

Matthew McConaughey & Camila Alves Enjoy Some Alone Time



According to [OK!](#)

[Magazine](#), actor Matthew McConaughey shared a rare moment with his Brazilian model and designer girlfriend, Camila Alves: they walked the streets of New York City's TriBeCa – sans strollers! The couple, known for bringing their children around wherever they go, decided not to bring little Levi and Vida along this time.

How important is time alone with your partner without your children?

Cupid's Advice:

Couple time is vital to all relationships. Seeking a little refuge from the consistency of parenthood never hurt anyone. Cupid says snag some free time!

1. Hire a babysitter: Even if it's for an hour or two, hire

some help so you and your mate can escape for a little bit. Go out to dinner; getting out of the kitchen and enjoying a meal that someone else prepares can be relaxing.

2. Make use of your parents: Have family in town? Use 'em! They are the ultimate built-in nannies for your kids. Any grandparent would be happy to watch their little ones, and this is a great way to ensure a tight bond across all generations.

3. The buddy system: Have a friend in the neighborhood with children the same age as yours? Why not team up and take turns watching each others' kids? The little ones have play-dates, and the adults can have a breather – everybody wins!

Charlie Sheen & Brooke Mueller Sign Divorce Papers





Two and Half Men

actor Charlie Sheen and Brooke Mueller signed divorce agreement papers on June 15th, reported [RadarOnline](#). [TMZ reported](#) that Sheen and Mueller will share joint custody of their one-year-old twins; Mueller will be granted primary custody, and Sheen will be given the first, third and fifth weekends of the month to see the boys. Sheen and Mueller made a mutual agreement not to disclose information concerning past affairs and or alleged drug use, and agreed not to insult one another in front of their children. The divorce agreement has yet to be filed in court.

What can you do to keep a divorce as peaceful as possible?

Cupid's Advice:

Divorces will always be hard. Here are some of Cupid's tips to help ease the transition:

- 1. Accept your mistakes:** Rather than playing the blame game, understand that both of you played a role in the failure of your marriage. Owning up to your faults will also prevent unnecessary arguments.
- 2. Agree on space:** After a divorce, both you and your ex need your personal space. Only contact your ex-spouse if it's absolutely necessary, or when it involves the children.

3. Leave the kids out: Your kids didn't divorce your ex, so avoid discussing matters of opinion concerning it with your children. Take a number from Sheen and Mueller, and avoid arguing with your ex when they're around. By avoiding trash talk and gossip, your children will continue loving and respecting each parent – just as they did before the divorce.

Jessica Biel Wants Babies With Justin Timberlake



After a three-year relationship, and despite rumors of a breakup, actress Jessica Biel and singer Justin Timberlake seem to be going strong. According to a source close to the couple, Biel is even pressuring Timberlake to start a family. The source said Biel is so desperate she would settle for a child out of

wedlock. **Can a baby lead to a marriage?**

Cupid's Advice:

Biel would not be the first woman to have a baby first and a marriage second. As long as both parties are aware of the plan and have similar goals, this situation can work.

1. Make it a discussion: Having a child should never be the choice of one person, and a woman shouldn't secretly try to get pregnant in hopes it will lead to marriage. Both parties need to be involved to ensure the success of starting a family.

2. Plan it out: Having a child is a huge commitment, married or not. Plan ahead, and evaluate the situation you and your partner are in. If marriage doesn't seem to be in the picture, remember that your lives will always be connected as you are both responsible for parenting the child.

3. Don't rush to the altar: Once a baby is born, take some time to live and work as parents before you start discussing marriage again. If it's meant to happen it will, but your child should always come first.

Harrison Ford and Calista Flockhart Tie the Knot





It's official! Harrison Ford from *Indiana Jones* has married long-time love, Calista Flockhart, star of *Ally McBeal*, after a seven-year courtship. The Governor of New Mexico, Bill Richardson, officiated the ceremony.

Why do some couples wait years before making the leap to marriage?

Cupid's Advice:

Only you and your partner know when the time for marriage is right. Don't feel pressured to rush the big day. Here are a few reasons why couples wait:

1. You're comfortable: Many couples become comfortable in their relationship, and may be too lazy to bother taking it to the next level. Communicate with each other to make sure you're both on the same page.

2. Security: It's possible that one or both of you have grown comfortable with the relationship and the thought of marriage would take you out of your comfort zone. If you and your partner *do* want to eventually marry, talk about fears that may be holding you back.

3. Peer Pressure: You feel pressure from friends and family to take your pairing to the next level, but you know that you aren't ready. Don't get married for the sake of others. Eventually, you will realize whether or not you want to spend the rest of your lives as one.

Paris Hilton Goes Straight from Reinhardt to Waits



According to [TMZ](#) and [Perez Hilton](#), Paris Hilton (reality star, heiress of Hilton hotels empire), has disassociated herself with Doug Reinhardt (heir to frozen burrito empire). She's been seen with entrepreneur Cy Waits (owner of multiple Las Vegas nightclubs) for the last month or so.

How can you avoid falling into a rebound relationship?

Cupid's Advice:

Ending one relationship can sometimes lead straight into another one. Here are some ways to break that habit and take some time for yourself:

- 1. Be brave:** It's challenging to simply be single. Find activities to keep you occupied. You'll find that you won't crave the attention of someone else if your mind is busy on things you enjoy.
 - 2. Lean on friends:** It's OK to find support in your inner circle. Tell them that you *aren't* looking for anyone right now to avoid being set up on a string on blind-dates.
 - 3. Honesty:** Set realistic goals for yourself, and realize that independence takes time. When you feel you don't need to lean on someone else for support is when you can consider stepping back into the dating scene.
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Carrie Underwood Leaves Honeymoon Plans to Hubby





Country crooner Carrie Underwood has all her wedding plans in order, save for one – she is leaving the planning of her honeymoon to her fiancé, hockey star Mike Fisher. Underwood has chosen and set every aspect of her big day, but says Fisher is solely in charge of the honeymoon plans, according to [People](#).

How do you divide up aspects of planning a wedding?

Cupid's Advice:

Though the wedding is typically the bride's responsibility, there's always something the groom can do. It's a way to make him feel more involved in the event and relieve some of the pressure on the bride, as long as it's done right.

- 1. Don't jump the gun:** While it's important to start the planning phase of your wedding early, giving the groom-to-be too much responsibility too fast can bring on cold feet early. Let him be involved, but don't force things into his lap right away.
- 2. Give him the goods:** If he won't have fun picking out flowers, don't force him to go. He'll only make it harder on you. But if he likes music, then let him pick the band or plan your first dance.

3. Make it a group effort: Even if you both have your own areas of expertise or involvement, make sure you work together. While surprises are nice, it's always good to give some feedback, even if it's as simple as Underwood's request for a honeymoon in "someplace warm."

David Arquette's Marriage is Just Fine



Even the happiest of couples can't escape the rumor mill. David Arquette told [People](#) that close friends sometimes believe gossip printed about himself and his wife, Courteney Cox Arquette. "There's nothing [wrong]," said Arquette. "We have a really great, beautiful relationship." The couple celebrated their 11th wedding anniversary on Saturday.

Arquette admits that great marriages take work. How can you maintain a happy marriage for the long haul?

Cupid's Advice:

Simply realizing that a happy marriage needs work is half the battle. The other half is carrying through by working on it with your partner.

- 1. Hash it out:** Some couples shrink away from problems, but avoiding the issue won't clear the air. Get it out of your system and figure out a solution instead of letting the situation escalate into something bigger.
- 2. Do stuff together:** And we don't mean grocery shopping or the laundry. Take each other out on dates, or simply go for a walk in the park. Kick it up a notch and revisit old haunts from when you first started dating. Staying active keeps the spark alive.
- 3. Also take time out for yourself:** You're still individuals with your own interests and desires. Take time to pursue them, and share your experiences with each other when you're together.

Eddie Cibrian's Privacy Plea After Infidelity Goes Public





Last week Cupid's Pulse posted [Is LeAnn Truly to Blame?](#) about Rimes' affair with Eddie Cibrian that ultimately lead to the end of both their marriages. Now, Cibrian is requesting privacy for himself and his family, telling [E! Online](#), "I can't change the past and I'm truly sorry that people got hurt long the way, but not everything reported in the media is reality and continuing to rehash things publicly only makes it more difficult for everyone to heal." He would like to focus on his two children from his former marriage.

What drives people to cheat?

Cupid's Advice:

The reasons behind cheating are different for everyone. See if the following ring true for you:

1. Feelings of inadequacy: Some people start feeling like they don't measure up next to their partner, whether it's in terms of salary, work position, or even within your shared inner social circle. Resentment may set in, which can be a factor in why people cheat.

2. Mixed emotions: Your relationship still has that spark, but are you still searching for something more? Figure out what's

missing in your partnership that's causing you to focus your attention elsewhere.

3. Lack of self-love: Sometimes, it really is *you*, and not the other person. Take yourself out of the relationship to figure out what you want before you end up cheating.

Adriana Lima Introduces Baby Valentina



[Hola! Brasil](#)

magazine introduces Adriana Lima's baby girl, Valentina, born on November 15, 2009. The Victoria's Secret supermodel and husband, Serbian basketball player, Marko Jaric, kept their news private, because Valentina was born six weeks premature when Lima developed preeclampsia late in her pregnancy. Now

that baby and mom have recovered, they want to share their lives with everyone.

What are some ways to prevent pregnancy complications?

Cupid's Advice:

Unfortunately, pregnancy complications are always a concern. Cupid has some ways you can prevent or reduce your chances dealing with them.

- 1. Eat healthy:** This is a standard recommendation from your health care provider, but as cravings can often trump logic. Create a menu that allows for smaller versions of your needs to curb munchies and keep you in line with your new diet.
- 2. Listen to your doctor:** Seems simple, but not everyone follows their doctor's advice. Ask if there are other ways to meet your goal – your doc is sure to have tips to make your pregnancy easier on you.
- 3. Have your partner to join you:** Many partners already experience sympathy cravings and weight gain. Why not have your partner share your menu plan? Seeing their commitment to you and your baby's health can help you stay focused and healthy.

Are Amanda Seyfried & Dominic Cooper Together Again?





Last May, [Perez Hilton](#) online reported that Amanda Seyfried (*Letters to Juliet*) and Dominic Cooper (who co-starred with Seyfried in *Mamma Mia!*) were taking a break after Cooper did some major partying Lindsay Lohan. Now, it seems that they are at least casually, dating again.

What causes couples to take ‘breaks’ in their relationships?

Cupid’s Advice:

Relationships tend falter after a certain point, but when you ask the two involved, both have trouble indicating one thing: why. Cupid has some reasons why, as well as tips to help break the cycle:

1. Lack of maturity: Neither party is ready to handle the immense responsibility of commitment. Rethink where you want your relationship to go, and take it from there.

2. Fear of change: Things seem to be going great without a label – why shake things up? If you think this anxiety is holding you back, sit down and communicate your feelings. This may be something the other person is struggling with as well.

3. Baggage: Regardless of how “over” it either of you may be about prior relationships, past baggage can sometimes resurface and get in the way. To remove your previous hang-ups, be open with your partner. Working through your concerns can make your bond stronger.

Are Kate Hudson & Matthew Bellamy Dating?



Does Kate have a new mate? [People](#) reported that Kate Hudson and Matthew Bellamy (frontman of the rock group Muse) dined with Renee Zellweger and Bradley Cooper in Paris over the weekend and were seen together all over the city of love. While there isn't any confirmation that these two are an item, a witness told *People* that they “seemed very much a couple.” This wouldn't be

Hudson's first rocker; she was married to Chris Robinson (of the Black Crowes) until 2006. Their son Ryder is 6 years old.**What are the tell-tale signs that two people are an item?**

Cupid's Advice:

Hudson and Bellamy may or may not be dating, but here are Cupid's indicators to gauge whether you have become an item with someone:

- 1. You become exclusive:** If you find that you and your partner are only interested in dating each other, it could be a sign of a budding relationship.
 - 2. Frequent contact:** If you feel comfortable picking up the phone, texting, emailing, or reaching out to the other person, it's likely that you've become a couple.
 - 3. Introductions:** Have you combined activities together with friends? Maybe you've all gone to dinner, a party or special event together. This is a good indication you both feel comfortable enough to let your inner circle see you as a couple.
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Is Britney Spears Dating Her Bodyguard?





While rumors of past infidelities surround her boyfriend and ex-agent Jason Trawick, Britney Spears might be again finding love within her closest circle. Photos from last month reveal that Spears is quite taken with her bodyguard, Ryan. While the status of her relationship with Trawick is unclear, she seems to “melt” whenever Ryan’s around, according to [OK! Magazine](#). **Can you have a healthy relationship with your hired help?**

Cupid’s Advice:

It may seem comfortable to date someone who works for you but be prepared for awkwardness if it doesn’t work out the way you planned.

1. Approach with caution: Though it might be an easy affair to fall into, becoming involved with any hired help – whether it’s a bodyguard, nanny, or gardener – can make life at home tricky. Make sure you have a conversation with the other person about their intentions before jumping into anything.

2. Set boundaries: In this case more than any other, it’s key to draw lines between your personal and professional lives. The two are intertwined, but keeping things separate will lead to a healthier relationship.

3. Have a back up plan: Should the relationship go sour, it's key to have someone else in mind to cover your ex's job incase he or she decides to quit.

Katherine Heigl Wants to Adopt Again



While attending London's red carpet premiere of her new movie, *Killers*, with Ashton Kutcher, Katherine Heigl was asked by a reporter if she and husband Josh Kelley want to add another baby to the family. [People](#) reported that Heigl responded, "I hope so," and she explained how hard it is to balance a career and motherhood. Heigl and Kelly already have an 18-month-old daughter Naleigh, who was adopted from South Korea last September. **What does it take to balance motherhood and a life?**

Cupid's Advice

Plan for everything!

1. Expect the unexpected: One of the first rules of parenting is that the unexpected happens more often than not, so you must be willing to work outside the box in order to maintain any semblance of normalcy.

2. Be flexible: You want to go out to dinner with your spouse, but your child has a class project due tomorrow and you promised to help. What do you do? Assist with the project and reschedule the date. If you are going to add to this family dynamic, you need to be able to split up your time effectively between the kids, your partner, and your own life.

3. Make time for yourself: You've just added another child to your family, and there seems to be no time for anything but work, kids, partner, sleep. If you continue on that path, you will eventually crash. Set some time each week for yourself. Whether it's a day at the salon, hanging out with friends, or going to a concert, take a breather. You need vegging out time, too.

Kim Kardashian & Reggie Bush Reunite





Last week's [*OK! Magazine*](#) cover story reported that Kim Kardashian of E!'s *Meet the Kardashians*, is back together with former lover, Reggie Bush, NFL star for the New Orleans Saints. According to the article, Kim's mother Kris Jenner's intervention and conversation with Bush was powerful enough to convince him that the duo wasn't done just yet.

What are some of the signs that your breakup is temporary?

Cupid's Advice:

Kardashian and Bush have been on-and-off again for reasons only the two of them know about. However, they seem to make a great match every time they get back together. If you and your mate are in a similar situation, you may wish to look at the following reasons your relationship is on a roller coaster ride:

1. Bickering about every detail: Many couples find themselves acting overly critical of their mate's annoying habits, such as eating in bed, or leaving the empty milk carton in the refrigerator. This is usually a sign that you need to learn how to communicate more effectively.

2. Too much time together or apart: If you find that you're take separate paths, or conversely, stepping on each others' toes, the lack of a strong connection can lead to anger or frustration. Talk about your feelings to help understand why either being in close contact, or always being away from each other is so bothersome.

3. You can't stand to be apart: Many relationships seem perfect on the outside, yet on the inside they are incomplete. When you break up with someone, it could actually be a cry for help. Before you end your pairing, try talking about the issues and think back to the reasons you fell in love in the first place.

Heidi Montag Files for Separation from Pratt





Well, it's official:

[US Weekly](#) confirms Heidi Montag filing for legal separation from Spencer Pratt on June 8. She was photographed leaving a Santa Monica, Calif. courthouse, papers in hand, sans wedding ring. While [TMZ](#) has a PDF of the papers, *US Weekly* speculates that this is another publicity stunt to keep the duo in the news. It's important to note that the 24-year-old filed for separation, and *not* divorce, meaning that her earnings will become hers alone from the date of separation.

How do you know if legal separation is right for you?

Cupid's Advice:

While Montag and Pratt may have publicity reasons for going through a legal separation, it's important to realize that this is a situation that shouldn't be taken lightly.

1. Think about it: Is your separation warranted? Do you believe the marriage is worth saving? Lay out the issues on the table and discuss if separation truly is the best option.

2. There's paperwork: Like anything involving the legal system, obtaining legal separation is a process, especially if children are involved. Montag moved out of her home before filing paperwork – try this option before you place your signature on anything.

3. Don't dismiss counseling: Marriage counseling sometimes gets a bad rap, but that shouldn't discourage you and your spouse from trying it out. While some couples can't be saved by hashing it out with an unbiased listener, it's always worth a shot.

Cameron Diaz & A-Rod: Are They Hooking Up Or Not?



Serial daters and heart-breakers Cameron Diaz and Alex Rodriguez are reportedly hooking up, though neither stars' camp has confirmed the rumor. So far, the relationship is said to have consisted mostly of "sleepovers" occurring everywhere from Miami to New York City, multiple sources, including the [New York Post](#), are reporting. Both Diaz and

Rodriguez are famous for their past breakups, including Justin Timberlake and Kate Hudson respectively, but lately, both are dating without any indication of wanting a commitment.

Can two people who can't seem to commit to anyone else make things work together?

Cupid's Advice:

While both Diaz and Rodriguez have had lasting relationships in the past, it's likely that this one will fizzle fast, given their recent dating history. Still, it's important to know things like that when you starting dating someone; it's helpful to know where you and your mate stand in terms of commitment.

1. Do the research: Yes, it can seem awkward, and maybe a bit stalker-ish, but a little digging never hurt anyone – as long as you don't take it to a level that would make a secret government agent cringe. Twitter, Facebook, and LinkedIn are all good social media sites that have privacy levels, so whatever information you can access is OK, since everyone else can access that information, too.

2. Make your feelings known: There's no need to have "the talk" until things get more serious, but you can let someone know where you stand in terms of love and commitment in small ways. Saying things like, "I'm just having fun right now," or, "I'm really looking to settle down," can give your partner clues as to what you want.

3. Have the talk...eventually: If you've been dating regularly for several weeks without a label, it's time to figure out where you stand.

Sean Penn & Robin Wright Divorce in Mean Spirits



After 20 years of marriage with actress Robin Wright, Sean Penn is now officially a single man. Though Penn has historically tried to keep his private life under wraps, Penn opens up about the end of his relationship in an interview with *Vanity Fair*, even going so far as to say his ex-wife is “a ghost” to him. Penn added that being single will give him more time to fully commit to humanitarian work.

After the end of a marriage, what is acceptable to talk about in public and what matters should be held sacred and private?

Cupid's Advice:

Penn crosses a line in his interview, making comments that were unnecessary, like insulting his ex-wife, and nonsensical, like implying that his marriage kept him from doing humanitarian work. When talking about an ex, you shouldn't

reveal anything you wouldn't want revealed about you.

1. Don't name call or place blame: No break-up is the sole responsibility of one party, and it looks childish and inconsiderate to point fingers.

2. Keep private things private: If it wasn't spoken about when together, why air your dirty laundry? Some things, like sex, money, and family issues may be better kept under wraps.

3. Never look back and regret: Every relationship is a learning experience, even if it requires sacrifice. Sure, you might have turned vegetarian for an ex, or slowed down volunteer work to start a family, but you gained much more through the experience than you lost. Take time to finally enjoy what you couldn't while in your relationship.

Al Gore Splits From Wife





Al and Tipper Gore were high school sweethearts, and their relationship has withstood the Vietnam War, the near death of a child, and a failed presidential campaign attempt in 2000. Now, the couple that seemed unbreakable, announced that they have chosen to go their separate ways.

How do you pick up the pieces after spending half a lifetime with the same person?

Cupid's Advice:

Many couples feel pressured to stick together, even when they are worlds apart in their own lives. If you find that you don't know who you're living with any longer, consider the following to help understand your situation.

- 1. Pay Attention:** For duos that celebrate yet another anniversary but suddenly realize that they aren't the same two people that got married, it's time to open your eyes and see yourselves as individuals.
- 2. Clear the cobwebs:** This may sound cliché, but one of the best ways to start fresh is getting rid of any obstacles you think are blocking your path.
- 3. Focus on your future:** One thing many longtime couples

forget is that while they may be 'one' within a relationship, they're still separate people, and are entitled to their own road in life – even if this means traveling in different directions. If splitting up is necessary, know that you can find yourself in the process. Picking up the pieces may take awhile, but it can be done without guilt or pain if done right._____

Miley Cyrus Relies on Family for Relationship Support



Despite rampant rumors and widely differing upcoming schedules, Miley Cyrus assured [People](#) magazine that she and boyfriend Liam Hemsworth have not broken up. The couple has worked to stay out of the spotlight after the *Last Song* press

tour, and despite scheduling struggles, Cyrus credits a tight family bond in keeping them together for 10 months.

How important is a family's bond in keeping a relationship strong?

Cupid's Advice:

Family can make or break a relationship, and in Cyrus's case, her family has had a direct hand in her past few relationships. While relationships come and go, family is always there.

1. Family is a constant: As much as family members can be a hassle, it's ideal for them to approve of your significant other in order for you to have a healthy relationship with both sides of the field.

2. They're your support system: Mom's comfort food. Dad's sound advice. A sibling's crazy distraction. Many people rely on their family in tough times in a relationship. You want your family to know your significant other so they can help you decide what's best for you when you need guidance.

3. Families need to fit: Your other half should be able to fit in with your own family. This is a way to avoid major conflict down the line.

Are Heidi Montag & Spencer Pratt Calling It Quits?





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

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

Cupid's Advice:

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

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

2. Tackle new projects: Along with a new reality show, Montag told *People* she is also working on writing a movie script. Focusing your energy on your own projects is a way to get the

creative juices flowing, and a way to redirect any negative energy you may have towards something that will benefit you.

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

Céline Dion Pregnant With Twins!



Sixth time's the charm! After undergoing her sixth in-vitro

fertilization attempt, Céline Dion and hubby René Angélil are expecting twins, Dion's rep Kim Jakwerth confirmed to [People](#). The 42-year-old singer is 14 weeks along, and will find out the gender of the twins this month. The couple already has a 9-year-old son, René-Charles, who was also conceived through in vitro fertilization.

How can you transition from having a single child to care for to two newborns, especially after six heavy procedures to get pregnant?

Cupid's Advice:

Prepare, prepare, prepare.

- 1. Stay well:** Maintain the healthy lifestyle you had while trying to get pregnant. Stay on top of doctor's visits, and recall tips from your previous pregnancy.
- 2. Keep your child involved:** Your firstborn may feel neglected if a new baby or two enter the picture. Make sure they receive love and attention, and ask for their input concerning their sibling(s) to be, so the bonding process starts early.
- 3. Lean on others:** Remember the strength of your partnership. If you're single, reach out to family and friends for support. No one should go through a pregnancy alone.