

# Ryan Reynolds and Blake Lively's Body Language: Confidence is Key



By

[Jared Sais](#)

Ryan Reynolds and Blake Lively are one of Hollywood's golden couples, so I thought it'd be fun to look at their body language and see what it reveals about the pair.

**Photo 1 (above):** Here, the *Gossip Girl* star looks confident. She is standing straight with her head held high and wearing somewhat of a smile, one that looks like a facial expression of contempt. Contempt, in this case, is shown because Lively feels morally superior and empowered by her looks and environment. You can see the unilateral facial

expression with a corner of her lip raised. In this particular moment, she feels true power. It also may help that her husband is some good-looking arm candy!

**Related Link:** [Find Out About Ryan Reynolds and Blake Lively's Life Before Marriage](#)

Speaking of Reynolds, he is holding his wife close as he does the typical hand-in-the-pocket stance. Usually, I like to stay away from keeping my hand in my pocket, as it can be seen as closed off. The best thing to do is just rest your arm to your side as he does in Photo 4.

**Photo 2:** Lively is demonstrating a held tilt, which can be seen as endearing, sweet, and vulnerable. Combined with her smile, which is a bit pinched and stretched towards her ears, it indicates that the actress is feeling shy and fearful. Seeing that Reynolds isn't in this photo with her, she could be feeling a bit overwhelmed. I've seen the actress in many photos before, and she typically has her hair down and is a bit more, well, lively. But in this photo, with her hair is up, she appears stiff, which adds to the fact that's she's feeling scared and helpless.

**Related Link:** [Blake Lively and Ryan Reynolds Take a Mini-Honeymoon in Virginia](#)

**Photo 3 and Photo 4:** In Photo 3, the beautiful blonde is showing a fake smile. As you can see, there is a lot of movement in the mouth region but nowhere else. Usually, a real smile includes the eyes, cheeks, *and* mouth. We can spot her real smile in Photo 4.

In Photo 3, we see Lively's hands on her hips; some call this pose the Superwoman or Wonder Woman pose. It's a way to demonstrate dominance, strength, and being in control. In many cases, it's a great way to seem confident without actually being confident. Sometimes, faking confidence works just as well as actually having it! By looking at these photos, you

can see that the actress is self-assured but also shy, and this strong pose counteracts her shyness.

*[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), 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.*

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## Dave ‘Uncle Joey’ Coulier Ties the Knot



By

Sanetra Richards

It was definitely a full house in Paradise Valley, Montana this past week. According to [UsMagazine.com](https://www.usmagazine.com), Dave Coulier, also known as **Uncle Joey** from the hit sitcom “*Full House*” **married** his longtime girlfriend, **Melissa Bring**, on Wednesday, July 2nd. The couple of nine years welcomed family and friends to spend the week together leading up to the big day. Who was there as the actor/comedian and photographer/producer exchanged vows? Fellow cast mates John Stamos, Candace Cameron Bure, Andrea Barber, Bob Saget, and the creator of it all, Jeff Franklin. Unfortunately, Mary-Kate and Ashley Olsen could not make the festivities. Bure posted an Instagram picture with her co-star on Wednesday. “Parade day in Montana with @andreabarber,” she captioned. Alongside the two friends on-and-off screen was John Stamos, who also posted a picture with the groom on Wednesday: “This boy is very happy today,” wrote Stamos. “Know why?”

**How do you compromise when it comes to potential wedding guests?**

### **Cupid’s Advice:**

Inviting guests is just one of the many things on the list of wedding plans. Many times, partners bump heads on the number of guests to invite and of course, exactly who to invite. This may bring a little tension, but Cupid has some ways to avoid the stressful invitation planning:

**1. Choose a number:** First, you and your partner must choose the wedding size. Whether that be something small and intimate with a crowd of 50 or less, or a large and lavish wedding with more than 150 – consult with each other over your ideas. Ultimately, the goal is to reach a number where you are both satisfied.

**Related:** [‘Full House’ Actress Candace Cameron Bure Talks Motherhood](#)

**2. Be understanding:** Your partner may want to invite someone you are not too fond of, but you know they love this person dearly. Be willing to do whatever it takes to make your partner happy on the big day . . . even if that means having the annoying family member or friend there.

**Related:** [Jodie Sweetin Opens Up About Recent Separation](#)

**3. Come to an agreement:** Without a doubt there will be some bickering and frustration while choosing the guest list. The best idea is probably to split the number of guests right down the middle. Square and even!

**What are some ways to compromise when selecting potential wedding guests?**

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# 'Duck Dynasty' Star Uncle Si Explains Why Wife Isn't on TV







By

[Jessica DeRubbo](#)

'Duck Dynasty' star Uncle Si explains why wife, Christine Robertson, isn't on TV. "Sometimes we film 12 hours a day, and she's just not healthy enough to go through the rigors of that," said Si Robertson, according to [UsMagazine.com](#).

**What are some ways to help your partner through health issues?**

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

Although it's not a good thing to pretend to be a doctor, there are other things you can do to support your partner through health scares like Uncle Si does to support his wife. Cupid has some advice:

**1. Be there:** It seems obvious, but being there when your partner goes to doctor's appointments and takes medicine can really show you care.

**Related:** [Rossie O'Donnell Says Health Scare Brought Her Closer to Wife](#)

**2. Research:** In situations where your partner is diagnosed

with an illness or disease, learn all you can about it. Knowledge is key in situations like that, and it shows your partner you're invested.

**Related:** Nick Cannon Helps to Launch Badoo Project in New York

**3. Make them comfortable:** Give your partner some special treatment as he/she is going through a health scare. Cover them with blankets, rent their favorite movie, or play their favorite music at home.

**What are some other ways to support your partner through health scares? Share your thoughts below.**

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## **Robin Thicke Speaks Out About Trying to Win Back Paula Patton**





By

[Jessica DeRubbo](#)

It's no secret that Robin Thicke has been making some grand gestures to win back his estranged wife Paula Patton. From dedicating songs to her on stage to naming his new album after her, Thicke is determined to do what he can to mend things. The kicker? "I actually have no idea what I'm doing," he said, according to [UsMagazine.com](#). "I'm just kind of flying by the seat of my pants on this one."

**What are three grand gestures to win back your love?**

**Cupid's Advice:**

Sometimes it takes more than an "I'm sorry" to mend bridges in your relationship. Cupid has some advice:

**1. Book a trip to paradise:** The prospect of a vacation is never a bad thing. Be creative, and book a surprise trip for you and your partner. Perhaps go to the first place you vacationed together as a couple, or choose somewhere he/she has always want it to go. Put the tickets in a card, and write a love note along with it.



**Related:** [Will Robin Thicke's 'Get Her Back' Save His Marriage?](#)

**2. One word: Jumbotron:** If you and your partner enjoy sporting events, plan in advance and get in good with the jumbotron operator. Declare your love so that everyone can see.

**Related:** [Angelina Jolie Buys Brad Pitt a Waterfall](#)

**3. Decorate at home:** Grand gestures don't always have to be expensive. Make an effort to clean your home, and then decorate it with things that speak to your love. Sometimes flower petals or flower bouquets can work wonders in such a setting. Or, perhaps have your wedding video playing when he/she gets home. Whatever the case may be, make it special.

**What are some other grand gestures that will speak volumes? Share your thoughts below.**

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## Celebrity Couples Who Love Fourth of July





By

Shannon Seibert

Tis the season to take pride in your homeland and rock the colors of vigilance, perseverance and justice. It's also the day where we sport killer bikinis, chow on barbecue and watch amazing fireworks displays. The best part about the holiday, though, is that it's a day in which our entire country takes pride in their homeland, especially our celebrities. We've pulled together the envy-worthy patriotic plans and traditions of these stars to hopefully inspire a little Independence Day tradition in your own household:

**Jessica Simpson and Eric Johnson:** Jessica Simpson and Eric Johnson will have two reasons to celebrate this weekend. After being engaged since 2010, the couple has chosen to wed on July 4th. This all-American occasion will definitely be a party worth remembering.

*Idea for you:* You may not have been married on the Fourth, but that doesn't mean you can't celebrate your love. Have an intimate anniversary party underneath the fireworks with your love. Get silly and stuff American flag cake in each other's

faces, wedding style.

**Beyonce and Jay Z:** Queen B has always been a fan of the holidays. With Blue Ivy around B and Jay Z are bound to have some Fourth of July fun. Last year the singer struck a pose against a vintage car in flag-print denim shorts. Looking forward to this year's photoshoot B!

*Idea for you:* Have your own star-studded photoshoot! Together with your love dress up in all of the patriotic attire you can find. Then take your man around town and find your most historical sites. Snap some selfies together, or strike your best model poses.

**Related:** [How to Celebrate the Fourth of July With Your Guy](#)

**Eddie Cibrian and LeAnn Rimes:** Last year the couple attended Rimes' Fourth of July performance with Cibrian's two sons. The family of four gathered around for a quick photo of them decked out in holiday attire. Rimes had tweeted about how happy she was to spend time with her man and the boys.

*Idea for you:* Nothing says 'America' like a good 'ole country concert. This time of year, tours are in full swing. Hop on Ticketmaster with your man and surf the web for some neat Independence Day deals on your favorites, such as Miranda Lambert.

**Selena Gomez and Justin Bieber:** The past year has been plenty rocky for Jelena, but this time last year the couple was in full-swing of celebration. Gracing Instagram with an adorable selfie, the pair sent fans screaming about their Fourth of July return.

*Idea for you:* Connect with old friends while celebrating your freedom. The Fourth is a great day to reach out to your "neighbors" under law and check in to see how they are doing.

**Related:** [How to Celebrate a Fourth of July Themed Wedding in](#)

## [Style](#)

**Josh Kelly and Katherine Heigl:** The Kelley family spent July 4th of 2013 poolside at their home in Utah, making a splash in the holiday's festivities. The former *Grey's Anatomy* actress posted adorable photos of her two daughters and her hubby on Twitter, wishing the nation a happy birthday.

*Idea for you:* Host a pool party with your family- friends. Have a potluck and ask your guests to bring an item along to share. This way there will be plenty of food and fun to go around.

**Kim Kardashian and Kanye West:** The Kardashian family has never disappointed on the subject of partying. This year there are rumors of a Kardashian family get-together which will include all of the usual prospects. The Wests will be celebrating their daughter North's second Independence Day this year.

*Idea for you:* Take the day to just be with the family. Set up a barbecue buffet for you and your man's closest family members. This way you can see whether your Uncle Joe's fireworks outshine Grandpa Jim's this year while spending time with your loved ones.

**How are you celebrating Independence Day? Share with us in the comments below!**

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# **Duck Dynasty's Miss Kay Reveals She Birthed Her First**

# Child Before Marriage



By

Shannon Seibert

*Duck Dynasty's* Robertson family has always talked of their traditional morals and happy family values, but Miss Kay recently admitted that her first son Alan was born before her marriage to Phil was legalized. The stars of the A&E show have been happily married for over 50 years, and their love continues to grow stronger each day. According to [UsMagazine.com](http://UsMagazine.com), the mother of four also says that her loyal hubby is true to their marriage vows and still makes her breakfast in bed.

**If you're pregnant, how do you decide whether to get married before or after the birth of your child?**

**Cupid's Advice:**



Decisions, decisions! Pregnancy is a beautiful thing, and so is marrying the love of your life. The question is: Which comes first? This decision is a big one because every bride wants to feel like a princess on her special day, but bringing a bundle of joy into this world is a gift all in its own. We've gathered three questions to consider in making your choice as to whether or not you should wait to walk down the aisle.

**1. How far along is the pregnancy?** Watching your tummy grow with the miracle you've created is one of the most wonderful sights – unless it prevents you from fitting into your wedding dress. Some brides embrace their baby belly and float happily down the aisle, showing it off. Other brides, however, want to look slim and like “their best self” on their wedding day. If you think you'd have to make too many alterations, it may be best to put off the wedding. However, if you can coordinate a wedding before the bump forms, there isn't any reason why you shouldn't celebrate now.

**Related Link:** [Vanessa Carlton Is Expecting a Baby with Husband John McCauley](#)

**2. Do you want to stress about a wedding while caring for a baby?** Stress is never good for an expectant mother. The added anxiety of a wedding can heighten emotions for the bride and mother-to-be. In turn, do you want to be worried about the health and care of your baby while you're picking out your wedding cake? It all depends on how you as the bride want your wedding day to be.

**Related Link:** [‘Teen Mom 2’ Star Jenelle Evans Gives Birth to Second Son](#)

**3. How much planning will your wedding require?** Weddings are a big to-do. Brides have to coordinate meals, guests, invitations, cake, venues, and many more small details that can become extremely overwhelming. Depending on your wedding

style, waiting to have an official ceremony may be the best thing. If you want an elaborate and traditional wedding, it'll probably require months of planning. If you just want a small get together with your closest family and friends, that may be more doable under a time crunch.

**How did you make your decision? Share with us in the comments below!**

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## Jennifer Garner and Ben Affleck Celebrate 9th Wedding Anniversary



By

Shannon Seibert

America's sweethearts Jennifer Garner and Ben Affleck celebrated their 9th wedding anniversary this past weekend. The stars married back in 2005 and are now the proud parents of three beautiful children. According to [UsMagazine.com](http://UsMagazine.com), the lovebirds enjoyed a romantic low-key dinner with red wine at Bistro 82 in Detroit, Michigan, where Affleck is currently filming *Batman v. Superman: Dawn of Justice*.

## **What are some ways to spice up a long-term marriage?**

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

Marriage is a partnership, a love story, and, most importantly, a long-term commitment. To keep a marriage happy and healthy, it requires a lot of work on both ends. After a while, routine becomes inevitable, and couples can get too comfortable with one another. Sometimes, to get back on track, you have to make yourself uncomfortable and try new things. We've pulled together three ideas to keep your marriage feeling fresh and new.

**1. Go on adventures:** In many marriages, taking care of the kids, paying the bills, and going to work become the top priorities. Avoid neglecting your relationship by going out on spontaneous excursions together. Spending a weekend at a nearby bed and breakfast or going out for date night in another town can help rekindle those feelings from when you started dating.

**Related Link:** [Keith Urban Serenades Nicole Kidman on Stage for 8th Anniversary](#)

**2. Flirt with each other:** When you're married, you have to keep dating your spouse. The stolen glances, the suggestive comments, and the subtle hints may seem trivial at this point, but they are all key factors in keeping the spark alive. Men like feeling wanted as much as women do, so send a little wink

his way every now and then! By courting your spouse, it reminds them that you still want them in the same way you did when you first got together.

**Related Link:** [Courteney Cox Is Engaged to Snow Patrol's Johnny McDaid](#)

**3. Make plans without the kids:** Yes, they are your pride and joy, but you and your man were together before children were even a thought. Splurge on that tropical vacay that you've been saving for. It doesn't make you any less of a parent by spending a weekend on a cruise ship without them. If anything, by keeping your marriage healthy, you're setting an excellent example for the standards of your children's future relationships.

**What are your secrets to a happy marriage? Share with us in the comments below!**

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## **Keith Urban Serenades Nicole Kidman on Stage for 8th Anniversary**





By

Sanetra Richards

Want to show your love? Try singing it! According to [UsMagazine.com](http://UsMagazine.com), that is exactly what Keith Urban did for his wife, Nicole Kidman, at his concert in Melbourne, Australia on Wednesday, June 25th. The country star made their eighth wedding anniversary special by performing his self-written 2006 song “Once in a Lifetime” for his love (and rest of the audience). “A couple of months before the wedding, we were in our hotel, and we were talking about the future, and Nic was getting very nervous about marrying me,” Urban told fans. “She was saying things like ‘It’s a long shot,’ but I knew she loved me and was just nervous. I did everything I could to remind her that I was going to be her man forever,” he continued before performing his sultry ballad. Urban didn’t stop there – he went on to sing “Making Memories of Us.” “This is a song a lot of people have at their wedding,” Urban said. “We had it at ours. I sung it. I was too cheap to get anybody else,” he joked. “Eight years, baby girl. This song is for you.” He then expressed his adoration to his wife, who was sitting in the VIP box. “I love you so much.”

**What are some ways music can make your anniversary special?**



## **Cupid's Advice:**

Your special day is coming up, and you have no idea what to do for your partner of X amount of years. Of course, you want to make it memorable and nothing like before. What better way than to incorporate music into your planning? Cupid has three ways that a sweet melody will sweep your sweetheart off their feet:

**1. Music is symbolic:** Do you and your partner have “a song”? If so, include that tune in your anniversary planning. Maybe it's the song you both heard for the first time on a date and fell in love with it (and each other) instantly. Or perhaps it's a song that describes your relationship perfectly. If you're looking for a new song to bring into your relationship, listen to Taylor Swift's “Our Song.”

**Related Link:** [Keith Urban Says Marriage and Family Takes Work Every Day](#)

**2. It says something that you've been thinking:** Want to tell your significant other something you have been dying to get off of your chest but can't quite put it into words? Well, try playing a song for them and showing how much you love and adore their presence in your life. Best way to go!

**Related Link:** [Keith Urban Says Wife Nicole Kidman Saved His Life](#)

**3. It sets the perfect mood:** Your partner will be on cloud nine or higher to know that you were thoughtful enough to come up with a song in honor of your anniversary. The lyrics or tempo will have significance to them for years to come.

**How can music make your anniversary even better? Share your thoughts below.**

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# Pregnant Vanessa Carlton Is Expecting First Child with Husband John McCauley



By

Sanetra Richards

There's a bun in Vanessa Carlton's oven! According to [UsMagazine.com](http://UsMagazine.com), the *A Thousand Miles* singer announced that she's expecting her first child with husband John McCauley on Thursday, June 26th. The 33-year-old songstress posted a photo of her tiny bump and a update of her fifth album in progress: "I can now reveal the reason as to why Liberman will not be released until next summer. See the picture below,"

she captioned. She continued on with a little humor about her bundle of joy: “No, those aren’t a bunch of croissants. We’re expecting a baby. It’s healthy and moving around like a champ.” Carlton added, “I’m bummed to delay the album because it’s so special to me and the perfect combination of England and Tennessee. When I put the record on it feels like medicine. I hope it does the same for you...in due time! Thanks for sticking with me. John, Victor, and I are over the moon.” (Victor is the couple’s pooch).

## **How do you decide the best time to have a child?**

### **Cupid’s Advice:**

Welcoming a child is definitely a life-changing event and should be the happiest time in your life. After all, you will be responsible for another human for many years to come. So when is the right time to make this decision with your partner? Cupid has a few instances:

**1. Everything is A-OK:** If your relationship is continuously getting better and you could see yourself raising a child with this person, it could be the perfect time to consider expanding your family.

**Related Link:** [Vanessa Carlton Ties the Knot with Stevie Nicks Officiating](#)

**2. You both agree:** Many couples struggle to have this conversation. In some cases, one person in the relationship doesn’t want kids – and unfortunately, that truth may not come out until you really begin planning your future. If it’s important to you, be sure to discuss it with your partner *before* getting married, moving in together, or taking another big step.

**Related Link:** [Kourtney Kardashian is Expecting a Third Child](#)

**3. You’re prepared:** Although there is no real way to mentally

brace yourself for parenthood, you can still be financially ready. Be able to provide the basic necessities for your child, plus more!

When is the best time to have a baby with your partner? Share your thoughts below.

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## Courtney Cox Is Engaged to Snow Patrol's Johnny McDaid



By

Sanetra Richards

Another soon-to-be husband and wife! According to [UsMagazine.com](http://UsMagazine.com), Courtney Cox is on her way to becoming a

married woman. The *Cougar Town* star and boyfriend Johnny McDaid both sent out their announcement via Twitter on June 26th: "I'm engaged to him!" and "I'm engaged to her!" The two were first spotted as a couple back in December 2013 at a holiday party hosted by actress Jennifer Aniston in Los Angeles. Ed Sheeran, the couple's mutual friend, spread the word in April that the pair moved in together. "I'm not sure that it's public knowledge, so maybe I shouldn't have said anything—but, yes, they're already living together," the singer told *The Mirror*, a UK magazine. "Things are moving fast. He moved in and, judging by the last time I saw them, they couldn't be happier." Later on that month, the love birds gushed about their relationship and singled out each other at Cox's directorial debut premiere, *Just Before I Go*. "He supports me in every way," Cox said. "He supports me creatively. He really believed in the movie...and not just because he likes me, though I know that helps." McDaid added onto the gushiness: "Courteney is the most completely confident person I've ever met—at everything." He continued on to say, "She gets music. She gets art. She gets the way a scene gets constructed, the way dialogue works. And she puts it all together in her mind and then explains it to the world and makes movies that make people laugh and cry, squirm and jump, all those things."

**How do you know when your relationship is ready for marriage?**

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

You and your partner have had conversations in the past about what the future may hold. The questions probably revolved around whether or not you'll still be a couple, buy a house together, and have children together. Now, you're ready to take it to the next level and actually turn those conversations into a reality. The only problem is, you are unsure of how to exactly make this happen and if the timing is right. Cupid has some tips to help:



**1. You don't want to be with anyone else:** You're pretty sure you have met your soul mate. This person understands you completely, and you understand them in the same way. You daydream about waking up to their face every morning and kissing them good night at the end of the day. If this describes what you are feeling, you may be ready to exchange VOWS.

**Related Link:** [Courteney Cox and David Arquette Finalize Their Divorce](#)

**2. You don't have any major problems:** Of course, it's normal for a couple to have a fight here and there. Still, you seem to agree on things most of the time and have the same values/morals. And let's not forget, the two of you don't fear the thought of an eternal commitment! I hear wedding bells – do you?

**Related Link:** [David Arquette Says Having a Second Child Is 'Less Scary'](#)

**3. You're stable as a couple:** This means mentally, emotionally, and financially. It is smart to be all three (or close to it) before thinking about marriage. Once you and your significant other become one in matrimony, you become one in these three factors as well.

**What are some ways to know your relationship is ready for marriage? Share your thoughts below.**

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**Daniel**

**Radcliffe**

**New**

# Girlfriend Erin Darke Have 'Great Chemistry'



By

Shannon Seibert

Not only is their magic on screen but there is magic in the air. Star of the wizarding world **Daniel Radcliffe** is happily in love with his **new girlfriend** Erin Darke. The pair made their first red carpet appearance together at the Tony Awards. The couple met while filming *Kill Your Darlings* in 2012, but took their love-filled relationship into the spotlight just this past month, according [UsMagazine.com](http://UsMagazine.com).

**How do you determine if the chemistry in your relationship is strong enough?**

**Cupid's Advice:**

When you've been in a relationship for quite a while, you'll notice the "new" feeling begins to wear off. You're used to each other and each other's routines. Eventually you both create your own routine together. In order to keep the chemistry alive you have to find out whether or not the relationship will be worthwhile. Check for these three signs to see if your couple chemistry is going strong:

**1. You get the traditional butterflies:** When you catch their eye you feel your stomach dip, or your heart flutter. Even if it is only a little bit, your brain is telling you that you are happy to see them. You recognize their presence as a signal for love and happiness. If you still catch him looking at you like they way he looked at you when you first started dating, you know the chemistry is still sizzling strong.

**Related:** [Ashton Kutcher's Twin Michael Says Brother and Mila Kunis Are 'Meant to Be'](#)

**2. You talk about him all the time:** When people love someone the person they love always seems to surface as a topic of conversation. You may get comments from your friends saying that they have already heard all about your inside jokes with your man. Though silly, it's reassuring that your partner is still a focal point for what you're passionate about. So what if you talk about him all the time? He's all yours to brag about.

**Related:** [Adam Levine Says Proposing to Behati Prinsloo Made Him 'Woozy'](#)

**3. You looked forward to alone time:** Not only do you love going out and showing off your man, but you constantly find yourself impatiently waiting to get him all to yourself. When there is a lot of chemistry between two people they're always in each other's thoughts, although some of these thoughts are definitely more private than others. A good romantic relationship with a good sexual relationship leads to a strong

and healthy relationship for a couple.

Have you ever had chemistry doubts? Tell us about them in the comments below!

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## Channing Tatum Divorce Rumors Untrue



By

Shannon Seibert

The world almost collapsed under the rumors of Channing Tatum and Jenna Dewan's divorce. Rumors could not be more false, rest assured. The couple could not be happier since their wedding in 2009. The *Step Up* stars have recently been seen

glowing in each other's arms, according to [UsMagazine.com](http://UsMagazine.com).

## **How do you keep outside pressures from affecting your relationship?**

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

It can be difficult not to listen to the opinions of your loved ones since they mean so much to you, but this is your relationship. Your relationship is between you and your partner so therefore you should focus the energy between you and your partner alone. Check out these tips for handling external pressures that may be weighing on your relationship:

**1. Filter what you hear:** It's definitely important to listen to what people are saying about your relationship, because there is usually an underlying truth. But people are people and they tend to exaggerate the details of most stories and conjure some pretty extensive rumors. Don't let the words of others get a rise out of you when you know your partner probably better than most anyone else. Stay strong and listen to what is said, but only do what your heart says is right.

**Related:** [Beyoncé and Jay-Z Share Wedding Video On Tour](#)

**2. Talk about it:** Talking with your partner is key to a healthy relationship. Whether it's financial struggles, social issues, or any other problems, an open communication line is the best tool to have under your belt. By talking to your love about what is on your mind the both of you can work together to diminish the issues that may be surfacing. It's important to set boundaries and fully understand each other's opinions to come to a conclusion that you agree on. Together you'll emerge stronger than ever as a united front.

**Related:** [Benji Madden Says He's 'Lucky' to be Dating Cameron Diaz](#)

**3. Don't stress over little messes:** The more you talk about a



problem, the bigger the problem gets. If you find yourself constantly bringing up a past issue it won't stay in the past. By making it relevant again you invite the stress back into your life. Also, by making a huge deal out of a little situation, such as not walking the dog two days in a row, you'll begin to pick fights with your partner. Destress by learning to sort the big pressures from the little ones, and you'll find yourself in a stronger and happier relationship.

**How have you handled pressurized situations? Share with us in the comments below!**

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## **Mila Kunis and Ashton Kutcher Are 'Meant to Be' Says Twin Brother**





By

Laura Seaman

In a recent interview with [UsMagazine.com](http://UsMagazine.com), Ashton Kutcher's twin brother Michael talked about the relationship between his brother and Mila Kunis. "They reunited after 14 years, and I think they were meant to be," he said. "They make such a great couple. I'm so happy for them, I really am. Ashton is in a really great place right now." The couple first met when working as costars on *That '70s Show*, which aired from 1998 to 2006.

**What are some advantages to becoming romantic with a long-time friend?**

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

There is a lot of risk that comes with asking out a friend. You could be 'friend-zoned' or the relationship might crash and burn, taking your friendship down with it. But not to fear! Sometimes these friendships-turned-relationships work out, and they become some of the best romances you could imagine. Here are some of the advantages to turning a friend into something more:

**1. You can skip the awkward first date process.** When you're friends with someone, chances are you've gone out to dinner or had a movie night together at some point. Usually these types of dating activities can be awkward ice-breakers at first, but with friends there's no need to make attempts at weird small talk or get-to-know-you games.

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**2. Their family already knows you.** In most cases, you already know your friend's family to a point. True, this will completely change the way they see you, but now your friend's family already knows how great you are and how you've stuck by their little boy or girl over the years. This scores some points that a random stranger wouldn't get.

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

**3. You know that this person already makes you happy.** Yes, you'll have to explore the physical and romantic aspects more, but when it comes to whether or not this person can make you happy on an emotional level, you know your friend already qualifies. When two strangers date, they have to build up both the romance and the friendship. But when you're dating your friend, you're already halfway there!

**Have you ever dated a long-time friend? How did it work out? Let us know in the comments!**

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# Benji Madden Says He's 'Lucky' to be Dating Cameron Diaz



By

Laura Seaman

In an interview with the Nova FM radio station, Benji Madden said that him and his brother were “lucky guys.” The rock star was recently spotted holding hands while getting coffee in New York City on June 3. A source tells [UsMagazine.com](http://UsMagazine.com) that the couple met through Nicole Richie, Madden’s sister in-law, who “thought they’d click.”

**What are some unique ways to make your partner feel special?**

**Cupid’s Advice:**

There are the obvious ways to let your partner you care, like kisses and hand-holding, but sometimes you want your efforts to stand out. Your relationship is special, and your partner deserves a unique way of being told they're special. Here are some tips from Cupid on how to be extra creative when letting your partner know you care:

**1. Get crafty!** Get out your paintbrushes and scissors, because nothing says "I Love You" like a hand-made gift. If you're artistically challenged, this could be something as simple as painting a picture frame or making a small scrapbook of your relationship. There's a reason your parents kept those crappy stick drawings you gave them; they're cute, and you made them yourself. It's the effort that counts, and your partner will appreciate it.

**Related:** [Kanye West Shows Off His Wedding Ring](#)

**2. Make a public gesture.** If your partner isn't afraid of the spotlight, a grand public gesture is an unforgettable way to show them you care. You might choose the classic skywriting option, or try serenading them in the park. Engrave your initials in a special place, or plan a romantic flash-mob surprise. Be creative, but make sure it won't make your partner uncomfortable.

**Related:** [Will Smith and Jada Pinkett-Smith Show Their Love in Hawaii](#)

**3. Show them your family traditions.** This is for more serious relationships, but if you think your partner might become part of the family someday, a great romantic gesture would be to include them in your traditions. Bring them to the secret fishing spot your grandfather used, or take them to a special family dinner. This will show your partner that they're special enough to be included in your personal family life, and it won't go unnoticed.

**What are some ways you've shown your partner how special they**



are?

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# Dax Shepard and Kristin Bell Are Expecting a Second Child



By

Laura Seaman

Kristen Bell and her husband Dax Shepard are expecting a second child! The couple already has a daughter, Lincoln, who is almost 15 months old. "The whole family is beyond excited," a rep tells [UsMagazine.com](http://UsMagazine.com). The celebrity couple has had a positive experience with parenthood so far, with Bell saying, "I love [motherhood]! She's absolutely intoxicating." She also said of her husband Shepard, "He just talks to her all the

time and sings to her all day. It's wonderful."

## **How is raising a second child different than the first?**

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

The first time a couple has a child, it is a completely new and unique experience. Until you experience it, there's no way to really understand. But now that you have experienced it, the second child is completely different. You know much more, and yet things aren't quite the same. Here are some differences that come with raising a second child.

#### **1. You have to explain the idea of a sibling to your child.**

Maybe your first child is too young to fully understand, but to some extent you may have to talk to them about the changes that are happening. The process is different depending on age, but they should still know what it means to be getting a sibling. This includes sharing their toys, the house, and even your attention.

**Related:** [Kourtney Kardashian is Expecting a Third Child](#)

#### **2. You will be parenting two children at once.** When you were raising your first child, you were able to focus all your parenting time and energy on them. They got all of the care and attention. Now with your second child, you'll be parenting two children, and you have to learn to split that time and care between the two equally, or you could have some problems.

**Related:** [Jenna Fischer Gives Birth to Second Child Harper Marie](#)

#### **3. You know what you're doing... mostly.** No body knows the perfect way to parent, but after one child, you have a lot more knowledge than you did last time you were raising a baby. Use what you've learned during this time and it will probably be much less stressful.

What differences did you notice when you were raising your second child? Let us know in the comments!

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# Kelly Osbourne Hooking Up with Quincy Combs, Puff Daddy's Stepson



By

Shannon Seibert

Uh oh, the rumor mill is at it again. Kelly Osbourne hooking up with Quincy Combs, Puff Daddy's stepson. The pair had recently started following each other on social media, and had a moment together captured on Instagram. But Osbourne remains

her independent self and isn't officially tied down to anyone, sources told [UsMagazine.com](http://UsMagazine.com).

## How do you keep a casual relationship on the down-low?

### Cupid's Advice:

Sometimes when a relationship is new it is best to keep things casual until you figure out whether or not it has the potential to go beyond. Hooking up can be great if they are done correctly. They allow a couple time to figure things out with no major public losses if things go south. We've pulled some tips to help keep your casual relationship, well, casual.

**1. Stay away from social media:** In a world that is so technology obsessed, posting your relationship on any social media will lead to questions. *Who is this guy? Where did you meet him? Why haven't you said anything to us about him?* If your man is constantly in your snap story, or on your Facebook timeline, people are bound to talk. Just lay low for a while and then slowly branch out when you feel it's time to let everyone else in the loop.

**Related:** ["You & A" Music Host Clare Galterio on Dating: "Give Everyone a Chance."](#)

**2. Go on more private dates:** When trying to get to know a person it can be hard to see what they're really about when you have multiple distractions. Stick to more intimate style, or one on one type dates when you're still exploring your feelings together. This way you'll be able to ask questions, exchange stories and discuss certain topics that you may not have been able to in a group setting or out in a busy place.

**Related:** [Justin Bieber and Selena Gomez Are 'Full-On Back Together' Again](#)

**3. Refrain from spending too much time together:** With a new relationships, every 'first' moment is extremely exciting, but



you don't want to get too anxious and over-invested before things really hit it off. Spending a lot of time together can overwhelm a person. By jumping into things too quickly you start searching for emotions that may not even be there yet. Play it cool and just stick to seeing each other a couple times a week instead of every day.

**How do you down play your casual relationship? Share with us in the comments below!**

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## 10 On-Screen to Off-Screen Romances







Channing Tatum and Jenna Dewan-Tatum

Since their fairytale began on the set of 'Step Up' in 2006, the couple has given everyone hope for a chance of true love. The way they dance together and act together is enough to make your heart melt. The gorgeous pair is now happily married with a beautiful daughter named Everly. Photo: Andrew Evans / PR Photos

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**Just Friends – Is Jennifer Lopez Dating Maks**

# Chmerkovskiy?



By

Shannon Seibert

Even though they have publicly denied dating, the tension between Jennifer Lopez and Maks Chmerkovskiy is absolutely sizzling. Apparently the *Dancing with the Stars* pro, 34, attended Jennifer Lopez's show at Foxwoods Resort Casino in Connecticut on Saturday, June 21. Lopez, 44, and Chmerkovskiy then went and danced all night at Shrine Nightclub, creating quite the flirty scene for onlookers. Sources say that the two remained close to each other all night and the pair even held hands and talked before sharing a long hug and saying goodbye, according to [UsMagazine.com](http://UsMagazine.com).

**How do you decide when to go public with your new relationship?**

## **Cupid's Advice:**

Okay, so you've been keeping things casual for the time being, but how are you supposed to know when the right moment is to take things to the next level? Dating is a complicated game and you have to play your cards right or else things could not end in your favor. You don't want to get andy or jump into things too quickly, so take a step back and think for a moment. We've picked out three major signs that you can use to interpret whether or not your relationship is ready to go public:

**1. You are publicly showing affection for one another:** If you're at the point of holding hands and kissing in public without second thought, you're probably heading in the right direction. If he isn't shy about wrapping his arm around you as you stroll into a local restaurant, he won't shy away from calling you his girlfriend.

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

**2. You consider it weird not to hear from one another all day:** In a new relationship everything is about testing the waters and this includes limiting communication. You don't want to come off too strong or get overly invested while you're still in the trial stage. So when you're at the point in your relationship when you are messaging back and forth all day, talking on the phone, or hanging out every other day, you're prime and ready to take things public.

**Related:** [Date Idea: Look For a Sign](#)

**3. You've met his parents:** This is a huge and critical step in moving forward in your relationship. If you have met the man and woman who has instilled his values, then he definitely treasures you in his life. This is a privilege given to few and taken for granted by many. If his parents like you, they will serve as your advocate and can help you and your man

connect on an even deeper level.

How did you know when it was time to move things forward? Tell us your story in the comments 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. Milan 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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## Reunited Exes Justin Bieber and Selena Gomez Attend Bible Study





By

Sanetra Richards

A couple that prays together stays together, right? According to [UsMagazine.com](http://UsMagazine.com), Jelena were spotted attending a bible study session in L.A. on Wednesday, June 18th. An insider also revealed the the on-and-off-again pair were not hiding their affection either: "They were very lovey-dovey and cute," says a source of the couple who "came and left together with a few friends." The source went on to say the 20-year-old singer and 21-year-old singer/actress "sat next to each other and listened to [Pastor Judah Smith]'s sermon." The pair were very "smitten with each other." Bieber posted a photo on Instagram from Smith's Wednesday evening's teachings. The caption stated, "Bible study with Judah Smith." "He looks so happy and at peace," the source says, while Gomez appeared to be just as calm and composed. The two also seek advice from Smith frequently. Gomez posted an Instagram on Easter Sunday from Smith's church: "He is risen, @judahsmith just thank you." Bieber was introduced to the pastor back in 2010 when he, along with his mom, Pattie Mallette, attended one of Smith's sermons. Smith told *Us* in January that Bieber is "pretty sensational" and "serious about his faith."

## What are some ways to bond with your partner over your beliefs?

### Cupid's Advice:

Being connected with your partner spiritually can be one of the best qualities of your relationship. It also adds to what you both have in common. Cupid has a few ways to bond with your partner over your beliefs:

**1. Another connection:** As you develop a bond with your partner over your beliefs, you will begin to see each other in a totally different light. You will start to understand their thought process more, what gets them going, and what they are truly passionate about.

**Related:** [Justin Bieber and Selena Gomez Are 'Full-On Back Together' Again](#)

**2. Worship together:** No more going to sermons or bible study alone. You now have someone by your side who is willing to join you on your spiritual journey.

**Related:** [Justin Bieber Dedicates Song to 'My Baby' Selena Gomez at SXSW Show](#)

**3. Open discussions:** Talking about your beliefs is another pro of having a partner who is on the same page as you. The conversations will evolve as you both are progressing towards a deeper faith.

**How do you bond with your partner over your beliefs? Share your thoughts below.**

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# George Clooney's Aunt Says Brad Pitt Will Be Best Man at Wedding



By

Sanetra Richards

And may the best man win! According to [UsMagazine.com](http://UsMagazine.com) (and Aunt Staria), George Clooney is in preparation for his big day with fiancé Amal Alamuddin and is considering Brad Pitt to be standing by his side. Staria, who is married to George's uncle Joe Clooney, revealed to the *Daily Mail* that she believes her nephew will choose no one other than the handsome A-list actor as his best man. "I would say he'd choose Brad Pitt for his best man," Staria said. "They are good friends, I would think that's who he'd choose." She also dished on where the wedding could possibly be . . . Italy! The

former bachelor has a home in there in Lake Como. When it comes to where the wedding will be, Clooney's aunt went on to hint at Italy; the Oscar winner keeps a home there in Lake Como: "I do know that Nick and Nina [George's parents] are planning a trip over to Italy in the next week or so to, I guess, scope out some stuff," she said. Staria, who is an Ohio non-denominational minister went on to say she would be pleased to officiate the couple's nuptials and would say yes in a "heartbeat." Clooney asked for the lawyer's hand in marriage back in April. An insider told *Us*, "This is the healthiest relationship I've ever seen George in ... he seems incredibly happy."

**How do you select your wedding party without hurting your friends' feelings?**

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

Planning a wedding is similar to making a life changing decision. You are constantly changing your mind, plus you want everything to be perfect – and on top of all of this, you have to deal with the opinions/suggestions of everyone else! In the midst of planning, comes the time when you must choose who is going to be in the wedding party . . . the icing on top of the cake! Cupid has some tips to ease the stress and tension when deciding:

**1. Sticking to a certain size:** Selecting a wedding party when you are basically a social butterfly, is similar to a life or death decision. Inform your friends, preferably one-on-one, that you are aiming for a specific number of bridesmaids or groomsmen. Let them know it is nothing personal against them or any favoritism, but you do not want to go over the limit you and your partner have agreed on.

**Related:** [Screwing the Rules Video Dating Tips: George Clooney is Engaged! Why He Chose Her](#)



**2. Budget:** Having a large wedding party can be costly. If you are trying to achieve a money-friendly wedding, then the goal is to have as little people in the party as possible – inform them of this. Be wise when financially planning, although you may be tempted to have all ten of your BFFs standing beside you on the special day.

**Related:** [George Clooney's Family Is 'Thrilled' About Engagement to Amal Alamuddin](#)

**3. Include them in other things:** Just because they will not be walking down the aisle prior to your entrance does not mean they cannot have a role in the most important moment of your life. Ask if they would like to be included in other various tasks, such as being ushers or greeters. It's worth a shot!

**What are some ways to choose your wedding party without upsetting your friends? Share your thoughts below.**

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# Kim Kardashian Says She and Kanye West Will 'Always Be in the Honeymoon Phase'





By

Sanetra Richards

The flame will never die! Newlyweds Kim Kardashian and Kanye West are on cloud nine and are not coming down anytime soon. According to [UsMagazine.com](http://UsMagazine.com), the 33-year-old reality star had hearts in her eyes as she attended the *MailOnline* yacht party at the Cannes Lions Festival on Wednesday, June 18th: “I feel as though we’ll always be in the honeymoon period,” she told *MailOnline*. “I try to treat him like it’s his birthday every single day. I think we’ll always be like that.” Despite their frequent long distance trips, Mrs. West credited talking constantly as their tool to remaining a happy couple. “We always try to make life as fun and enjoyable as possible,” she continued. “We do travel, and work really hard, when we’re together – and even when we’re apart, we’re always on the phone 24/7 – just trying to make that time as memorable as possible.”

**What are some ways to keep the spark alive in your relationship?**

**Cupid’s Advice:**

Losing that feeling you once had when you looked at your partner? Of course after being together for x amount of time, things begin to change. However, this does not mean they have to change for the worse. In fact, your relationship should be getting better over time. The butterflies should not fly away and that cheesy smile should not turn into a frown. But how do you exactly keep it all of this going when you have been with someone for so long? Cupid has some tips to help keep your relationship flame well-lit:

**1. Reenact the first date:** Remember that exciting moment when you were about to go on your first date with your significant other? You probably could not stop grinning and gushing about it afterwards. Well, you now have an opportunity to have that special day/night all over again! Turn one of your now regular dates into the moment you both really met.

**Related:** [Kim Kardashian and Kanye West Have a 'Fun and Busy' Wedding](#)

**2. Have goofy conversations:** No matter how much your partner may think they know about you (and vice versa), there is always something slightly embarrassing or funny that they do not know. Have a night of sharing silly stories and secrets. Maybe tell them about the time you actually ate a mud pie (for example, of course).

**Related:** [Find Out How Kanye West Proposed to Kim Kardashian](#)

**3. Be cool:** You are probably wondering what that exactly means. It means . . . do not be the fun police. If your partner wants to watch their all-time favorite movie with you, go along with it. If they want to go to a sporting event with you, go along with it. Although the words may not verbally come out, the message is clear as day – he or she wants to spend time with you, no matter what the activity may be. Remember, just go along with it!

**How do you keep the spark in your relationship going? Share**

your thoughts below.

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# Olivia Wilde Discusses the Pros and Cons of Parenthood



By

Sanetra Richards

The cuteness is never-ending! According to [UsMagazine.com](http://UsMagazine.com), new mom Olivia Wilde was all smiles while telling *UsWeekly* about fiancé Jason Sudeikis and their baby boy, Otis, while at the Cinema Society & Revlon Host a Screening of *Third Person* event in the Big Apple on Tuesday, June 17th. "It's such a joy to watch them laughing and smiling together. It's the best feeling in the world," said the 30-year-old actress about

parenthood. “I look forward to when Jason can start reading to Otis because then, the best thing ever, is when your dad is reading to you and does all the characters from the books.” “That was my favorite,” she gushed. “My dad would do all the characters from the Roald Dahl books and I thought he was a genius! And so I really can’t wait for that moment with Jason and Otis.” The couple welcomed their son in April and have enjoyed every moment of parenthood since – although Olivia’s first national mommy holiday was absolutely horrendous, as she spent it in Central Park: “I had this image of Central Park being completely empty, just rolling meadows, one person a mile away flying a kite, some balloons. So [Sudeikis] says, ‘Yeah, we can do that,’” she told *Late Show’s* David Letterman on Tuesday. “So we go up there and it’s hell. It’s more packed. Everybody in the world is in Central Park that day. It also happened to be Japan Day, which it turns out is a huge deal in New York City.” She continued, “I had the image of the picnic and everything would be so lovely. There would be flowers and the baby would be cooing and I would be the glorious mother. Instead – we were sweating, and angry and hungry. Everyone had to pee. I finally just dropped to the ground on a patch of dirt, like in between two ugly roads, and then just ripped off the diaper of the kid to change him and he just pooped everywhere. Like a torrent, a flood!”

**What are some ways having a child can improve your relationship?**

### **Cupid’s Advice:**

Although parenthood comes along with many tasks and challenges on a daily basis, the rewards are much greater. When two people decide to have a child together, every single thing changes ... and it could be for better or worse. Cupid has a few ways on how the pros can definitely outweigh the cons:

**1. Two become one:** The both of you created one tiny human that



you will be responsible for forever (or in some cases, until they are 18). If there was never a time where working as team was a number one priority, the time is now. You will spend hours, days, and years learning the ins and outs of parenting together. Also, you will learn even more about each other, such as, beliefs, morals, and in depth behavior. You will reach heights in your relationship that you may have thought were never possible – and it's all because of that tiny human you nurture together, as a couple.

**Related:** [Olivia Wilde and Jason Sudeikis Enjoy Romantic Weekend in Boston](#)

**2. More communication:** Often times, long conversations come attached to the parenting tag. Talks about what the future will hold are inevitable. You and your significant other may begin to question the next step in your relationship, whether that is marriage or continuing to add to your family. Plus, you will be talking about rotating shifts quite often: who is staying up with the baby, who is changing the diaper, etc.

**Related:** [Olivia Wilde Shows Off Baby Bump at Golden Globes](#)

**3. A deeper connection:** After the baby is born, you are now connected to your partner for eternity (a little exaggeration). You form a partnership as parents and as significant others.

**How can having a child improve a relationship? Share your thoughts below.**

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# Tim McGraw Credits Faith Hill for Helping Him Quit Alcohol



By

Sanetra Richards

Tim McGraw hasn't had a drop of alcohol in seven years. According to [UsMagazine.com](http://UsMagazine.com), the country star revealed his battle with alcoholism in Men's Health July/August issue, pointing to his wife of 17 years, Faith Hill, as the person to get him back on track. "When your wife tells you it's gone too far, that's a big wake-up call," said McGraw. "That, and realizing you're gonna lose everything you have. Not monetarily, not career-wise, but family-wise," he added. "It got to the point where my kids were getting older, and it was way past the point that they noticed it. And I noticed that they noticed." Fortunately, the 47-year-old has been able to turn it all around since, but also credits his mother,

Elizabeth Ann D'Agostino, for speaking on it before he married Hill. "Early in my career – I think I was 19 – I was so shy that to even get up onstage in a club, I'd need a few drinks," McGraw shared. "I remember my mom tellin' me, 'Y'know, if you don't get up there a couple of times without doing that, it's gonna be a problem.'" "I drank too much," he continued. "I partied too much. And did other things too much. Chemically. No needles or that kind of stuff, but...use your imagination." Although McGraw is sober, he still reminds himself of what his life could have resulted in. "Keith Whitley taught me how demons can overtake you if you let 'em. And I was headed down that path," he said, referring to the late country singer (who died of alcohol poisoning). "You feel like you're supposed to be 'on' all the time. Then you drink and get onstage, and all of a sudden you feel confident and powerful. It becomes a habit. Up until seven years ago, there were not a lot of shows that I didn't have something in my system."

**How do you approach helping an alcohol or substance abusive partner?**

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

The mood swings, breakdowns, depression episodes ... you deal with it all when you are involved with an alcohol abuser. At times you may even feel helpless. Every road you attempt to take is always a dead end. Cupid has some tips to (possibly) successfully help your partner along the way:

**1. Realization:** The sooner you realize you cannot change your partner, the better. Although it is beyond difficult watching them result to substance(s) as a coping mechanism, you have to allow them to want to change on their own. A motivation and desire must come from within before this step is taken. Typically, when an individual is addicted to drugs or alcohol, they are quite hesitant and stubborn about giving it up. With that being said, it will take time. As long as you have

patience and continue to encourage treatment, the time will come.

**Related:** [Tim McGraw and Faith Hill Deny Divorce Rumors](#)

**2. Pay attention to yourself:** Do not ever put yourself in harm's way. If your partner is reacting violently to your advice or to anything you say/do, it is best to leave. Never jeopardize your safety just because you think guilt may come along. Another way to ensure you are taking full care of yourself is to confirm you are stable enough to be attentive to an alcohol abuser. Can you mentally, physically, and emotionally handle it? These are a few questions to keep in mind.

**Related:** [How to Help Your Partner Through A Crisis](#)

**3. Be informed:** If you choose to remain by their side during this tough time, know exactly what all you could be facing. Take the time out to research on what the addiction entails. If your partner has agreed to sobering up, do not be opposed to attending AA meetings with him or her. Not only will you learn more about the disease, but you will also be their support system throughout the journey.

**What are some ways to approach a substance abusive partner? Share your thoughts below.**