

Rumor: Are Tiger Woods and Lindsey Vonn Dating?



By Meghan Fitzgerald

Has Tiger Woods fallen into a relationship with Olympic skier, Lindsey Vonn? UsMagazine.com reports that the 37-year old golfer has been dating Vonn since November. According to HollywoodLife, the infamous lady's man took a romantic trip to Antigua with the beloved skier. A source told *Star* that Woods is pulling out all the stops on Vonn, and that they talk on the phone constantly. Is Woods finally settling down again to find love?

How do you balance a demanding career and your relationship?

Cupid's Advice:

Believe it or not, it is possible to balance a career you spend the entirety of your time on, and a relationship. Here are some ways you can manage both:

1. Communication: To make a demanding career and relationship work, you will need an immense amount of communication. It doesn't matter if you are the only one with the demanding career, it will affect both of you the same way. Make sure you express your plans, and your feelings up front to your love. To make the relationship work, it is essential to fill your partner in on all of your upcoming events, and also how plans could go awry.

2. Schedule time: It is so much easier to make a relationship work with a demanding career if you specifically schedule dates, hang outs, and alone time. Of course, you most likely want to spontaneously see your partner however, this may not always work with a stressing career. To make sure you two get to spend love-dove time together, schedule it! Write it down, put it in your phone, scribble it down on your calender. As long as you two make time to see each other, your relationship should move uphill!

3. Flexibility: Plans might come up where you have to cancel your plans with your partner. Although you may want to continue on with your plans, the whole demanding career aspect of your lives will break those ideas. You and your partner have to both realize that these situations will occur. It is inevitable that your demanding career will get in the way of some of your plans. As long as you two realize that you will have to be flexible in the future, you can make it work!

Have you balanced a demanding career and relationship before? Share your experience below.

New Couple: Shailene Woodley Makes Out with Co-Star Shiloh Fernandez at Sundance



By Andrea Surujnauth

Shailene Woodley got cozy with her *White Bird in a Blizzard* costar Shiloh Fernandez during the Sundance Film Festival in Utah. A source told UsMagazine.com, "They danced until 2 a.m. and ended up making out at the end of the night." Woodley and Fernandez play each other's love interest in *White Bird in a Blizzard* and apparently that rings true both on screen and off. In between the sweet smooches, Woodley was also

promoting another movie called *Spectacular Now* with costars Brie Larson and Miles Teller. Woodley is on a role this year, she also has two more movies that she will be starring in. *The Amazing Spiderman 2*, where she will be playing the role of Mary Jane Watson, along with her fourth movie which will be a thriller called *Divergent*. We wish Shailene Woodley all the best with her numerous upcoming movies and her new love interest.

How do you know when to go public with your relationship?

Cupid's Advice:

How do you know when it is an appropriate time to introduce your new love interest to the friends and family? Is it too soon to let the public know about your new beau? Cupid is here to help you figure out what your next move should be:

1. Make sure you are both on the same page: Figure out titles before going public. Be sure that your sweetheart is planning to stick around before making anything public. You don't want to have to face the awkward "oh we're not together anymore" after only a month of spreading the news. Unfortunately this means that you will have to have the "where do we stand" talk. If you feel it is too soon for that talk then it is too soon to go public.

2. Make sure the relationship is stable enough: Making things public will definitely add more pressure to your relationship. Make sure you are both ready for the pressures and are secure enough together to handle it.

3. Listen to your true feelings: If you do not feel ready to make your relationship public, or if you feel like you're having second thoughts, then do not go through with it. This could be because you do not see yourself in a long term relationship with this person. They may just be a fling or a friend or maybe you just need more time. Make sure you are

100% sure that you see yourself in a relationship with the other person before letting everyone know about it.

How do you know when the time is right to make your relationship public? Comment below and let us know!

Liberty Ross Files for Divorce from Rupert Sanders: Find Out What Went Wrong



By Andrea Surujnauth

Liberty Ross has filed for divorce from her husband of 10 years, Rupert Sanders. According to UsMagazine.com, Ross has been unhappy for a long time, even before Sanders' scandal with actress Kristen Stewart. In July of 2012, Sanders was caught kissing Stewart who was the working with him on the film *Snow White and The Huntsman*. Ross apparently tried to work things out with Sanders but eventually gave up and filed for the divorce in January. A source said that Ross was unhappy about having to move from England to the United States, but she did it for her husband. She also had a hard time being a housewife and having a husband who was never home. Ross admitted to *YOU Magazine* in July 2012 that she felt isolated. After finding out about Sander's inappropriate behavior, Ross wanted to make it work for their children, but came to realize that she just could not get over being betrayed by her husband.

What are some ways to trust your partner again after they cheat?

Cupid's Advice:

It can be difficult to trust someone after they betray you, but sometimes you feel the need to do it for reasons such as children. Cupid has some tips:

1. Communication is key: Tell your partner how their affair made you feel but also listen to why they cheated in the first place. Sometimes people cheat because they feel that something was wrong with their relationship. Listen to what they say but do not blame yourself for their actions, they chose to cheat. Figure out what needs to be improved in your relationship and fix it. This is a chance to communicate about what each of you can do to make the other happier.

2. Keep the past in the past: Once you decide to move past the affair and continue your relationship with your partner, do not bring the affair up in future arguments. This will only

cause the arguments to escalate and neither of you will ever be able to move past it. You decided to forgive your partner therefore you chose to move past it, this means keeping it in the past.

3. Trust takes time: Rome was not built in a day and neither will your trust for your partner. It will take time for you to regain trust in your significant other. You will feel stressed and you will think about the affair often, but time will heal the wounds.

How would you go about regaining trust for your partner if they cheated? Comment below and let us know!

Ashley Judd and Dario Franchitti End Their Marriage





By Andrea Surujnauth

Actress Ashley Judd and her husband Dario Franchitti have decided to call it quits after being married for 11 years. The couple tied the knot in December 2001 after being engaged for 2 years.. Franchitti, who is a three-time Indianapolis 500 winner, made a statement with Judd to [People](#), "We have mutually decided to end our marriage. We'll always be family and continue to cherish our relationship based on the special love, integrity, and respect we have always enjoyed." Judd and Franchitti do not have any children together, but they still choose to remain friends. Judd posted a tweet after news of the divorce hit headlines stating, "Family forever. @dariofranchitti." Dario Franchitti replied back with "@ashleyjudd family forever."

How do you know when to give up on your marriage?

Cupid's Advice:

It is difficult to say good-bye to your significant other, especially if you have been married for a long time. You might

feel as though you are unsure whether it is time to walk away from the marriage or if your problems can still be fixed. Cupid is here to help you decide whether the relationship has hope or if you should just run to the nearest exit:

1. Loss of respect: Respect is an important factor in any relationship. If you feel that you have lost respect for your significant other, or if they lost respect for you, then it is probably time to call it quits. Respect is the basis of a friendship, relationship, and marriage. Loss of it can cause everything to tumble down. You shouldn't be with someone who doesn't respect you or who you don't respect.

2. Never-ending fights: Fights happen in every relationship, they can actually make relationships stronger. However, if you and your significant other have huge blow-outs over the smallest, most trivial matters then that is a problem. Fighting over and over all day about issues that don't even matter is a big flashing sign that could be pointing to the end of the relationship.

3. No more attraction: If you find that you are no longer attracted to your partner or vice versa, you may have a major problem. This can unfortunately lead to you or your partner looking for that missing attraction with someone else.

How would you know that it was time to end your marriage? Comment below and let us know!

Kristen Stewart's Ex-Beau

Michael Angarano Is Engaged



By Meghan Fitzgerald

Michael Angarano has settled down with new costar, Juno Temple. Kristen Stewart's ex-boyfriend before Robert Pattinson met Temple on the set of *Brass Teapot*. A source from UsMagazine.com reported that the love doves instantly fell for each other. Angarano is no longer hooked on the infamous Stewart, and he is more than happy with Temple. PerezHilton.com states that Angarano is very serious about Temple.

How do you show happiness for your ex when he/she moves on?

Cupid's Advice:

No matter how clean cut the breakup might have been, showing

happiness for your ex is challenging. After countless nights of crying to your closest friends and eating every type of Ben & Jerry's ice cream available, you want to move on. Even if you want to move on, it is hard to see your ex move on. Here are some ways to help moving on:

1. Double date: Double dating is always a lot fun! Even if you are sitting across from your ex, you will enjoy the time. Your ex will know how happy you are for them since you're out to dinner with another person!

2. Give advice: One of the best ways to show your ex that you have moved on is to help them with their current fling. Your ex will appreciate your guidance and assistance. Also, they will notice that you are happy for them since you are comfortable talking about their new partner.

3. Get a haircut: Although this may not seem like an important thing to do after a breakup, trimming some hair and vamping up your wardrobe will do tons. Your ex will notice a new, and better you. A person who is no longer moping, or constantly in sweatpants. Your ex will instantly notice that you are happy for their move and appreciate it.

Have you shown happiness for your ex? Explain how below.

Shakira Welcomes a Baby Boy





By [Nic Baird](#)

Shakira and Gerard Piqué announced the [birth of their son](#) Milan Piqué Mebarak, Jan. 22, on [Shakira's website](#), reports [People](#). The post explained the name Milan (pronounced MEE-lahn) means dear, loving, gracious, and eager. The [newborn](#) weighed 6 lbs., 6 oz, and the hospital reports both mother and child are in excellent health. "I'd like to ask you all to accompany me in your prayers on this very important day of my life," Shakira tweeted earlier in the day.

What are some ways to choose a meaningful baby name with your partner?

Cupid's Advice:

You don't need a line from Shakespeare to realize your child will be able to live with whatever name you throw their way. You and your [partner](#) should decide together on a name. The process of naming your baby is emotional, and deserves all the significance you give it:

1. Name books: Even if just for inspiration, or to explore the

different cultural options, name books can be a helpful way to get started. It's a helpful way to remind yourself of promising name choices that might have slipped your mind. Discuss the ones you like with your significant other.

2. Traditional choices: Consider naming your [child](#) after a member of your family. It can be a meaningful way to symbolize the unity and [love](#) you all share. It can also be traditional to give your baby a name with religious significance. Just make sure it speaks to you and your partner personally.

3. Mutual enthusiasm: While most every name has some significance, meaning, or at least a history, you and your partner should pick a name you both enjoy above all else. Give every suggestion some thought, but don't make any hasty suggestions. If you both find ones that feels right, then that's good enough.

What are some ways to choose a baby name? Share your comments below!

Top Most Romantic Celebrities





By [Nic Baird](#)

When Hollywood [sex](#) symbol Marilyn Monroe died she had only been married to Joe Dimaggio for nine months. Despite a tragically short romance, the baseball legend put in a standing order for long-stemmed roses to be delivered to Monroe's grave three times a week for the next 20 years. The flame of [romance](#) continues to burn among the celebrity twosomes nowadays. On-screen or off, many stars continue to enthrall us with gestures of love. Over 24 million of us tuned in to watch Will and Kate's first kiss as prince and princess. There's still passion in the hearts of the rich and famous. Sometimes it makes our eyes water, and sometimes it's so cheesy we want to throw up, but we're definitely interested:

Related: [Get Back In the Dating Game This New Year](#)

1. Harry Styles: Styles sings about his "Last First Kiss" as a member of the boy-band One Direction. But is he as passionate out of the studio? "My mum tells me I'm a romantic because if she has a bad day at work, I run a bath for her when she gets

home and cook dinner, " he said. Besides his mom's testimony, Styles gets credit for dating hopeless romantic and songstress Taylor Swift. This year, for Swift's 23rd birthday, Styles bought 23 custom cupcakes including ones filled with candy floss and a mint liqueur center. A source told [Radar Online](#): "Once he likes a girl, he's all in. He's very romantic, long emails, surprise gifts, meticulously planned [dates](#)." Styles and his (now former) country music starlet will both be touring this year.

2. Katy Perry: The singer's romantic side came out during her past [marriage](#) to Russell Brand. The two were known for casual strolls and bike rides together. Katy Perry even bought her comedian husband a lilac-colored Bentley for Valentine's Day. Perry started introducing singer John Mayer as her "boyfriend" recently, and the courtship has been an exciting [romance](#). Cute moments like when they coordinate outfits and Halloween costumes show a playful side to Perry's affections. She puts herself into the dates, like when she took Mayer to visit her hometown of Santa Barbara last month for a romantic tour of The Old Mission. Perry's a fool for love, or maybe just a sucker for romance.

3. Nicolas Cage: Before he was known to "kick-ass" portraying various superheroes, this veteran actor was all about the romance in classics like *Moonstruck*, *City of Angels*, and *It Could Happen To You*. He unsuccessfully [proposed](#) to actress Patricia Arquette shortly after meeting her. He was turned down, but was given a chance to prove his [love](#) with a list of impossible tasks, like finding a non-existent black orchid. But when Cage returned with reclusive author J. D. Salinger's autograph, Arquette gave him a second look. Since 2004, Cage has been married to Alice Kim. He did the impossible again when he convinced the tribal council of the Havasupai Indian reservation in the Grand Canyon to allow the actor to shoot scenes for *Next* on the canyon floor, which is the same place where Cage and Kim had their first [date](#). Nostalgia and romance

are two things Cage can't resist.

What romantic gestures have blown you away? Post your favorites below.

Elton John Welcomes a Baby Boy



By Meghan Fitzgerald

Zachary Jackson Levon, Elton John and David Furnish's first child welcomed a beautiful baby brother on January 11 via a surrogate in Los Angeles, reports [People](#). Weighing in at 8lbs,

4 oz, the loving couple is more than thrilled to have two beautiful and healthy children. In June of the past year, John discussed with the Guardian about wanting to have another child. John went to discuss how he wanted his children to have a sibling, mostly due to his childhood parented by unhappy parents. He says, "I think it's difficult to be an only child, and to be an only child of someone famous. I want him to have a sibling so he has someone to be with."

What are some ways to announce the birth of your child to your family and friends?

Cupid's Advice:

After the excruciating labor you just sat through, you may have to go through some more pain ... telling your family and friends about your new baby. All exaggeration put aside, the news of your child is waiting to escape out of your mouth and inform the entire world. Typically, new mothers are ecstatic to get the word out about their new child. Here are some ways to do it:

1. We welcome...postcards: Who doesn't find joy when they receive a beautifully crafted postcard welcoming a baby girl or boy into this world? These postcards are a relatively easy and fun way to introduce your child to your family and friends. Not only are these postcards adorable however, they will be hung up on the fridge so others can see and you can thoroughly get the word out.

2. Christenings/religious ceremonies: Getting the family together is never a problem when there is a new addition to the family; a small, gentle, nuzzling, and angelic child. Having your family and friends around allows your panic levels to subdue for which, you have the most important people in your life by your side.

3: Facebook: Expressing news on social media may not be your

cup of tea, which is understood due to it not being entirely personal. Although, it may not be ideal for all new mothers out there however, everyone and their grandmas are on Facebook these days. You can take a photo shoot with your child, post an adorable picture of your new child and the family, post a quirky caption and enjoy the outcome. You will receive praise and joy from the child you are welcoming in to the world. Also, all the experienced, older mothers will send their wisdom and much needed tips for becoming a new mother.

Any advice for spreading the news about your baby? Explain your thoughts below.

Britney Spears and Jason Trawick Call Off Their Engagement





By Michelle Danzig

In a mutual agreement Friday, Britney Spears and fiancé Jason Trawick called off their engagement. According to [People](#), it's been only a year since Trawick, 41, proposed in Las Vegas. A source told *People* that the two decided to split because of different relationship goals. Spears, 31, who began dating the actor in 2009, reportedly was upset by his constant desire to have his own life outside of their relationship. Sources also say that Spears and Trawick didn't see eye-to-eye about continuing a family as well. The pop singer and former *X-Factor* judge currently has two sons, Sean, 7, and Jayden, 6. Although Jason loves her boys, he wasn't in a place to have his own family. In addition to ending their four-year relationship, Trawick also resigned as Spears' co-conservator over her person, which gave him authority to make decisions about her general well-being. Her father, Jamie Spears, is her primary conservator. Despite the heartbreak, Spears desires to return to her original passion: music.

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

Cupid's Advice:

Ending a long-term relationship can be difficult. As the years go by, it is hard not to become comfortable and immersed into life with a significant other. Sometimes, however, the relationship just doesn't work. But, how can you tell? It is definitely hard to pinpoint the reasons and spot the signs that it is time to end your relationship. To make the breakup a little easier, here are some basic red flags that it's time to call it quits:

1. Disconnection, isolation and avoidance: You may find that you and your long-term sweetie have drifted apart. Maybe he is going out with his friends more often or you start doing a former group activity, by yourself. If you and/or your partner is isolating themselves from the other—and this goes double if he/she is straight up avoiding you—it may be time to step back and see it for what it really is.

2. Lack of intimacy: If you and your partner can't remember the last time you couldn't keep your hands off each other, chances are that intimacy has flown the coop. Think about the last time you passionately kissed or had a romantic night together, if it is difficult to pinpoint or the idea of it just doesn't seem appealing, it may be time to end your partnership.

3. Difference in wants or needs: This is usually the hardest obstacle to overcome. If you find that you and your boyfriend/girlfriend's options, views, and wants have shied away from each other, then it's safe to say that you no longer want the same things. In the beginning, the wants and needs may have been mutual, but people change and so does your relationship.

How did you know it was time to end your relationship? Tell us your story below!

Jennie Garth Steps Out With a New Man



By Michelle Danzig

After ending her 11-year marriage with *Twilight* actor Peter Facinelli, Jennie Garth seems to have found a new man. According to [People](#), the former *Beverly Hills, 90210* star—who most recently shed 30 pounds—has been dating musician Jeremy Salken, 31, since October. Garth and the Big Gigantic drummer looked cozy in pictures posted on New Year's Eve via Instagram. After suffering several breakups since her split from Facinelli, Garth, 40, is happy to have found someone with positive energy. Her ex has been recently dating

Loosies actress Jaimie Alexander. Although Garth says that her and Peter are happy, she recently said that she yearns for a time when the split won't sting.

How do you know when it's time to move on after a divorce?

Cupid's Advice:

Even if it is a clean, mutual split, no divorce is easy. Not only is the process difficult and stressful, the recovery period can be even harder. After experiencing this major life change, it may be difficult to even think about starting to dating. Maybe you haven't dated in years and the whole online dating thing sparks your nerves. Maybe the divorce was messy and you just aren't emotionally ready for someone else. Whatever the case, there are plenty of ways to determine if you are ready to move on:

1. You don't think about your ex anymore: You may find over time that you move from thinking about your ex every hour, to every day, to every week. Slowly, you discover that negative thoughts surrounding your ex and your divorce no longer consume your thoughts. This is a major sign that your heart and mind are opening up to the idea of meeting someone new.

2. You have an excellent sense of self: A marriage or long-term relationship can cause both partners to lose sight of who they are as an individual. After spending so much time as a couple, it may take some time to figure out who you are again. If you have established a happy and successful single life after a divorce, and you truly believe you are content with who you are as an individual, you are ready to open up to new people. Who knows, after discovering who you truly are, like Jennie Garth, you may find that you want someone or something completely different.

3. You have the time: It may be hard to recall, but dating is extremely time and mind-consuming. It is extremely rare to

find someone after going on one date, so anticipate needing some time to devote to the process. Although online dating is extremely convenient, creating a profile and sorting through multiple matches can be time-consuming. Who you begin a relationship with and incorporate into your life is an important thing, make sure you take the time to do it right.

How did you know you were ready to move on after your divorce? Share below.

Olivia Wilde and Jason Sudeikis Are Engaged



By Michelle Danzig

Shortly after their one-year anniversary and the holidays, *Saturday Night Live* comedian Jason Sudeikis proposed to girlfriend Olivia Wilde, according to [People](#). The two, who began dating back in November of 2011, have been living together since last year. Seen everywhere from Kansas, to Texas and even Rome, the couple is very happy and very excited, according to a source. A wedding date has not yet been announced. In addition to *The Incredible Burt Wonderstone* in March, Wilde, 28, will also appear in Ron Howard's *Rush*, out in September. In May, Sudeikis, 37, will be featured in the animated film, *Epic*, and *We're the Millers*, costarring Jennifer Aniston, which hits theaters in August.

What are some ways to plan the perfect proposal?

Cupid's Advice:

How, when and where you propose is something your partner will never forget. In addition to the pressure of the planning the perfect proposal, you also have to remember she will be telling the story countless times, to all of her friends and family. We know you want to look good! If you are clueless in the realm of romantic proposals, here are some excellent—and simple—ways to create a proposal that she will never forget:

1. Choose the perfect ring: Choosing a ring can be extremely intimidating—and expensive. Add in the pressure that she will be wearing this ring the rest of your and her life and you have a recipe for stress. There are excellent ways to find the perfect ring without giving away the surprise. Ask her friends. There is not one woman in this world that hasn't shown her favorite ring to her friends. Additionally, technology has severely favored the dating world. There is a great website called Pinterest. Women constantly Like and post pictures of rings they like. Use that for inspiration, but throw in a touch of yourself as well.

2. Be personal: Everyone gets engaged under the Rockefeller tree, at Disney World, on the beach or on Valentine's Day. You and your significant other have a relationship all your own. Why not personalize your proposal to your relationship instead. If you and your sweetie like to hike, find a quiet spot at the top of the mountain where you can pop the questions. If you enjoy walking the dog together, do it then. Personalize the proposal by fitting it into your relationship, not fitting your relationship into the proposal. It will be way more romantic and make for a great story.

3. Pay attention to her likes and dislikes: Some men try so hard to have the most outrageous, romantic and original proposal out there. However, don't lose sight of the woman on the other end. If she doesn't like sports, don't propose to her on the Jumbotron. If she hates public display of affection, don't propose to her in the middle of a crowded train station. Find what works for both of you. Start by noting all of the things she likes and dislikes. It will help you narrow down the perfect venue and timing for your proposal.

How did you propose? Share below!

Ben Affleck Says Fatherhood Has Made Him a 'Richer Person'





By Michelle Danzig

Actor and director aren't the only job descriptions on Ben Affleck's resume—he is also a father. According to UsMagazine.com, Affleck told reporters that raising his children are always his top priority. At the National Board of Review Awards Gala in New York City Jan. 8., the critically-acclaimed actor has three children: Violet, 7, Seraphina, 4, and son Samuel, 10 months. The 40-year-old director of *Argo* says the having a family is was makes you that much richer and it is wonderful to have people to share your life with. Affleck, who has been married to Jennifer Garner about eight years, also expressed his gratitude for the five Golden Globe Awards nominations that he received for *Argo*, including 'Best Score' and 'Best Picture.' Affleck told *Us Weekly* that he originally had low expectations for the movie and is thrilled with the response. The winners will be announced on Sunday.

How do you know if your beau is Daddy material?

Cupid's Advice:

When you're in a serious relationship, the baby talk is bound to come up sometime. You've seen your significant other interact with your younger cousins or siblings, but how do you really know that he would make a great father. Here are some ways that will help you know if he is Daddy material:

1. He talks about having kids and gets excited: Obviously women are hesitant to bring up the baby talk in a pre-marriage relationship. However, you may find that your man constantly brings up having kids. He may even drop little hints like suggesting names he likes or talking about what your kids would look like. This is a sure-fire sign that he is definitely up for the Daddy role.

2. He coaches a sport with small children: If you guy is, or was, an athlete at some point in his life, chances are he either coaches a little league, or is thinking about doing so in the future. Go to some of his games or practices. Observe how he interacts with the kids. If he is super involved and can't stop talking about how much he enjoys the kids he coaches, looks like he may be on the father track. He's also getting a ton of practice.

3. He is great with a friend or family member's kid: So your friends or family members start having kids. Is your guy excited to go see them? Does he immediately interact with the child the moment he gets there? Guys that are comfortable around [children](#), and interact well with them, usually sport that 'dad gene.' If you are unsure, bring him around the small children in your friends or family circle.

How do/did you know your beau would make a great dad? Share your ideas below.

Queen Elizabeth Says Prince William and Kate Middleton's Child Will Be Called 'Princess'



By Michelle Danzig

According to [People](#), Her Majesty Queen Elizabeth has issued a formal decree that Prince William and Kate Middleton's baby girl will be recognized as a princess. If the royal family followed the century-old decree by George V, the daughter born to William and Kate would don the title 'lady.' It was previously stated that only the eldest son of the eldest son of the Prince of Wales was allowed the royal title of 'prince.' Although the decision was made on New Year's Eve,

the *London Gazette* announced the declaration, stating that it applies to all future children of the couple. It partially stated the the children of William and Kate, “should have and enjoy the style, title and attribute of royal highness with the titular dignity of Prince or Princess prefixed to their Christian names or with such other titles of honour.” In addition, it follows additional, proposed changes in legislation that will omit gender discrimination in the line of succession.

What are some ways to keep your parents and/or in-laws involved in your pregnancy?

Cupid's Advice:

A baby can be an exciting milestone for not only you, but for your family, too. Like the Royal Family, while anticipating the birth of the first grandchild, you may find that your family desires to be more involved in your pregnancy than ever. Whether it is the first, middle or last child, here are some excellent ways your can keep your parents and/or in-laws involved in your pregnancy:

1. Invite them over for dinner more often: Your body is going to be changing in many ways. If you don't see your parents or in-laws as often as you would like, try to plan some more family dinners. This way, they can come over and see your body change and witness your pregnancy first hand.

2. Send pictures of the sonograms: Seeing a sonogram live is a beautiful experience. Because this is an intimate time that you and your partner share, you may not desire to break the moment by inviting family members to the doctor. Instead, ask for multiple print-outs of the sonogram photo. With today's technology, you can even get a video recording of the sonogram. Send this out to your family so that they can watch the baby develop the way you do.

3. Take them shopping with you: While you prepare for the baby's arrival, include your parents or in-laws in the process. Invite them out on a day that you need to buy supplies, have them pick out some baby clothes and let them feel involved. Who knows, you may also get some free supplies from the family as well!

How do you keep your parents/in-laws involved in your pregnancy? Share below!

Lily Allen Welcomes a Baby Girl



By Michelle Danzig

English recording artist Lily Allen has announced the birth of her second daughter, according to [People](#). The singer and her husband, Sam Cooper, who kept the pregnancy under wraps for some time, introduced Marnie Rose Cooper, born on Tuesday, January 8. Allen and Cooper tied the knot back in June 2011 in Gloucestershire, England and have a 13-month-old daughter, Ethel Mary. After months of declining to confirm the pregnancy, 27-year-old Allen appeared in November on the red carpet during the British Fashion Awards radiant and pregnant. Allen Tweeted on New Year's Eve that she wanted to end her three-year streak of pregnancy and planned on spending only a few more days pregnant. She had been sampling curries in attempts to force labor. Allen thanked fans on Thursday for their overwhelming response and well-wishes about her pregnancy.

What are some ways to prepare for a newborn baby?

Cupid's Advice:

Visiting the baby store can be exciting, but when you find yourself wander the aisles aimlessly, wondering what clothes to buy, you realize the preparing for a child can be stressful. It is more common than ever for pregnant mother's to find out the gender of their baby before he/she arrives. Although this makes the preparation process slightly easier, you may be wondering what would be the best choices. Here are some excellent ways to prepare for your newborn:

1. Somewhere to sleep: Having a safe place where the baby can sleep is extremely important. Whether you plan on a crib, a bassinet or co-sleeping, having the right supplies is important. Stock up on mattress pads, blankets and padding to protect your baby. Give it a feminine touch by choosing a bedding in pink or purple or designs with butterflies, flowers or ladybugs.

2. Plenty of changing supplies: Be sure to stock up on diapers—they run out quickly. It is important to remember that female babies are more susceptible to infection than male babies, so stock up on wipes, be sure to wipe properly, and use plenty of ointment. Diapers are sold in various colors and designs as well, so feel free to add a feminine touch as well.

3. Baby clothes: As a woman, dressing up your little baby girl can be extremely exciting and fun. In Lily Allen's case, she is expecting a second daughter only 13 months after the birth of her first. In scenarios like this, be sure to save your baby clothes. Infants grow quickly and their clothes do not. By keeping some clothes around as hand-me-downs, you will have some great, feminine items for your newborn while also saving some money.

How did you prepare for your baby girl? Share your thoughts below.

Ryan Reynolds and Blake Lively Bundle Up in NYC





By Nic Baird

During these cold winter months, acting couple Blake Lively and Ryan Reynolds bundle up as they head into New York's Nobu 57 on Monday, [People](#) reports. An onlooker describes them dressed casually. Reynolds had a knit hat, and Lively wore a "cute bright green puffer jacket" as they entered the Robert DeNiro co-owned restaurant. The pair have been married for five months.

What are some ways to make the most out of winter weather with your partner?

Cupid's Advice:

Making the most of this winter wonderland meaning finding ways to experience the magic with your significant other. There are tons of activities that appeal to couples, and at the very least, tons of fire to cozy up to with your partner.

1. Sports: There are some great winter sports to share with your partner. They range in intensity from cross-country skiing to skating at a local rink. Look for something you two

can enjoy together.

2. Recreation: It's easy to pick up a sled and head to a nearby hill. It's not too much work to whip up some hot chocolate by a fire for a date. There are tons of ways you can experience the season by just finding things to do around the snow and cold. Snow balls, snow forts, and snow angels transcend demographics.

3. Holidays: The most important part of winter, at least in regard to couples, is that there are three crucial holidays: Christmas, New Year's, and Valentine's Day. Find something special for each and you'll have fond memories of the season to share with your partner.

How do you keep the winter season exciting with your partner? Share your comments below!

Is Kim Kardashian Still Upset that Kanye West Shared Their Pregnancy News? What Their Body Language Tells Us





By Jared Sais

When Kanye West recently publicized that he and his girlfriend Kim Kardashian are expecting their first child at his concert in Atlantic City, some reports indicated that Kim wasn't thrilled with her beau's impromptu announcement. But after ringing in the New Year together and with their bundle of joy arriving in only a few months, our celebrity detective analyzed some recent photos to see if Kanye is still in the doghouse and if he will be keeping up with this Kardashian for the long haul.

Related Link: [Kim Kardashian Steps Out and Embraces Pregnancy Curves](#)

Picture #1: Holding Hands (moving clockwise from the top left)

From the time we are children, we learn that holding hands is not only a way to show comfort and unity, but it's a form of affection as well. Since we get pleasure simply from the act of touching, holding hands naturally feels right, especially when it's with those we genuinely care about. That's why I always tell students in my seminars that frequent massages are

one of the keys to a healthy relationship. In this photo, it's easy to see that Kimye are definitely feeling secure and strong in their love for each other. Kanye leads his girlfriend in the traditionally dominant position with open body language and a broad, slightly puffed out chest.

Kanye has his other hand in his pocket (usually a defense mechanism designed to shield one's self from discomfort) and is sporting a half-full smile (possible sign of preoccupation or worry). Even so, it could be nothing more than an indication that, unlike his bombastic stage persona, the rapper is still unaccustomed to having his personal life – especially his relationship – on display for all to see.

Picture #2: A Genuine Gesture of True Love

If you thought holding hands was cute, look how Kanye and Kim exchange two of the most frequently used non-verbal signs for attraction: Kanye with his arm wrapped around Kim, pulling her close, and Kim with her hand literally latching on to Kanye. This is certainly a common display of affection for Kim, who employed the same clothing grasp on her (not yet ex) husband Kris Humphries. This expression of fondness is at least consistent, if not genuine.

Kanye's left hand is still in his pocket, and he's continuing to exhibit his uneasiness with his surroundings (bizarre as it might seem for someone as brash as Kanye). Just because he is a performer doesn't mean he is immune to wanting to shy away or hide from time to time. But since celebrities don't always have that luxury, the most frequently employed non-verbal is to place your hand as close to yourself as possible in a comforting, defensive position.

It's what he is doing with his right hand that tells me that Kanye genuinely loves Kim. He embraces her with an open hand, showing that he is open to her love and is allowing himself to be a little vulnerable.

More importantly, Kim and Kanye employ two of the distinct signs of non-verbal flirtation by smiling while gazing into each other's eyes (despite him getting caught mid-blink) and tilting their bodies towards each other. As we learned in my previous article about J. Lo and Casper Smart, closeness implies closeness, and once again, these two are inseparable.

Related Link: [Pregnant Kim Kardashian and Baby Daddy Kanye West Spend NYE in Vegas](#)

Picture #3: A Perfectly Posed Photo

Despite the fact that this photo features a posed Kanye and Kim (meaning they both had time to prepare themselves), it is nonetheless revealing. A picture does say a thousand words, and in this case, the picture says adorable, as it perfectly captures their feelings for each other. Their arms and hands are interlocked, but like everything, the devil is in the details. Time to break out the trusty magnifying glass! Zoom in on their hands, and you will see that Kim's left thumb is positioned directly on Kanye's left hand in an almost-caressing manner, an obvious and revealing sign of love and affection.

Kim is absolutely glowing, and even though a Lance Bass look-a-like is giving a more natural smile in the background, it is clear that she is very much in love with Kanye, evidenced by her tilted head that is gently nuzzled into Kanye's. As for Kanye, though he is not smiling, his chin is up and his right eyebrow is raised just a bit, displaying how proud he feels about his relationship with Kim.

Conclusion

Kim is head-over-heels in love with Kanye and has definitely forgiven him for letting their pregnancy news slip. While Kanye might be in more of the lust phase now, by the time their child is born, I suspect that he 'll prove that this relationship can only be "made in America." It's a love that

will last much longer than many people expected.

Jennie Garth Says Looks Aren't Important to Her Anymore With Dating



By Nic Baird

Actress Jennie Garth is back in the dating game and says “looks aren’t important,” [People](#) reports. The 90210 alumna split from husband Peter Facinelli in March. “When I’m in excruciating pain, like with what I’ve been through with my

breakup and that grief and loss that's just immobilizing, it helps to remember that it only lasts for 13 to 15 minutes, max," she told *Health* in its January issue. What is Garth looking for now? "I like positive energy."

How do you know when you're being too picky about looks in the dating world?

Cupid's Advice:

There are a lot of fish in the sea. Some of them are weird, some of them are smelly, and some will explode from the pressure if they ever surface. If you get a bit, don't let unreasonable standards jeopardize a quality catch. These are signs you might be being too picky in the dating world:

1. You overlook qualities: If you find other people appreciating qualities about your partner you hadn't noticed, maybe you're not looking at them hard enough. Be sure you don't take any part of them for granted. Part of being happy in relationships is knowing when you have a good thing.

2. You focus on a few faults: If you're having second thoughts, make sure to ask yourself if a reasonable person would look at your date the same way. You could be nitpicking on a few detractors that you won't even notice after becoming more comfortable with this person.

3. You expect acceptance: If you're simultaneously hung up on trivial aspects of your partner and unable to appreciate their appeal, maybe they're not the right one for you. However, it could be you hold yourself to a lower standard. Especially if you're going to be shallow, there's a limit to just how shallow you can afford to be.

Have you ever been too picky when dating? Share your experiences below!

'Deception' Star Katherine LaNasa Says New Husband Grant Show Surprises Her All the Time



By Nic Baird

The golden era of soap operas didn't really end in the nineties. When TNT revitalized *Dallas* last year, it gave fans hope for a new wave of the serial dramas. Genre loyalists might have felt threatened when NBC ended *Passions* in 2007, but they've responded with an interesting mid-season

replacement this winter.

Katherine LaNasa stars as Sophia Bowers in *Deception*, which premieres tonight at 10/9c. This soap opera centers on the mystery of a famous dead socialite, Vivian Bowers, and her childhood best friend, Joanna Padget Locasto, a narcotics detective who returns to uncover the true story of her friend's death. LaNasa, who recently starred in the summer comedy *The Campaign* as a peppy and ambitious senator's wife, now plays the much more sombre and maleficent stepmother of the Bowers' family. She describes her character as dark, brooding, smart, alcoholic, tricky and slippery. "It's a fun role to play," she says.

It's the first time that LaNasa's been able to play a woman with this much weight, darkness and stillness. Underneath all the poise of a cultured matriarch, there's a deep sort of power she unleashes to protect her family. LaNasa admits she doesn't exactly know what her character is scheming, but she definitely makes the detective's investigation even more challenging. "When Sophia yells, she's not screaming; she's roaring!"

LaNasa is eager to play someone who takes themselves so seriously, so Sophia is a nice change of pace from her recent roles. As a New Orleans native, she's often called upon to play southern belles; even so, her characters range in intensity from her upbeat portrayal in *The Campaign* as Will Ferrell's wife to the pious school teacher she portrays in the upcoming film *The Frozen Ground*. "I get a lot of really different parts."

Deception will, of course, feature all the romance, love triangles and twists that are known as soap opera staples. As for her own character, LaNasa hints that Sophia may not be as malicious as she seems. "I really think she just doesn't understand where the danger lies," she says. "It keeps coming up in these weird places."

Related Link: [Kristen Stewart Says She Understands That “Whole Love Triangle Thing”](#)

Besides her new series, LaNasa landed a new husband this summer. Fellow soap opera star Grant Show, best known for his role as Jack Hanson on Fox's *Melrose Place*, and LaNasa exchanged vows this summer. “He’s a total sweetheart,” she says. “And very loving.”

While neither one was looking for another spouse, LaNasa says that she eventually wanted more from her man, and Show obliged. The two tied the knot in a romantic ceremony set in the scenic canyons of Topanga, California on August 18, 2012. Months later, she still gushes about her husband. “He’s just so handsome,” she says.

After two previous marriages, one to Dennis Hopper and another to French Stewart, the actress approached her most recent courtship with caution. “I was very careful getting to know Grant, and I didn’t have any expectations of it, ” she shares. “I wasn’t looking to get married again. It wasn’t a goal or a destination for me.”

Of her husband, she adds, “I’m just surprised by him all the time!”

Related Link: [Bachelorette Stars J.P. Rosenbaum and Ashley Hebert Tie the Knot](#)

Despite her hesitation, LaNasa finds herself completely enamoured with Show. The newlyweds don’t have any problem spending time together, and they often have simple dates where they can just enjoy each others’ company. The pair find a lot of couples’ activities to do, she says.

LaNasa also mentions high energy dates like bowling and karaoke as well as romantic evenings at a lighthouse and spaghetti dinners. The couple has plans to play at Susan Sarandon’s new ping pong club SPiN Galactic in Manhattan too.

"I have so much fun with him," she shares. "We're really in love!"

Currently, LaNasa lives in New York where she works on 'Deception,' which airs on January 7, 2013 at 10/9c on NBC. She can also be seen in the upcoming films 'Jayne Mansfield's Car,' directed by Billybob Thornton, and 'The Frozen Ground' opposite John Cusack.

Extravagant Hollywood Couples' Gifts Within Reach of Your Budget





By Shelly Cone

Ah, to be in love around the holidays! The peace, the goodwill ... and the gifts. Of course, any holiday gift from your loved one is special, but if you happen to be in [celebrity relationship](#), you can bet that special comes with a high price tag. As the holiday season draws near, we can only guess at what some of the most celebrated Hollywood couples are buying for each other. But based on what some celebrity couples have already given each other this year, it's likely there will be some luxury under their trees.

Hollywood Couples' Over-the-Top Gifts

There's no word yet on what gifts newlyweds Justin Timberlake and Jessica Biel will exchange for their first Christmas as a married celebrity couple, but with thoughtful Timberlake, it must be something good. When they wed earlier this year, he gave his new bride four stackable wedding rings that matched her 18-karat celebrity engagement ring.

Jennifer Lopez's celebrity love Casper Smart will likely be waiting with anticipation at what lays under the tree for him this Christmas, considering Lopez gifted him with a white Dodge Ram truck for his 25th birthday this year. And when [Kim Kardashian](#) went birthday shopping for beau Kanye West (maybe she's hoping for a ring this Christmas?), she selected a \$750,000 Lamborghini as a gift. Wonder how she'll top that!

Then, of course, there's the queen of gift-giving [Angelina Jolie](#), who reportedly has bestowed on her husband a \$1.6 million helicopter with flying lessons and a \$12,000 olive tree, among other things. Last Christmas, she gave Brad Pitt his own waterfall in California so that he can build his dream home.

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

Shop Like You're In a Celebrity Relationship

So if you're not a member of the elite or in a Hollywood couple, how do you express your million dollar love without spending that much? Maybe you can't buy your loved one a waterfall or a helicopter, but you can buy a gift that can help satisfy a passion for travel. Gifts for travelers can be extravagant or fit into any budget. If you are in California, a simple hike to the Nojoqui Falls in the Santa Ynez Valley or water rafting on the Kern River can easily fit into any budget and may be a fun substitute for giving your love a waterfall this Christmas. Just remember to gear up with some gifts for hikers before your trip!

For an even more budget-friendly gift, print out photos of him in his various travels and frame them in variety of sizes in a montage to his international experiences. Make sure the photos capture him looking his most worldly and he'll be ecstatic about showing off your gift.

Related Link: [What Your Gifts Say About Your Relationship](#)

Maybe your honey isn't so much into travel, and instead, the waterfall is the thing that calms the senses of your practicing yogi sweetie. Help your gentle one find their peace without having to book a trip away from home. Some yoga DVDs can help them find their center. Add some yoga accessories, and you'll be their hero – the kind, sensitive hero with the great abs.

Who wouldn't want a luxury car? Unless you're a socialite or a member of Hollywood royalty, keep dreaming. We'd all like that spectacular sports car as a gift, but the average person will be overjoyed over any gifted vehicle. Show your love you care for them as well as the environment with an eco-friendly (and budget-friendly) Honda fit. For less than \$20,000, you can give your better half the nimble and fun to drive car that U.S. News and World Report ranks the number one affordable small car. With 28/35 miles per gallon, the Fit will prove to be a great fit for your bank account and your environmentally responsible sensibility.

But perhaps you want to put a sparkle in her eyes. While I'm sure the new Mrs. Timberlake is thrilled with her bling, it may not be in your best interest to buy the girl in your life a ring, unless she is The One. If you want the bling but want to keep things on the lighter side or maybe you've already given her that sparkler and want to buy her something fashionable, check out DuePunti Diamond Rings. The ultra affordable rings come in a variety of fashionable colors perfect for stacking along with a .02 ct. diamond ring in the center of each one. Your lady can mix and match or wear them all. And with the price, you can afford to buy several!

Your wallet may not be loaded, but there's no doubting the love in your heart. Take a cue from those extravagant gift-giving celebs and buy something fantastically thoughtful but totally within reason. You don't have to spend Kardashian

money to give someone a happy holiday!

Shelly Cone is an award-winning journalist, copywriter, humor columnist and the owner of Beach Betty Creative. She writes for the love of it, laughs because she can't help it and knows how to pick the perfect gift every time.

How Famous Couple Ashley Hebert and J.P. Rosenbaum Prepared for Their Celebrity Wedding





By Jennifer Ross

The time came for a celebration in Pasadena, California. *The Bachelorette* famous couple [Ashley Hebert](#) and [J.P. Rosenbaum](#) were so excited for their December 1st [celebrity wedding](#). With a beautiful ceremony planned by wedding planner Mindy Weiss, invitees included reality TV show alums Emily Maynard, Trista and Ryan Sutter, and Ali Fedotowsky and Roberto Martinez. Both bride and groom were ready to walk down the aisle, after each having their last “single” party in Scottsdale, Arizona. “The girls had quite the party! They had a stripper for Ashley, and everyone got spa treatments. The guys hung out and went out for a steak dinner,” a source revealed. Besides becoming Mrs. Rosenbaum, Hebert was most excited about finally putting on her wedding dress: “Ashley can’t wait for people to see it!”

Famous couple Hebert and Rosenbaum had fun while celebrating the night

before their celebrity wedding. What are some unique ways to spend your bachelor/bachelorette party?

Cupid's Advice:

You don't need to be a famous couple to throw a fun bachelor or bachelorette party! With a little creativity and help, here are three party ideas anyone can enjoy before walking down the aisle:

1. Road trip: Surprise the bride or groom, and plan a road trip to their favorite destination. To make it extra special, you can "kidnap" them, keeping them completely out of the loop until you near the destination. All you need is a great group of friends, a road map, snacks, and a full tank of gas.

Related Link: [‘The Bachelorette’ Star J.P. Rosenbaum Talks Celebrity Baby News, ‘Dad-chelor’ Party, and Moving to Miami!](#)

2. All in: What better way to prepare the bride or groom to go "all in" with marriage than organizing a poker tournament in their honor! This game is just for fun, although there should be a jackpot to claim in the end. Consider reserving a room at an upscale restaurant, club, or cigar lounge. Be sure to make festive shirts and hats for the party goers.

Related Link: [Famous Couple Jason Aldean and Brittany Kerr Have Celebrity Wedding](#)

3. Go extreme: Want to make plunging into marriage seem like a piece of cake? Plan a skydiving party for the bachelor or bachelorette! If jumping out of a plane at 10,000 feet doesn't sound like fun, try surfing, bungee jumping, rock climbing, or scuba diving instead. Plus, defying death with friends will always create great bonding memories for the future.

How did you celebrate your bachelor/bachelorette party uniquely? Share your story below.

First Glimpse of Neve Campbell's Baby



By Jenny Schafer for Celebrity Baby Scoop

Party of Five alum Neve Campbell was photographed with her partner **J.J. Feild** and their newest addition in Los Angeles, Calif. on Wednesday (November 21). The Canadian actress, 39, looked every bit the proud new mom as she walked with a smile alongside her two guys.

While the *Scream* star has remained mum on the details of her baby, rumorville states that she gave birth to a boy in August, whom they named **Caspian**.

In mid-August, the happy new parents were seen cooing over their newborn bundle of joy at a Los Angeles beach.

We last saw the *Scream* actress – full pregnant belly and all – in L.A. on July 12.

Reportedly, the new mom is set to return to the small screen as one of Derek's (Patrick Dempsey) four sisters on an upcoming episode of *Grey's Anatomy*.

Melissa Joan Hart Tweets Her Travelin' Tots





By Carolyn Robertson for Celebrity Baby Scoop

Melissa Joan Hart packed up the kids and headed to Alabama, where her husband **Mark Wilkerson** is from, for the Thanksgiving holiday.

The *Melissa & Joey* star took to Twitter to share a couple of photos from the trip, including this cute one of her middle son **Brady**: “Ready for our flight. ALabama here we come!” she wrote.

A huge fan of the University of Alabama Crimson Tide football team, Melissa was also busy Tweeting about this year’s Iron Bowl. It sounds like her boys are already inheriting her team pride.

“Brady (4yr old) saw an Auburn clad car pass us and exclaimed ‘we’re gonna beat the hell outta them!’ #rammerjammer #pottymouth,” she wrote.

She and her musician hubby are also parents to sons **Mason** and **Tucker**.

Brad Pitt Confirms Celebrity Wedding with Angelina Jolie Will Happen 'Soon'



By Jennifer Ross

Break out the tuxedos! A celebrity wedding celebration is in order. Engaged to one of Hollywood's most famous stars, [Brad Pitt](#) says his celebrity wedding to [Angelina Jolie](#) is coming soon, as reported in [People](#). At Monday night's premiere of his new film *Killing Them Softly* in New York, Pitt, 48, stated "I am getting more pressure from my kids, and it is something I want to do within their lifetime, but I also feel like the

time has come.” The famous couple has been together for seven years and celebrated a [celebrity engagement](#) this past spring. Even though Pitt and Jolie, 37, raise their six children together, Pitt still believes the wedding will be significant to their family. “I am surprised how much [marriage] meant to me once you had that.”

Like famous couple Pitt and Jolie are sure to do at their celebrity wedding, what are some ways to involve children in the celebration?

Cupid’s Advice:

Regardless of your children’s ages, it is never a bad idea to include them in your wedding. A wedding is a ceremony of unity, which definitely includes everyone in your immediate family. To help your wedding be a success, here are three ideas how to include your children:

1. Ring bearer or flower girl: When your children are very young, consider sticking to the traditional roles of ring bearer or flower girl. They’ll love these fun roles! Plus, it won’t give your little ones too much to handle.

Related Link: [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

2. Escort: Should the children be teenagers or older, they may want a more significant role in the ceremony. Why not have them escort you down the aisle? By escorting you, they are symbolically giving you and your fiancé their blessing.

Related Link: [‘Teen Mom’ Star Amber Portwood is Celebrating](#)

[Celebrity Engagement to Boyfriend Matt Braier](#)

3. Family vows: Including family vows in the wedding ceremony is a great way to publicly solidify the family as a whole. After exchanging marriage vows, you and your partner can each exchange family vows with the children, promising to love and care for them. You can also give the children a ring as a token.

How do you think this famous couple will include their children in their celebrity wedding? Share your thoughts below!

Justin Bieber Brings His Mom Patti to the AMA Awards





By Nic Baird

Without ex Selena Gomez at his side, Justin Bieber brought his mom to the 40th American Music Awards, Sunday, according to UsMagazine.com. The 18-year-old pop icon, escorted by mother, Pattie Mallette, walked down the Nokia Theatre red carpet in Los Angeles and returned as the top winner. Bieber took home the awards for Favorite Pop/Rock Artist, Favorite Pop/Rock Album, and brought his date on stage for his biggest triumph, Artist of the Year. "This is my mom," Bieber said. "She's little, but she's beautiful . . . It's hard growing up with everything going on, with everyone watching me. I wanna always make you proud."

What are some ways family can help you get through a breakup?

Cupid's Advice:

Some great advice, just for life, is to spend time with your family. People used to marry each other, just so two families wouldn't start warring. It's a powerful institution because of the transcending love and zealous loyalty it creates. A

significant other could cut you loose, but there's no such thing as breaking up with your family:

1. You're loved: You might feel empty, and incomplete. It's impossible not to doubt your self worth when someone who was crazy about you moments ago now wants to go their separate way. But you are not unloved! Familial love is deep and unconditional. It's there for you to rely on in moments like these.

2. You're supported: Your family has a duty to support you and lift you out of this rut. While you don't always agree with them, they always have your best interests at heart. Tell them what you need and they will rise to the occasion. This isn't charity, or pity, they want to help you, so let them!

3. You're needed: Your family needs your love as much as you need theirs. You're not an affection parasite, you're symbiotic! They know that if you give them the opportunity to help you, you'll be there for them when tragedy strikes. Mothers lift cars when their children are trapped underneath. Don't underestimate this power!

How has your family supported you after a rough split? Share your experiences below!