you get to a point where you can pass by their work or hear their favorite song and not feel the need to bring it up to your friend, you've gotten over him.

Related: [Britney Spears and Jason Trawick Reveal How Their Romance Began](#)

3. You're done cyberstalking him: We've all been guilty of it before – constantly refreshing his Facebook page, seeing if he's Tweeted lately, etc. But if you find yourself getting online and no longer have the urge to check if he's been tagged in any recent photos with someone new, it's a good sign you're ready to move on.

How have you determined you're ready to move on from someone? Share your experiences below.