

Jessica Simpson Celebrates Her Baby Shower



Jessica Simpson is making the most of the time before her due date. Simpson, 31, attended her star-studded baby shower on Sunday, reports UsMagazine.com. Her sister, Ashlee Simpson, and old friends like Odette Annable and Jessica Alba attended the Los Angeles bash. "It was a kid friendly shower with many of her friends bringing babies," said a source. "Jessica [Alba] brought her baby Haven, 7 months, and Ashlee brought Bronx, 3." Earlier this month Simpson and fiancé Eric Johnson told *ELLE Magazine* that they are expecting a girl.

What are some ways to make your pregnant partner's baby shower special?

Cupid's Advice:

Throwing a baby shower can be a daunting task, especially if

you're spearheading the planning process. Here are a few ways to make your partner's baby shower special:

1. Find what they like: Chances are, your partner is expecting a baby shower. Don't be afraid to partially ruin the surprise by asking your partner what she would prefer. Ask her about general themes, the guest list, etc. By asking vague questions you will be able to throw the ideal shower without giving too much away.

2. Add a surprise: If you do ruin part of the surprise, be sure to make up for it. Invite a faraway friend she hasn't seen in years or have guests bring old photos of your partner. Touching surprises like these will make her shower all the more memorable.

3. Give your own gift: Though it's only customary for the guests to give gifts, surprise your partner with a present of your own. Give her something heartfelt and meaningful that will differentiate your gift from the others.

How did you plan your partner's baby shower? Feel free to leave a comment below.

Kristin Cavallari Shows Off Her Baby Bump





It looks as if Kristin Cavallari is now very visibly pregnant. Cavallari de-stressed last weekend by going to Mexico with fiance Jay Cutler and showing off her baby bump. According to [People](#), she is also trying yoga, as she hears “it helps with giving birth.” This is the first child for Cutler and Cavallari, and Cavallari was shocked when a baby bump appeared overnight. Pregnancy is full of surprises, so mother-to-be will no doubt be experiencing more along the way!

What are some ways your partner can you help you stay healthy during pregnancy?

Cupid’s Advice:

Sometimes it can be difficult to stay healthy during pregnancy, as your cravings become intense when you’re eating for two. Here are some ways your partner can help:

1. Serve as an example: If your partner wants you to be healthy during pregnancy, then he or she needs to do the same. There’s nothing worse than temptation, so have your partner avoid alcohol and smoking like you should. Start being a great parent before the baby is even born.

2. Exercise as a couple: Exercise with your sweetheart. Like Cavallari, have your partner take you to yoga or go with you

while you're pregnant.

3. Get support: Don't hesitate to lean on your partner for support. Not only is physical health important when you're expecting, but mental health is as well. Talk things out and de-stress with your mate.

What are some ways you put your health first with your partner's help during pregnancy? Share below.

Will Smith and Jada Pinkett Smith Are Caught Kissing Courtside



Rumors have been flying lately about trouble in Will Smith and Jada Pinkett

Smith's marriage. However, the rumors may be dying down after the couple were seen smooching on the kiss cam Friday at the Philadelphia 76ers-Miami Heat game in Smith's hometown of Philadelphia. According to [People](#), the couple's children, Willow, 11, and Jaden, 13, also joined their parents at the game. According to a spectator, the two looked like they were having a very good time.

How do you show the bond in your relationship when rumors are swirling?

Cupid's Advice:

Rumors about the demise of your relationship are often hard to ignore, but if you take them to heart, they'll end up causing drama. Here are some ways to counter them:

- 1. PDA:** Public displays of affection don't always have to be inappropriate and annoying. Show everyone how much you care about your significant other by planting a kiss on them in public.
- 2. Hold hands:** There's nothing more romantic than strolling down the street hand-in-hand.
- 3. Do your own thing:** Ignore the rumors, and live your life. If you manipulate your actions based on what other's think, you'll never have a chance to be yourself with your partner.

Can rumors of a breakup ruin an otherwise healthy relationship? Share your thoughts below.

3 Ways to Use Celebrity Media To Assess Your Relationship



By Samantha Peters

Anyone who follows gossip news is probably well aware that the celebrity media gets plenty wrong and is far from an authority figure. But, even when the media is wrong about the status or longevity of a celebrity relationship, for example, it knows how to interpret individual and publicly-displayed signs. It knows how to assess, even if it can't always see the full picture.

The celebrity media's outsider assessment skills can actually be used by anyone who seeks to examine their own relationship.

Now that Valentine's Day has come and gone, and now that the seasons have begun to change, it's as good a time as ever to take a step back and do just that. It's time to figure out if your relationship is growing, stagnating or declining. How is your [chemistry](#)? How happy and excited does your significant other make you feel? Though difficult, these are all good

questions to ask.

Related: [How to Master Being in a Relationship](#)

That said, rather than answering these oft-abstract questions, try to instead assess your relationship from a more public, outsider perspective – and let the celebrity media give you a hand.

As an example of how to do this, we're going to look at the ongoing relationship between actor Leonardo DiCaprio and Victoria's Secret model Erin Heatherton. Heatherton is just the latest in a long line of tall, thin, blonde models that DiCaprio has been known to date. From her perspective, although Leo is 15 years older (sugar daddy definition, anyone?), we can't blame Erin for finding his charm and his fame too irresistible to ignore.

Based on their relationship (and on the celebrity media's reaction), here are a few factors that any couple can assess:

Family Involvement

Love them or hate them, but our families usually know us better than we'd ever like to admit. In fact, they can probably form a pretty solid opinion of whether a relationship will work – or should work – in the long run. At the beginning of January, Leo took Erin out for an upscale New Year's Day brunch – with his mom. The celebrity media reported Erin and Leo's mom chatting, laughing and generally hitting it off. This was interpreted as a good sign for their relationship. *How would the paparazzi view the time you and your significant other spend with family members?*

Related: [Zoe Saldana Goes on a Movie Date with Bradley Cooper's Mom](#)

Time Together

A good relationship is one in which couples find ways to truly enjoy the time they spend together. All too often, the paparazzi spots a celebrity couple lounging on the beach for hours on end without communicating, or sees them sitting and sharing a silent dinner together. While a less communicative couple is not in and of itself a sign of a stagnant relationship, it certainly compares less favorably to the couple spotting laughing and interacting in a lively manner.

When Leo and Erin took a romantic vacation to Mexico last month, they were photographed zip-lining their way all around Cabo San Lucas. According to the celebrity media, this was another positive sign. *When outsiders view your relationship, do they see it as fun and enjoyable?*

Public Plans

Amidst recent news that Leonardo was spotted in Sydney (where he is filming *The Great Gatsby*) with top Australian models, but no Erin in sight, speculation emerged that the couple had [broken up](#). However, Leo, Erin, nor either celebrity's publicist has been willing to make any comments about the relationship in the first place. Some in the media have interpreted this as a sign that nobody involved believes that the couple has much of a future. *What do you and your significant other tell friends about your future plans?*

These are just a few things to consider while assessing your relationship. Although the celebrity media is not always to be believed, and even though Leo and Erin are certainly not reflective of every couple out there, you can still learn from their publically-displayed actions – and from the media response – when trying to determine where you and your significant other currently stand.

Samantha Peters is a passionate follower of Hollywood celebrity relationship gossip. She loves blogging about ways to sustain successful relations, which sometimes requires

assessing your relationship using a little celebrity media. Samantha lives in beautiful San Diego, California, and makes frequent trips to west L.A. to go shopping and celebrity spotting.

Jennifer Lawrence Compares 'Hunger Games' to Kim Kardashian's Divorce



After a battle almost as fierce as *The Hunger Games* itself, actress Jennifer Lawrence scored the role of Katniss for the upcoming film. During an interview with [Parade](#) magazine, Lawrence related people's love for the *Hunger Games* with Kim Kardashian's divorce. "I was watching the Kardashian girl getting divorced, and that's a tragedy for anyone. But they're using

it for entertainment, and we're watching it," said the actress. "The books hold up a terrible kind of mirror: This is what our society could be like if we became desensitized to trauma and to each other's pain."

How do you keep your divorce as drama-free as possible?

Cupid's Advice:

Going through a divorce without any complications or disagreements is unheard of, but Cupid has some tips to keep things as drama-free as possible:

1. Keep quiet: Blabbing about your divorce to everyone you know will only get the rumor mill churning, and before you know it you'll have more stress than you started with. Lucky for you, you're not Kim Kardashian who had the world watching her mistakes and eventually her marriage's demise.

2. Stay private: The divorce is your business and your ex's business, so be respectful of that and be appropriate when dispersing any information on the matter. You don't want or need outsiders getting wrapped up in your affairs.

3. Act maturely: You and your ex may not like each other anymore, and that's why you're separating, so be on your best behavior until you're out of each others hair. Things can get messy when emotions are running high, especially in court where decisions about money or children are being discussed, so don't give the judge or your ex-partner any ammo to use against you.

How did you keep your divorce on the DL? Share your comments below.

'Bachelor' Couple Ben Flajnik and Courtney Robertson Step Out for the First Time



It's been over a week since *Bachelor*, Ben Flajnik gave out the final rose and made his big proposal to Courtney Robertson. Since then, they've finally been able to make their first public outing together as a couple. Flajnik uploaded a picture to Instagram of the two, captioning it "1st pic out in public." They were spotted having dinner with two other guests in the North Beach neighborhood of San Francisco and an onlooker told UsMagazine.com, "She was wearing her ring and they looked cozy." But it took a lot for the couple to get to this point, for only three months after the engagement, Flajnik dumped Robertson and was soon after accused of cheating, being spotted with three females he later referred to as just "old friends." Hopefully that rough patch in their relationship is over, and they are able to move forward with their engagement.

How do you get your family and friends comfortable with your new relationship?

Cupid's Advice:

Starting a new relationship not only effects you, but also the people who care about you. Here are some tips on how to announce your relationship to family and friends:

1. Let your family and friends meet them first: It's probably a lot better if they have already met the person you are starting a new relationship with. If they know them, they most likely know that you like them and it won't be such a surprise.

2. Bring your new beau around more: If you start bringing your boyfriend to family events and out with your friends, it will help build the relationship and make it easier for them to accept the new person in your life.

3. Ask for their opinion: Be open and ask your friends and family what they think about your new romantic interest. It's important to know the opinions of the people you love. After all, they have your best interest in mind.

How did you first tell your family and friends you were in a new relationship? Share your stories below.

Check Out the First Blockbuster of 2012: 'The

Hunger Games' !



2012's first big movie is right around the corner. *The Hunger Games* not only features a strong female heroine, it also features a complex love triangle. The upcoming action film stars Jennifer Lawrence, Liam Hemsworth, and Josh Hutcherson as the love struck teenagers who may be forced to take each others' life. Katniss and Peeta (Lawrence and Hutcherson respectively) are both selected for the Hunger Games, a reality TV sensation in a dystopian future where teenagers fight to the death. But the two of them suffer a connection as they are supposed to play up their relationship to get more viewers. However, Katniss also has Gale (Hemsworth), a hunting partner that she has suppressed feelings for. Who will Katniss choose? Will she have to kill Peeta?

Should You See It? In a word, yes. *The Hunger Games* looks to be an exciting movie and could be a great date movie that both parties will enjoy.

Who To Take: You or your significant other may enjoy the action, but *The Hunger Games* also has a loyal fanbase who read the book. A group of friends may work for this one as well. Just don't take your mother, the gore factor is pretty intense.

Are you forced to kill your significant other? How to get out of that and other difficult situations.

In *The Hunger Games*, Katniss is potentially forced to kill someone she has a connection with. While you may not share this problem with her, in many ways it's a classic *Romeo and Juliet* style problem. Here are some ways to get through really tough situations that test your relationship like nothing else could.

1. Prove everyone else wrong. People pit you against each other just to prove that it cannot work. If you and your significant other can prove them wrong then you have won.

2. Stick together. If you can't stick together and be there for each other then you have nothing. If you can comfort each other and only worry about yourselves rather what everyone else thinks, you two have the right stuff to pull through these difficult times.

3. Do what is best for them. If it is meant to be then do whatever it takes. Sometimes that includes leaving until things can get better. If it is meant to be then it will happen, but maybe now there is simply too much going on for any one person to handle. Do what you have to do and hopefully things will work out for the best.

Have you had to get through some really difficult times? Share your experiences below.

Bobbi Kristina and Whitney Houston's 'Adopted Son' Pack on PDA



Ever since the death of Whitney Houston, her daughter Bobbi Kristina Brown has been seen getting very close to her late mother's unofficial adopted son, Nick Gordon. Though Houston never officially adopted Gordon and Brown is the only beneficiary of her estate, people are questioning Brown and Gordon's PDA-filled pictures that have surfaced. According to [People](#), the two were seen in the Starbucks in Atlanta right after Brown's interview with Oprah and have known each other for years. Gordon responded to the speculations, tweeting, "We're just close – just going through her mom's passing and grieving together."

What are some cases where someone is “off limits” to date?

Cupid’s Advice:

In society, there are many cases where someone is off limits to date. Here are some examples of people in your life who you may want to keep it strictly platonic with:

1. Your friend’s ex: Even if your friend claims to be okay with it, dating a friend’s ex can never end well. After all, you probably wouldn’t want any of your friends dating one of your exes no matter how long ago you broke up.

2. A boss or teacher: Having an intimate relationship with an authority figure is inappropriate in so many ways. If you start to have feelings for someone such as a boss or teacher, wait until you no longer work under them to act on your feelings.

3. Someone who’s taken: Never get involved with someone who you know is already committed to someone else. If someone is willing to cheat on their significant other to be with you, then they don’t respect you or their current partner.

Does someone being “off limits” make them more appealing? Spill your opinions in a comment below.

Exclusive Interview: Khloe and Lamar’s Malika Haqq Opens

Up About Relationships, Love and Acting Aspirations



By Daniela

Agurcia and [Lori Bizzoco](#)

Thanks to the ever-present cameras of *Keeping Up with the Kardashians* and *Khloé & Lamar*, we have all gotten to know and love Malika Haqq, Khloé Kardashian Odom's BFF and former assistant. On the second season of *Khloé and Lamar*, currently airing on E!, we see her deal with the ups-and-downs of being a single woman and navigating the dating world. In an exclusive interview with CupidsPulse.com, the positive-spirited Malika opens up about her past relationships and what she learned from them as well as her acting aspirations.

As many fans know, Khloé and Malika have been friends since they were teenagers and the two have remained tight despite the Kardashian clan's rising fame.

"We refer to one another as sisters from two different misses

and misters.” Malika jokes. “I get very emotional about a lot of things Khloe has gone through in the spotlight and I can go to her and discuss it. And if she has things she wants to discuss, she knows that she can come to me too.”

Related: [How to Communicate to Get What You Need](#)

When asked about Khloe and Lamar’s relationship, the one reason Malika says it works so well is because they talk. “I know that it sounds generic but so many people have issues in their relationship and they don’t communicate about it. The thing about Khloe and Lamar is that they are honest and can turn to one another in just about every circumstance.”

Khloe and Lamar’s relationship isn’t the only one fans got to witness this season. There was also a flirtatious display of on-camera chemistry between Malika and Khloé’s younger brother, Rob Kardashian, although the two never became an “official” couple.

“Being friends as long as we are and growing up near each other, sometimes you tend to look at people a little bit different than how you once used to but ultimately our relationship never became of a serious nature because what was important to Robert and I was that we would always be friends and that we would always have a relationship,” Malika said. “It was a moment in time and it hasn’t changed our love for one another at all, in fact Robert is in a relationship now and he’s very happy and I am happy for him.”

When asked what lessons she could impart to other women who may be in a similar situation with a guy she said, “If you teeter on the line of not being in a committed relationship, then anything can happen. [Not making a full commitment] also might be a sign that some things just shouldn’t happen.”

Related Link: [How Decoding Your Love Map Can Heal a Broken Heart](#)

Malika gave us a glimpse of another relationship on this season's *Khloé & Lamar* as we watched her fall head-over-heels for Arizona Cardinals defensive back, Adrian Wilson. Once the couple got serious, she even moved to Arizona to be with him. "Most of our relationship was quite good," she shares.



Unfortunately, Wilson was in the midst of a divorce – one that began *before* Malika developed a relationship with him – and eventually, the pressure became too much to bear. "It kind of broke us up," says Malika.

Malika walked away from the relationship with another lesson learned. She explains, "Sometimes it's just best to not put yourself in the middle of something [like Wilson's divorce]. Go out with someone who is completely free and clear, and then make the decision to date them or not."

Even though she has no regrets about her faulty relationship with Wilson, Malika has no plans to get involved with another recently separated or divorced man. "I won't be running down that dark street again," she clarifies.

Thinking back on her relationship history, Malika shares one more love lesson with us. She cautions, "We can't ignore our [romance] [rules](#) because of [what our heart wants]" – a mistake that many girls find themselves making.

Related Link: [5 Ways to Stop Sabotaging Your Relationships](#)

Setting her love life aside, Malika shifts gears and talks

about her recent focus: auditioning and producing projects for herself. Starring in the films *Sky High* and *ATL*, she also played the lead role in Omarion's music video for "Speedin'," posting a TwitPic with Omarion onset. She assures us that we'll be seeing more of her soon!

Sharing her positive outlook, Malika says that she always tries to go with the flow and live life with an open mind. "I'm just open to new experiences and doing things I haven't done."

Even though Malika is working on her own projects, you can still catch up with her and her love life on *Khloé & Lamar*, airing on Sundays at 10|9c on E!. You can also follow her on Twitter and Facebook.

James Van Der Beek and Wife Welcome a Baby Boy





James Van Der Beek is a proud father- again! Van Der Beek and his wife, Kimberly, had their first son on March 13. “Had my first son this morning... well, actually, my wife had him. I just caught him. Wow. Heart expanding way faster than my brain,” James wrote via Twitter. “If you could bottle up and distribute this feeling, I swear there’d be no more war. #fatherhood.”

Although, the new bundle of joy’s name hasn’t been revealed yet, the couple is ecstatic about sharing the experience.

“Had such a blessed and miraculous birth experience. Cannot wait to share it with all of you!” Kimberly tweeted. “Thank you for all the love and good wishes. I can feel it all. xo.”

The newest addition to their family will be join the couple’s first daughter, 17-month-old Olivia.

What are some new things you have to prepare for when you have a boy versus a girl?

Cupid’s Advice:

Whether you’re having a boy or girl, it’s always best to make sure you’re well prepared when you’re expecting. Here’ Cupid’s advice on how to get ready to welcome your baby boy:

1. Go blue: Since you’re having a boy, it’s pretty common to go with a baby blue theme for your son’s nursery. However, if

you're looking to add other colors, different greens and yellows can easily compliment the soft blue.

2. Become the outdoorsy type: If you're not already a fan of outdoor activities, become one. While not all boys are the same, a vast majority of them lean toward enjoying playing outside, sports or playing with their favorite monster trucks.

3. Exercise: Granted, both boys and girls can keep you on your toes. However, boys tend to be a bit more active. Make sure you get plenty of rest and exercise so you'll be able to keep up with your little one when he learns to walk and crawl everywhere.

**How do you prepare for having a boy versus having a girl?
Share your comments below.**

Rumor: Did 'Bachelor' Ben Flajnik Cheat on Courtney After Their Engagement?





Although they got engaged in Switzerland last November, things have been questionable between *The Bachelor's* Ben Flajnik and Courtney Robertson. In the show's *After the Final Rose* episode, Chris Harrison asked the duo about cheating rumors which have been circulating about Flajnik. Although Flajnik ultimately denied the rumors, according to UsMagazine.com, there's indisputable evidence in the form of three photos catching him in the act. The photos supposedly prove that he's had "more than friend" relations with at least three women since being engaged to Robertson. One insider says, "Ben did not seem to care who saw him, considering his status on a prime-time reality show about finding true love." Perhaps the truth will come out soon!

How do you confront your partner about cheating rumors?

Cupid's Advice:

Cheating on a significant other is the ultimate betrayal of trust, so it's important to get the facts before jumping to conclusions. Cupid has some advice:

1. Approach the situation calmly: If you're too quick to accuse your partner of cheating, you'll destroy the relationship before hearing what your partner has to say about

the allegations. It could very well be some kind of miscommunication, so make sure to get the facts before letting your anger get the best of you.

2. Drop some hints: If you're not comfortable simply bringing up the topic, drop some hints that there's something important you need to discuss with your partner. Usually a change in your usual routine will draw some curiosity. That way, he'll be prepared for the serious conversation.

3. Be prepared: There's no doubt that cheating is not a pleasant conversation topic. Make sure you're prepared with the points you want to make before going into it, so you can get it all out right away. This way, you can keep the topic to one discussion instead of multiples over time.

How did you confront your partner about cheating rumors? Share your experiences below.

Rumor: Is Drew Barrymore Fighting Morning Sickness?





Rumors are still flying around about whether Drew Barrymore is pregnant or not. Although Barrymore and fiancé, Will Kopelman, aren't commenting on the allegations, the *Big Miracle* actress has been dropping small hints that she may be expecting. Barrymore was photographed carrying a box of Premium Saltine Crackers to lunch in L.A. Could she be battling morning sickness? According to UsMagazine.com, a source confirmed that the couple are excited to welcome their new baby. It looks like "moms" the word ... for now.

How do you support your partner when pregnancy gets tough?

Cupid's Advice:

Pregnancy involves mood swings, morning sickness and physical changes. It's definitely hard, but it can be even harder if your partner has to go through it alone. Here are a few things that you can do to support your partner when pregnancy gets difficult:

- 1. Healthy eating:** Sometimes pregnancy cravings can cause moms to over eat and feel guilty afterwards. Eat healthy foods with your partner so that you both stay fit and feel amazing, inside and out.
- 2. Be understanding:** Mood swings can cause arguments during

pregnancy, but being understanding of the hard work your partner is undergoing emotionally and physically will ease the tension.

3. Become a massage therapist: Carrying around a growing baby isn't easy on the back, legs or feet. Invest in some lavender massage oils and lotions, and never wait for your partner to ask for a massage.

How would you help your soon-to-be mom through a tough pregnancy? Share your comments below.

Liam Hemsworth Says Miley Cyrus Would Beat Him in 'Hunger Games'





Liam Hemsworth may be the one starring in the film *The Hunger Games*, but he believes that his girlfriend Miley Cyrus could beat him if they competed. “She’s a tough girl, that one,” the Aussie actor told [People](#). The two lovebirds stood side by side on the black carpet at the movie’s massive premiere, which brought in an even bigger crowd that Hemsworth had imagined it would.

Is being tough a good thing in a relationship?

Cupid’s Advice:

It’s good to have a backbone, but it’s also possible to be too tough in a relationship. Cupid has some tips:

1. Vulnerability: Having the ability to protect yourself from emotional pain in a relationship can be a good quality, but at some point you have to make yourself a little more vulnerable.

Bringing down your shield will strengthen your bond as a couple.

2. Protection: If you love each other, you want to protect one another. Men especially like the feeling of being able to appear as a woman’s protector or caretaker, so ladies, it’s ok to be that damsel in distress from time to time so that your prince charming can take care of you.

3. Strength: You need to have a little toughness within your relationship so you don't get pushed around all the time. As couples become more comfortable with each other, they tend to get bossy or demanding, so keep that tough bone under your skin so you have the strength to stand up for yourself when necessary.

Have you dated someone that tried to be too tough? Share your comments below.

Kellie Pickler and Husband Spent Honeymoon in Iraq



Newlyweds Kellie Pickler and husband Kyle Jacobs may have spent a couple romantic days in the Caribbean during their wedding, but their honeymoon destination was a little less glamorous.

The two jumped on a plane and flew to Iraq where the country singer performed for troops as a part of the USO, and she said Jacobs loved it. "That was part of my honeymoon," Pickler said according to [People](#). "It was so romantic! No, it was just that I had already committed to going over there and I wasn't going to cancel because that wouldn't have been right." As a long time supporter of the troops, the singer said it was a great experience for her to share with her new hubby.

What do you do if you don't have time for a traditional honeymoon?

Cupid's Advice:

People live busy and hectic lives, and taking time off from work may seem impossible. If you don't have time for a traditional honeymoon, Cupid has some tips to make sure you spend time together as newlyweds:

1. Make time: Everyone is entitled to some rest and relaxation, so plan to take time off from work together, and plan a trip. It might not be right after your wedding, but that doesn't mean that you can't call it a honeymoon.

2. Quick trip: You may not have a week to jet off to somewhere tropical, but you can go on a weekend trip to a destination where you know you'll both have fun. Regardless of where you end up, you'll be able to enjoy spending that time with each other, flaunting your wedding bands.

3. Take time: It's important for newlyweds to enjoy alone time together, especially during the honeymoon stage so don't take it for granted. Set aside one or two nights a week where you turn off your cell phones, put your work away and focus on doing something together whether it's a dinner out or staying in and watching a movie.

Do you have any ideas for newlyweds that can't fit in the traditional honeymoon? Share your comments below.

5 Ways to Stop Sabotaging Your Relationships



By Jacquee Kahn

My mother always told me to work on myself first, and from there, everything else will follow. Little did I know that this would become a practice for me as I became a relationship “guru” for my friends (and later, clients).

News flash ladies: If you're having a hard time with dating and relationships, it's not about the men. It's not because they're players or commitment-phobes. It's about YOU.

I meet incredibly smart, beautiful and talented women who have

completely lost themselves in relationships. When they were single, they were confident and independent. But once in a relationship, those attractive qualities dissolved and these same women became needy, insecure and emotionally broken.

It's time to stop undermining your relationship by first working on yourself. Here are five ways to get rid of those bad habits that sabotage relationships:

1. Be Yourself: Don't be so eager to please your man that you lose yourself and become completely disempowered. Tom Cruise's line in the film "Jerry McGuire" may be "You complete me," but it's simply not true. You don't have to be in a relationship to be a complete person.

Related: [Simple Ways to Please Your Man](#)

2. Know You're Worthy: We often become so desperate to make relationships work that we do whatever it takes to please our partners, much to the detriment of ourselves. So, don't be needy, clingy or desperate. These behaviors are a huge turn off and usually create the opposite effect.

Related: [How Decoding Your Love Map Can Heal a Broken Heart](#)

3. Keep a Loose Grip: Refrain from holding on too tight. If your man pulls away, let him go. Don't show insecurity by begging, pleading or trying to manipulate him to stay. If he comes back, it's because he wants to, not because you forced him to.

4. Don't Accept Less Than You Deserve: Don't accept crumbs by allowing yourself to settle for a "friends with benefits" or a "booty call" situation when what you really want is a committed relationship.

5. Save Yourself: Don't look outside of yourself to be rescued. Take ownership of your personal happiness, because all relationships start and end with YOU.

Jacquee Kahn dispenses “Super Nanny”-style tough love to women in need of relationship help. The author of *Girlfriend 911: Decoding Dating and Rescuing Relationships One Girlfriend at a Time*, her no-nonsense, straightforward advice points toward the foundation of the book.

Ben Flajnik Proposes Marriage on ‘The Bachelor’



Ben Flajnik has had quite a season on *The Bachelor*, but he’s finally found a forever love in Courtney Robertson. According to [People](#), Flajnik said he was “not sure how this is going to end” before Monday’s Finale. But, it ended in heartbreak for other finale contestant, Lindzi Cox. Flajnik and Robertson, however, intend to be happy together after saying “I do” despite the reported cattiness of Robertson on the show. Of

the ring, Robertson said, “God, this ring is heavy!”

How do you know when you’re ready for marriage in a relationship?

Cupid’s Advice:

Sometimes it can be difficult to decide when to make that big decision to walk down the aisle with the love of your life.

Cupid shares some ways to know if you’re ready:

1. You don’t have to talk yourself into it: If you have to talk you or your partner into the idea of getting married, you’re probably not ready. There should be no hesitation from either of you.

2. Stability: Are you or your partner financially unstable? You should both have steady jobs so that money doesn’t become an issue early on in your happy marriage.

3. Trust: Your partner should be honest and open. It’s important to make sure of this before taking that big step toward marriage.

What are some ways you knew that your partner was the one? Share below.

‘Curly Sue’ Star Alisan Porter Ties the Knot





Alisan Porter, a former child star best known for her role in John Hughes' film "Curly Sue," exchanged vows Saturday with her longtime friend, Brian Autenrieth, [People](#) confirmed. The couple tied the knot at Diablo Dormido, a historic California Ranch in the Santa Monica mountains, in front of 100 guests. The bride and groom, who are also expecting their first child together, a boy, in July, danced their first song to Frank Sinatra's "The Second Time Around," which happens to correlate well with the newlyweds, who first dated when Porter was 18, but went their separate ways before crossing paths again. "We've been friends for 13 years and it's the most incredible feeling to know you're marrying your best friend," Porter said.

Is it important to have your partner as your best friend?

Cupid's Advice:

Growing up, one of the many benefits of having a best friend is to have someone you can completely be yourself around. As we get older, that still remains the same, but sometimes, the person who played the role of our best friend as a child switches to our significant other. While it's vital to have pals outside of our relationship, it's important that your partner is a close friend as well. Cupid has some reasons:

1. You spend a lot of time together: Naturally, you usually spend a lot of time with your best friend. They're the one person who loves you for who you are, and you two know how to have fun with each other even when you're stuck in your house watching reruns of your favorite TV shows during a thunderstorm.

2. You share everything with each other: Your bed, feelings, thoughts and sometimes even your toothbrush are only some of the things you share with your partner. You may not feel comfortable sharing your business with others, but you definitely feel at ease when you come home after having a long day and are able to vent to your confidant.

3. You're each other's support system: While everyone else may think the entrepreneurial dreams you have of starting your own multi-billion dollar business may be farfetched, your lover is helping you create the blueprint. You may not understand everything your partner does or what they go through but you're there to listen, offer advice and love them when they need it most.

Do you think it's important to have your spouse as your best friend? Share your comments below.

Madonna Says 'Head Is Going to Explode' from Single Motherhood



Since Madonna split from film director Guy Ritchie in 2008, it hasn't been easy being a single, working mother. The "Material Girl" hopes to inspire others in her situation with her upcoming album *MDNA*, where she expresses the challenges of juggling life as a single parent. "I hope I'm a role model. I hope I give other girls a voice. . . someone to look up to and admire," Madonna said, according to UsMagazine.com. "I keep rolling with the punches and trying to have integrity." With this album, the pop singer hopes to inspire women and give them the strength to handle whatever struggles come their way.

What are some ramifications of being a single parent?

Cupid's Advice:

Raising children on your own is a difficult task. Cupid has a few things to consider:

1. Time: Everyone needs the chance to stop and just breath sometimes, but when you're a single parent finding that time between juggling work and taking care of your kids can be

impossible. Consider taking your friends and families up on their offers to give you a break once in a while.

2. Stress: Without being able to take that time you need to breath, you can become stressed and overworked, which can be unhealthy for your body and your relationships with your children. Schedule time for yourself wherever possible, even if that means sitting in a massage chair after your kids go to sleep.

3. Money: Typically for single parents money is tight. You'll have to be responsible and frugal with how you spend your money, and spending it on luxuries and wants is rare. Luckily, kids do nothing but grow, so eventually they'll be old enough to take care of themselves.

How has single parenthood affected your life? Share your comments below.

Kristen Bell and Dax Shepherd Get Frisky in the Park





The paparazzi doesn't always ruin the mood. Actress Kristen Bell and fiancé Dax Shepherd had a PDA-filled trip to a Los Angeles park on Saturday, reports [RadarOnline](#). Shepherd and Bell were at the park chatting and laughing with some friends at a picnic. Bell showed some affection when she climbed onto Shepherd's lap for a hug.

How do you show affection to your partner in front of your friends?

Cupid's Advice:

Managing PDA is always tricky, but it's especially tricky around friends. Here are a few ways to show affection without making things awkward:

- 1. Tone it down:** Try toning down your usual displays of affection in order to make your friends feel more comfortable. Give your partner a hug instead of a kiss, or hold hands instead of sitting on each others' laps.
- 2. Keep it quick:** Keep your displays short and sweet. Give your partner a quick kiss when your friends' backs are turned or go in for a short hug.
- 3. Little gestures:** Try holding your partner's hand or sitting

close to them. These little gestures will allow you to show affection without making your friends uncomfortable.

How do you show affection around your friends? Feel free to leave a comment below.

Celebrity Weddings: 5 Famous Couples That Said 'I Do' in Vegas



By Katanya Royster

What's the first thing you think of when someone says Sin City? Okay, *after* legalized prostitution. That's right: quickie Vegas weddings in chapels illuminated with neon lights. The fact is, Las Vegas issues approximately 100,000

marriage licenses each year and boasts almost as many wedding chapels as it does casinos. For famous couples, those quickie celebrity weddings are typically followed by quickie divorces and embarrassing publicity. Vegas' abundance of 24-hour bars makes us wonder if some of our favorite celebs were under the influence of something other than love when they tied the knot, Vegas-style. Here are a few examples:

Famous Couples That Married in Vegas

1. Kelly Ripa and Mark Consuelos: In 1996, former soap star and current television host Kelly Ripa married actor Mark Consuelos at the Chapel of the Bells in Las Vegas. Sixteen years and three children later, this happy married celebrity couple proves Vegas weddings can sometimes stick!

Related Link: [Demi Moore Proves There's Hope After Marriage](#)

2. Angelina Jolie and Billy Bob Thornton: In 2000, actress Angelina Jolie and actor/writer Billy Bob Thornton wed at The Little Church of the West on the Las Vegas Strip. The famous couple called it quits after two years of marriage with Jolie petitioning for divorce, citing "irreconcilable differences." It was Jolie's second marriage and Thornton's fifth.

3. Britney Spears and Jason Alexander: In 2004, pop star Britney Spears wed longtime friend Jason Alexander at a 24-hour wedding chapel. Apparently, Spears forgot to grab a pre-nup on the way to the chapel. meaning that this stunt could have cost her a lot more than a little public backlash. 55 hours later, Alexander signed annulment papers and took an economy class flight home. During a subsequent interview with MTV's *Total Request Live*, Spears said Vegas "took her over" and admitted that "things got out of hand."

Related Link: [5 Celebrity Couple We Want to Reunite](#)

4. Pamela Anderson and Rick Salomon: In 2007, Rick Salomon, who famously co-starred in the leaked Paris Hilton sex tape *One Night in Paris*, and actress Pamela Anderson tied the proverbial knot at Las Vegas' Mirage Hotel, making this the third celebrity marriage for both Salomon and Anderson. However, Salomon and Anderson's 15-year friendship did not translate into a successful union. Two months later, the famous couple's marriage was annulled in Los Angeles County Superior Court.

Celebrity Love Has No Age Limit

5. Doug Hutchison and Courtney Stodden: In 2011, actor Doug Hutchison married aspiring singer Courtney Stodden at Las Vegas' Little Chapel of Flowers. The groom was 51 years old, and, at only 16, the bride was probably still learning to operate a motor vehicle. Despite Stodden's age, the celebrity marriage *is* legal. Under Nevada law, a person who is at least 16 years of age but is not yet 18 years old can marry with parental consent – and Stodden's parents consented to the marriage. "We all need a good man in our lives," her mom Krista told Fox411.com. "True love can be ageless," Hutchinson told E! News in response to the controversy surrounding the celebrity couples' age difference.

Would you get married in Vegas? Share your comments below.

Jessica Biel Finally Shows

Off Engagement Ring



Jessica Biel was finally seen sporting the ultimate accessory, her sparkly engagement ring, during a lunch date with fiancé, Justin Timberlake at the Brentwood Eatery Tavern Thursday. According to [People](#), the ring which, has rarely been seen in public, features a large, slightly rounded square-cut diamond with smaller stones surrounding it. This rock is also said to have a vintage feel. Those who witnessed Biel and Timberlake at lunch said the two looked very sweet on one another.

How do you know what type of ring to buy your soon-to-be spouse?

Cupid's Advice:

Finding the perfect engagement ring for your significant other is a big job. Cupid has some advice:

1. Be able to take a hint: If your partner mentions a type of ring or shape they like, make an effort to remember what they

said. Write it down if necessary.

2. Look at their personal style: Is their style classic or modern? This is a ring they will be wearing every day, so it need to fit well with their wardrobe.

3. Ask them indirectly: You want to pick out the perfect ring, but you still want it to be a surprise. Ask people who are close to them like their best friends or parents what they think.

What would your dream engagement ring look like? Let us know in a comment below.

Deena Cortese Says Snooki Will Be a 'Great Mom'



Since the recent

news that Nicole ‘Snooki’ Polizzi is pregnant, there have been doubts about the party girl’s ability to raise a child. According to [People](#), Polizzi’s best friend Deena Cortese thinks otherwise, telling Ryan Seacrest Friday on his KIIS-FM morning show, “Nicole is going to be a great mom.” Even though Cortese will be losing her party partner, she thinks Snooki will be a natural at raising her baby with fiancé, Jionni LaValle. Maybe Snooki’s party days really are over as she gets ready to start her new family.

What are some ways to support a friend during a surprise pregnancy?

Cupid’s Advice:

Sometimes things just ... happen. An unexpected pregnancy can be very difficult to deal with, which is why it’s crucial for you to be there for your friend almost every step of the way. Here are some ways for you to give them that support:

1. Get excited: There’s nothing you can change now, so you might as well look at it in a positive light. Even though your pregnant friend might not be in the best situation to be having a baby, you can still be happy for them.

2. Help her do some shopping: New baby means new things. She’ll need new maternity clothes as well as baby supplies. By helping her shop, it will be comforting knowing she has you there for her.

3. Stay over for a while: There will be times in the pregnancy when your friend will need all the help she can get. Stay over a couple nights of the week, as she’ll know you’re there to help her out even with little things around the house.

Have you or your friend ever had to deal with a surprise pregnancy? Share your advice below.

How Decoding Your Love Map Can Heal a Broken Heart



By Rachel Sussman

When it comes to celebrity breakups, many of us spend plenty of time analyzing their trials and tribulations. We identify on many levels with our favorite Hollywood couples by getting inspired by their romances and mourning their losses. In fact, we even tend to fear that the same types of failures they experience can happen within our relationships as well.

Whether you're a celebrity or not, there are numerous ingredients which go into determining whether a connection exists between two people. Love, attraction and pheromones are key components, but there are many others that dictate the choices we make as well, and they happen from the very beginning of our lives. It's important to remember that

genetic/biological, social/cultural, and psychological issues determined your partner selection, romance and grieving period. In other words, they're part of your personal "love map." Through interpreting your love map, you will understand how important events from your past shaped your individual personality development and self-esteem, which directly correlates to your relationship behavior.

Here are two celebrity examples where creating a love map would be invaluable:

Demi Moore and Ashton Kutcher

Since the beginning of their relationship, Demi Moore and Ashton Kutcher's romance fascinated the public. They're both attractive and accomplished actors, and, of course, there's the famous age difference. Sadly, Moore has suffered from depression and grappled with addiction since the pair's split.

In a recent interview, she said, "What scares me is that I'm going to ultimately find out at the end of my life that I'm really not lovable, that I'm not worthy of being loved."

Moore's unworthy feelings most likely existed long before she ever met Kutcher. According to multiple reports, she experienced a difficult childhood and both of her parents were alcoholics, which undoubtedly influenced her relationship choices and her behavior in those relationships. By creating her personal love map, Moore would be able to work through her pain in order to regain strength and health.

Related: [Demi Moore Proves There's Hope After Divorce](#)

Heidi Klum and Seal

Heidi Klum and Seal also recently went through an unexpected split. Many of us were thrilled to see a beautiful bi-racial couple with a large blended family who were happily wed. That said, Seal's hard childhood inspired him to create beautiful music, but it also affected him negatively as well. It's been

reported that he was raised by a foster family, which would have influenced his personality development during his formative years. Apparently his emotional problems, in particular his inability to control his anger, had become too much for Heidi to take. In this case Seal should decode his love map to understand his psychological makeup. Heidi, on the other hand, should interpret her love map in order to discover what factors from her earlier life led her into the arms of a volatile man in order to expedite her emotional recovery.

Related: [Heidi Klum and Seal Confirm Separation](#)

Creating and interpreting a personal love map will enable anyone, celebrity or not, to heal and recover from a bad breakup. It will also allow you to understand and change behaviors that may be negatively impacting your romances – and that is definitely something worth striving for.

Rachel A. Sussman, LCSW, is the author of [The Breakup Bible](#), a licensed psychotherapist and the founder of Sussman Counseling, a psychotherapy practice specializing in treating couples and individuals with relationship dilemmas. She is an official relationship expert for [Cosmopolitan](#), [Destination Maternity](#) and [Celebuzz.com](#) and has appeared on the Today show, the CBS Early Show, Martha Stewart Living Radio, and elsewhere. She holds a BA from Emerson College and a master's from NYU. For more information, visit: rachelasussman.com.

Khloe Kardashian Gives Tips

for a Happy Marriage



Unlike the rocky and ultimately doomed relationship of sister Kim and her ex, Khloe Kardashian and Lamar Odom are going strong. Kardashian always supports her guy, and that was especially seen when Odom was traded to a basketball team in Texas, so they had to move together. According to [People](#), Kardashian says that it's important to have "a give-and-take (relationship), keeping one another a priority and having genuine respect for each other is crucial." She also mentions the importance of "compatibility, honesty, communication and dedication" as well as keeping the relationship "a priority" to make a "happy marriage." "When you're married to the right person, it just works," she said. "It feels so good, having the support emotionally and physically from someone that you trust unconditionally is priceless."

How do you keep the bond in your marriage strong?

Cupid's Advice:

Keeping a marriage happy is crucial. Cupid shares some tips to keeping your bond strong:

1. Prioritize: Like Khloe and Lamar, you have to make sure that you put your partner and the relationship first. Make your love a priority. Where you live, and where you work are irrelevant if your partner is unhappy.

2. Communicate: Always keep in touch with your partner about everything. Whether it's about how their day is going or where you want to live, you have to communicate.

3. Support: Support your sweetheart in everything they do. Just because you don't understand it or like it doesn't mean you can't show your support for your partner by giving advice or just being there for them.

How do you make your marriage happy and strong? Share below.