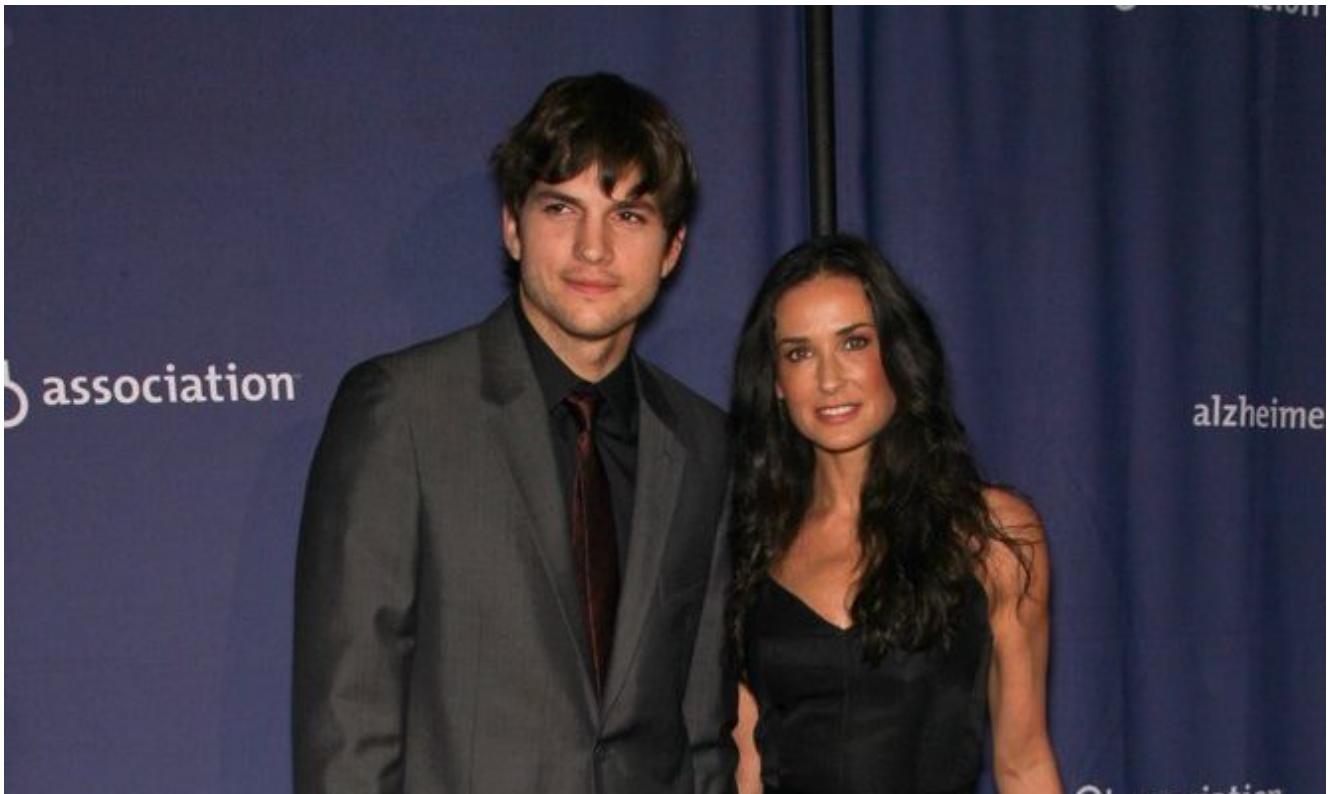


# Demi Moore Is Embarrassed by Post-Split Breakdown



After living in the spotlight for more than three decades, Demi Moore has lost her cool. According to [People](#), after her November split from husband Ashton Kutcher, the actress slowly worked up to a full-fledged breakdown.

Although it's not clear whether this was caused by her divorce or not, Moore has been seeking treatment since Jan. 23 after being whisked away in an ambulance for what some are now reporting as a seizure. A source says, "Ego-wise, this is the worst thing that could happen to Demi, because she's such a private person. She's embarrassed." Moore has been studying Kabbalah, a form of Jewish mysticism, which instructs that adversity can prove beneficial to her healing process. Moore's troubles "can be an opportunity, a blessing and not a

curse. The right intervention happened in her life. From a spiritual sense, it's a gift. She had a real opportunity to grow from it. She has to take responsibility for her life," said the source.

**What do you do if your ex is having a hard time with your breakup?**

**Cupid's Advice:**

Breaking up is hard enough, but what are you supposed to do when you get the better half of it and move on before your ex can? Here are some tips:

**1. Be respectful:** When you know your ex is struggling to overcome the breakup, don't make things more difficult on their end. Try to stay out of their way, even if that means changing your regular coffee routine so you don't have to make small talk at the counter. Keep in mind that you cared about your ex at one point.

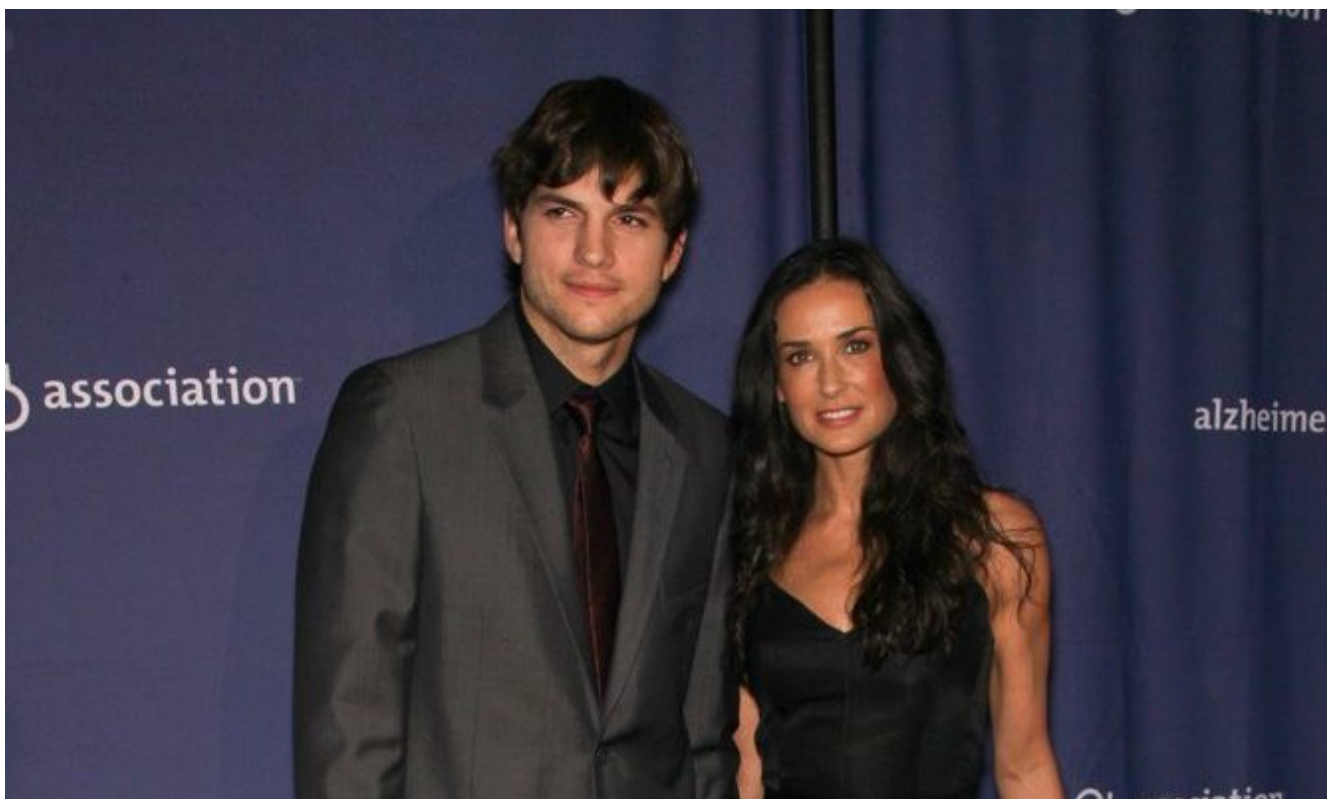
**2. Don't make new relationships overly public:** We know you're thrilled about the new guy you met and how funny he is, but spreading it all over Facebook is just going to hurt your ex more than you already have. Hiding your relationship is not necessary, but keep the bragging to a minimum.

**3. Offer condolences:** If you know that your ex is really hurt and you're at fault, offer an apology. It is most likely clear you won't be getting married in the fall, but saying you're sorry for the hurtful things you may have done or said will help the healing process.

**What did you do when your ex had a hard time with your breakup? Share your stories below.**

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# Prince William and Kate Middleton Adopt a Royal Puppy



Prince William and Kate Middleton have acquired a new addition to the family with a new cocker spaniel puppy. A palace aid confirmed to [UsMagazine.com](http://UsMagazine.com) that the month old pup does belong to the Duke and Duchess of Cambridge. The royal couple originally took the cocker spaniel home for a test trial to see if they were ready to be puppy parents, and they instantly fell in love. They met the pup during Christmastime and quickly decided to keep him with them in the palace.

**What are the advantages of raising a pet as a couple?**

## **Cupid's Advice:**

If you don't have kids and you're just starting out as a couple, a pet can be a great bonding experience ... or it can show you that you're not with "the one." Here are some advantages:

**1. Preparation:** If you plan on having kids in the future, raising a puppy together is a great way to practice parenthood.

**2. Test:** Taking care of a new pet is going to test your limits as a couple. See how well you work as a team with important decisions and sometimes frustrating situations.

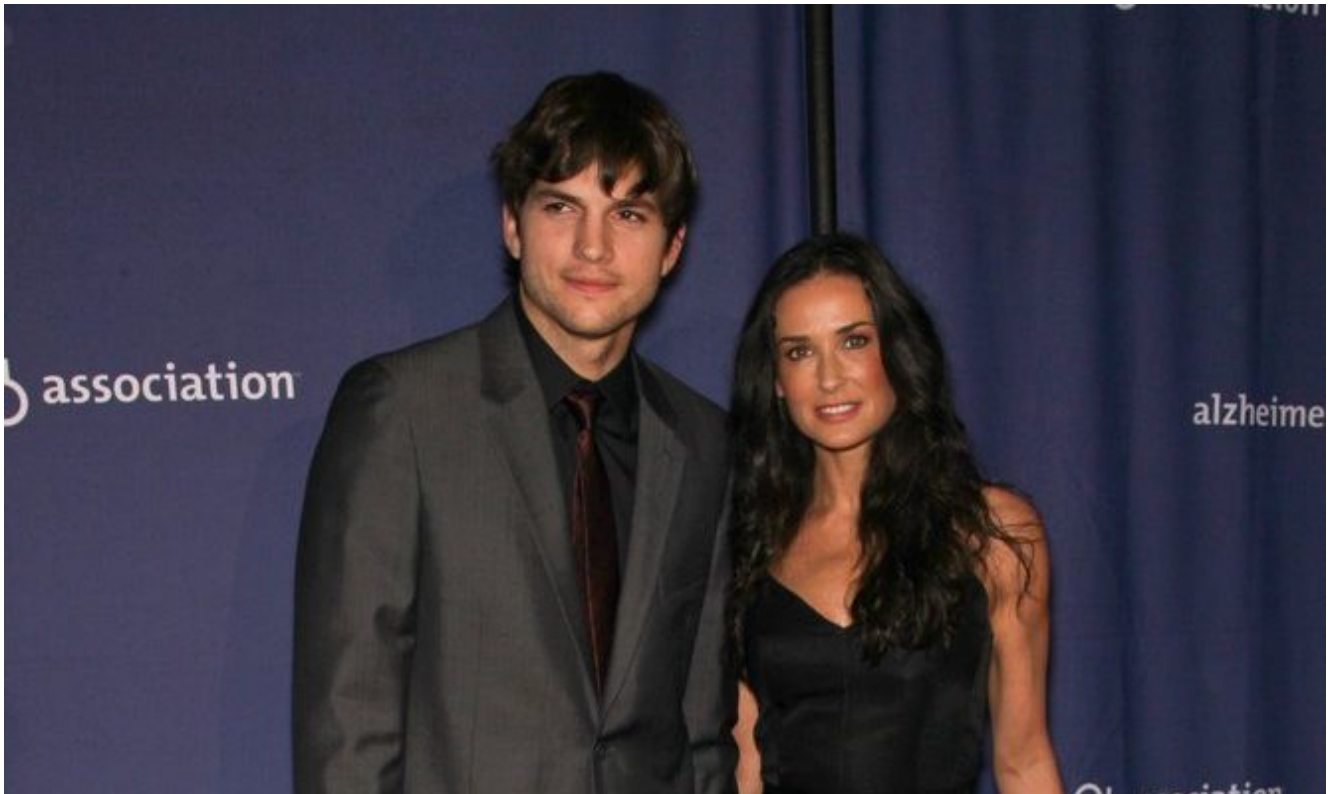
**3. Closer:** Once the adjusting and the adapting is over, you'll be able to celebrate your accomplishment of a successful parenthood together.

**What valuable lessons did having a pet with your partner teach you? Share your comments below.**

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# **Sources Say Emma Roberts 'Iced Out' Chord Overstreet Pre-Breakup**





It seems as if the breakup between Emma Roberts and Chord Overstreet could have easily been predicted. Roberts was constantly leaving Overstreet out of her plans, sources say. *Glee*'s Overstreet, 22, was left out of Roberts' "girl's night" New Year's plans, and she also reportedly ignored his texts the night of the Golden Globes after-party, which ended in drama and tears. According to [UsMagazine.com](http://UsMagazine.com), Overstreet was overheard saying, "Emma does this all the time when she doesn't want to see me." Although her reps claim that he was too controlling for the young star's busy career life, the relationship had hit a dead end.

**What are some ways to show someone you're no longer interested?**

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

There are times we find ourselves no longer interested in the person we're in a relationship with, but don't know how to tell them. Here are some tips:

**1. Put off hanging out with them:** If you keep coming up with

an excuse every time they ask you to do something, they'll eventually get the hint.

**2. Show your independence:** If you continue to make plans, without inviting him/her, they'll realize that you'd rather be independent than tied down.

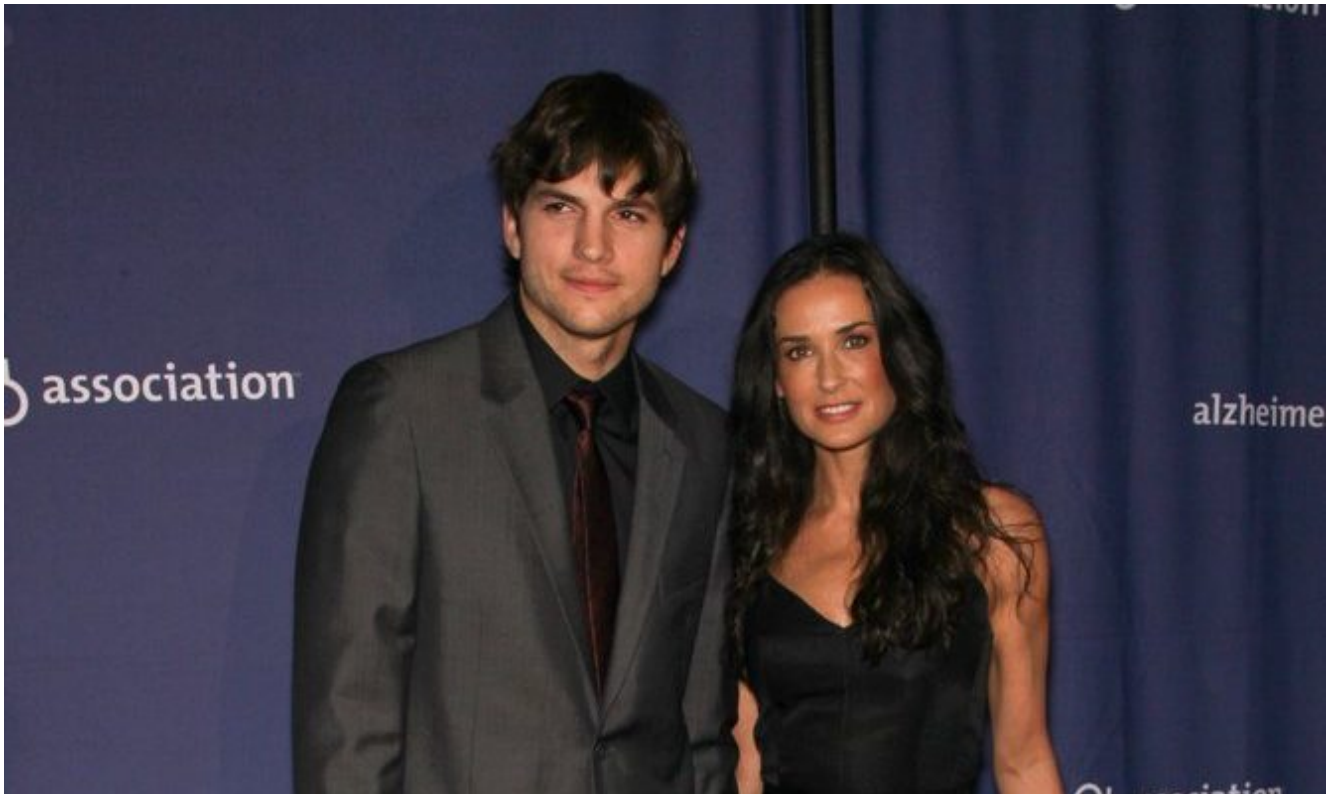
**3. Talk to them, as a friend:** If you continue pretending you want to be with them and talk to them as if you're a happy couple, you won't get anywhere. Put them back in the friend zone. It shows you still care about them, but just as a friend.

**How did you show your now-ex you were no longer interested? Share your stories below.**

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## **Scarlett Johansson Has a New Mystery Man**





After Scarlett Johansson's split with ex-hubby Ryan Reynolds, the rumor mill was buzzing with candidates thought to be her next boyfriend, but a source has finally confirmed the name of her current romance. The actress is dating the New York-based advertising executive, Nate Naylor, a pal of the pair confirmed to [People](#). "They've been dating for five months," said the source, who also mentioned that they're trying to keep the relationship private.

### **How do you keep a new relationship under wraps?**

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

Getting back into the dating scene after a breakup or a divorce can be tricky. Here are some ways to keep things simple:

**1. Keep quiet:** Your first few dates after getting out of a serious relationship can be a little shaky, so only tell one or two people close to you that you're seeing someone until you think the relationship is ready for exposure.

**2. Social media:** Keep the relationship status on your Facebook

out of the situation. People love gossip, and changing your status will make the topic free game for anyone with access to your page.

**3. New places:** Avoid going to the same places that you used to frequent with your ex. People will realize that your old partner is missing, and without knowledge of the split, could bring up some topics that could result in awkward conversations.

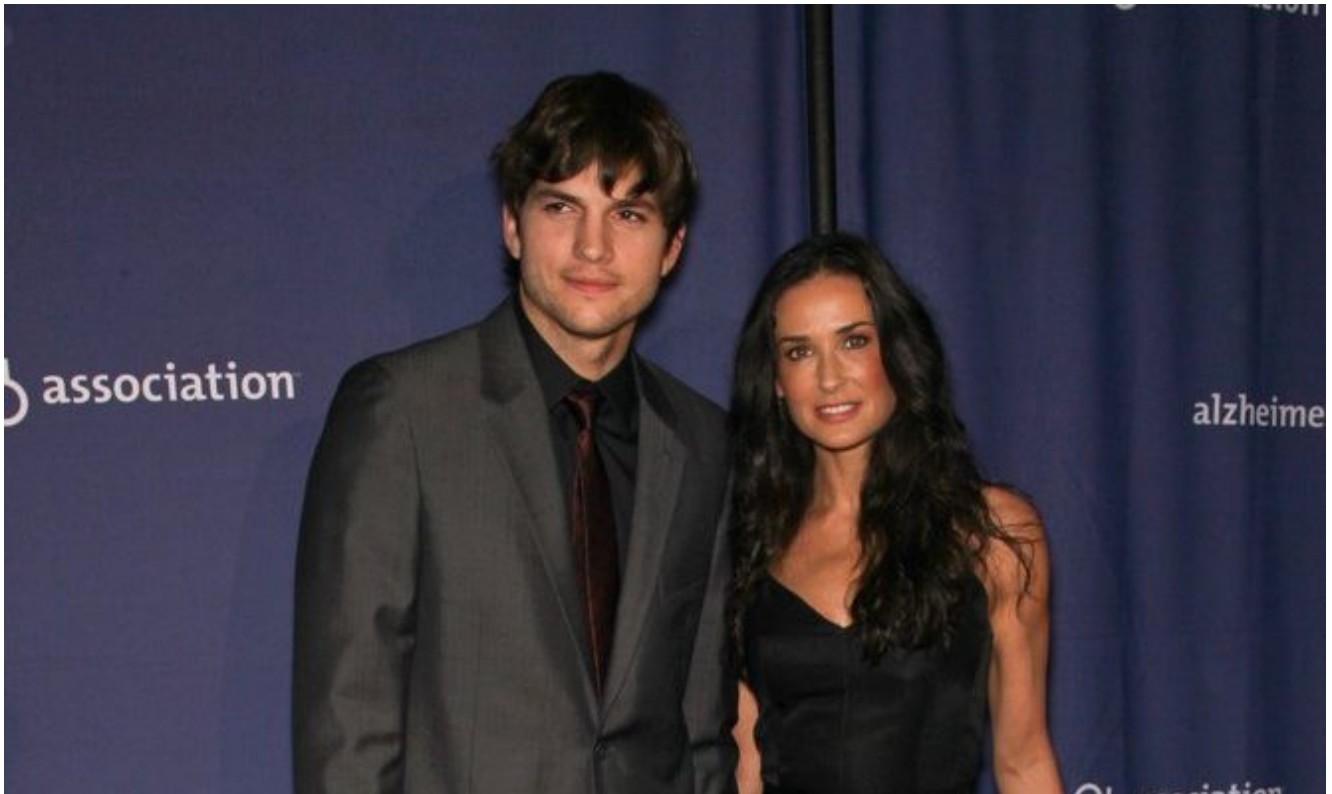
**How did you keep your new relationship under wraps? Share your comments below.**

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## **Valentine's Day Advice: How Successful Women Can Ditch Dating Duds**







By Jane Atkinson

A few weeks ago, on the new hit show *Whitney*, one of the characters was freezing her eggs in order to delay finding a partner and having children. Is this a sign of the times?

Both women and men are waiting longer and longer to get married for the first time, according to the Census Bureau, and fewer women are having babies before their 40<sup>th</sup> birthdays, the Centers for Disease Control reports. Interestingly, more and more women are having babies well into their 40s. Could it be that it has become more difficult for couples to connect romantically?

**Related:** [Romance Resolutions for 2012](#)

“Women are likely to be more independent and professionally successful than they were a generation or two ago, and that’s wonderful, but it can come with baggage,” says Jane Atkinson, author of *The Frog Whisperer: A Three-Step Approach to Finding Lasting Love*. “We’re less likely to think about the energy we’re putting out to others, particularly the opposite sex,

and that energy has a lot to do with how people react to us.”

The thing is, finding Mr. or Ms. Right requires taking your eyes off of work and focusing on yourself more. What can you do to become the person *you* would want to date? Atkinson offers some tips for finding “the one.”

**Related:** [Fishing for Mr. Right – Types of Guys to Throw Back](#)

**Figure out what you’re looking for:** Have you thought hard about what kind of person you’re looking for? One trick is to visualize your perfect day. Are you at the beach? Traveling? Is the man with you quiet or chatty? Is the woman serious or funny? Does he want children? Does she go to church? This will help you identify the characteristics and values of your Mr. or Ms. Right so you can recognize them when he or she comes along.

**Get happy in your own head:** Once again, it’s all about attraction. Putting out positive, confident energy will attract the same. Besides, it’s never a good idea to rely on other people to make us happy. If you need to recover from old hurts, lose weight or find a job, take care of that business first.

Think you’re ready? Test yourself with this quick quiz.

1. Are you happy with yourself? (Or are you miserable because you’ve put on 50 pounds since your divorce?)
2. Are you looking for someone to rescue you or take care of you? (If you answer “yes” to this one, you may not be ready.)
3. Is there room in your life for a relationship? (Or do you have three kids and work a 60-hour week?)
4. Has enough time passed since your last relationship? (Or are you still wounded?)

Now, get yourself fabulous. Rather than, “Why can’t I find a good man?” ask yourself, “Who do I need to become to attract the man (or woman) who is perfect for me?” It’s not about

changing you; it's about being your best you. Part of that is your mojo – your self-esteem. If your mojo is slipping, you'll attract control freaks, players and jerks. Pump it up with a makeover, a workout, a sincere inventory of your attributes.

Get out there! Put on your sexy jeans get yourself out the door. Where to start looking? If you enjoy working with your hands, volunteer for a Habitat for Humanity project. If you've always wanted to learn Italian, take a class. If you love to do yoga, check out a new studio (ladies, you'll find a surprising number of guys there.) Perhaps you find a new church or take a class on Buddhism. The list of meeting spots for singles is a long one: bookstores, dance clubs, supper clubs, book clubs, gyms, golf courses, rowing clubs, dog parks.

Atkinson's tips come from real-life experience. At 40, she realized she'd been [kissing](#) a lot of frogs and found not one prince. She applied the model she developed for her business, tweaked it and came up with "The Frog Whisperer" – *and* a prince of a husband.

Although it was never in her playbook to have children, when she got married, she became an instant stepmom and grandmother (G-Ma) to now 4-year-old Jayden. Looking back, she realizes it sure beat freezing eggs and starting down the difficult road to conception in mid-life!

*Jane Atkinson is the author of The Frog Whisperer and The Frog Whisperer Journal as well as a Positive Practice audio CD to help women (and men) get mentally ready for meeting their perfect mate. She lives in London, Ontario, with her husband of four years, John.*

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# Avril Lavigne and Brody Jenner Spend Time Together After Split



Sometimes it's hard to move on after a [breakup](#). Such is the case with Brody Jenner and [Avril Lavigne](#) who were seen hanging out together not even a month after their split. Often it can be hard for young couples to balance a career and a [relationship](#). Jenner and Lavigne split amicably after two years due to busy schedules, but according to [Usmagazine.com](#), "They still love each other and could get back together, but for now, he [Jenner] needed a break."

**Is hanging out after a breakup advisable?**

## Cupid's Advice:

Sometimes it can be difficult to stop hanging out with someone after you've gone your separate ways. That said, is it a good idea to keep hanging out after the big split? Cupid has some advice:

**1. Time:** Sometimes it depends on how long you and your partner had been together before the breakup. If you had a lengthy relationship, it may be too difficult to avoid the old habits of the relationship, and you may need some [separation](#) before hanging out as friends.

**2. How friendly:** With some relationships, after the [split](#) all you can expect of each other is to remain civil. If you are expecting the relationship to be nearly identical to before the breakup, then you may be in for a rude awakening.

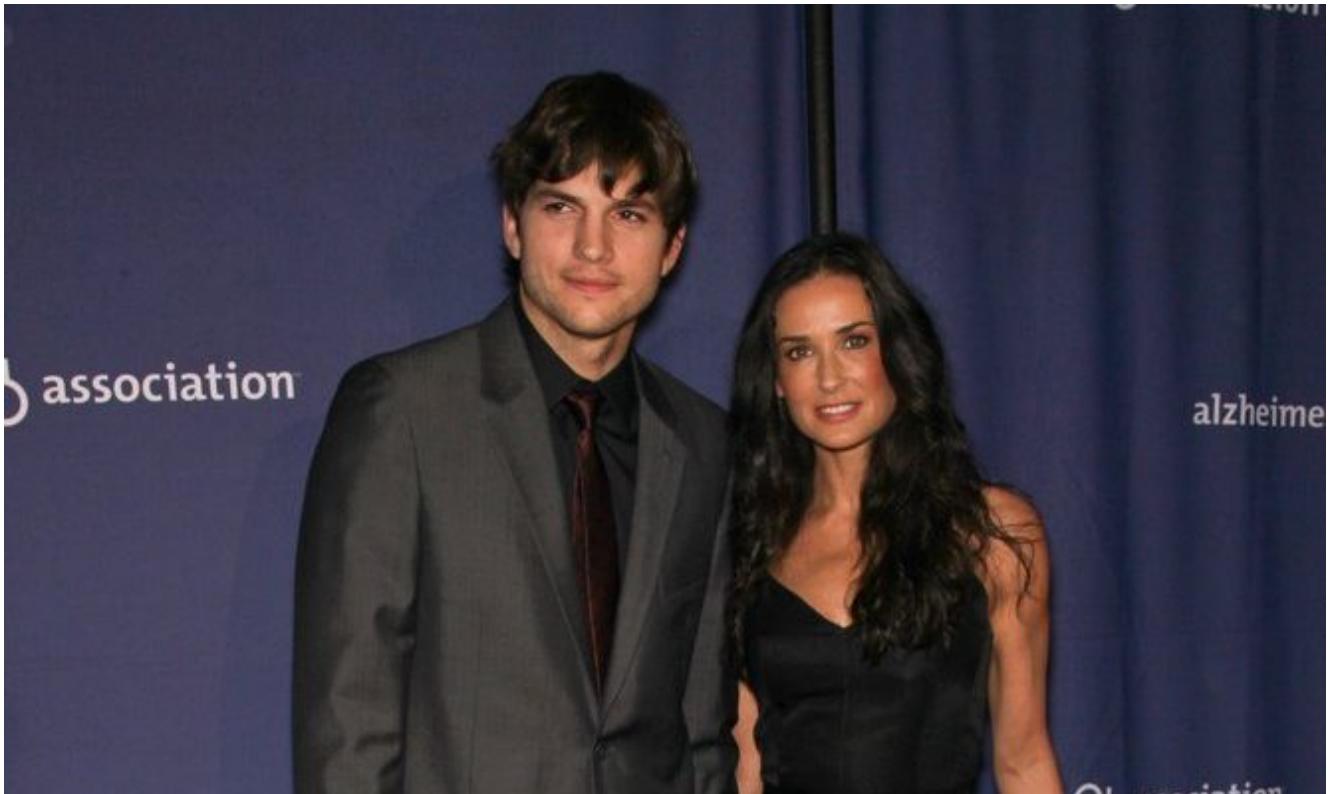
**3. Ready to move on:** You may only want to remain friends because you're hoping for a reunion of sorts. According to sources, many expect Jenner and Lavigne to get back together, which may make their hanging out [post-split](#) easier to manage.

**Have you hung out with an ex after a break up? Share your experiences below.**

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# 'American Idol' Star Danny Gokey Ties the Knot





Former *American Idol* star Danny Gokey is once again a married man. The singer exchanged vows with his fiancée, Leyicet Peralta, in a small ceremony among 100 of their family and closest friends, Gokey's manager confirmed to [People](#). The intimate ceremony celebrated the theme of "romance and love" and took place in Florida on Sunday. "We are so thankful to have found each other and now be able to spend the rest of our lives together," the newlyweds said in a statement. "We pray our gratitude grows more every day because there is so much for us to do now." This is the second marriage for Gokey, who lost his first wife Sophia in 2008 after undergoing a routine surgery for congenital heart disease. The newlyweds paid tribute to Sophia by asking their guests that all gifts be in the form of donation to Sophia's Heart, the children's charity founded by Gokey to honor his late wife.

**If your partner passes away, how do you know when to move on?**

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

Dealing with the death of a loved one is never easy, especially when you're dealing with the passing of your

spouse. However, there a comes a time when you have to move on and find happiness again. Here are few signs you're ready:

**1. You shut yourself out from the world:** The inside of your house hasn't had any sun beaming through its windows, you rarely answer your phone and the grass on your lawn is now passed knee length, leaving people to wonder if anyone lives at your house anymore. The situation is tough, but shutting yourself out from the world only makes it worse. You still have to live your life, and while moving on may take some time, you have to get yourself back into the swing of things.

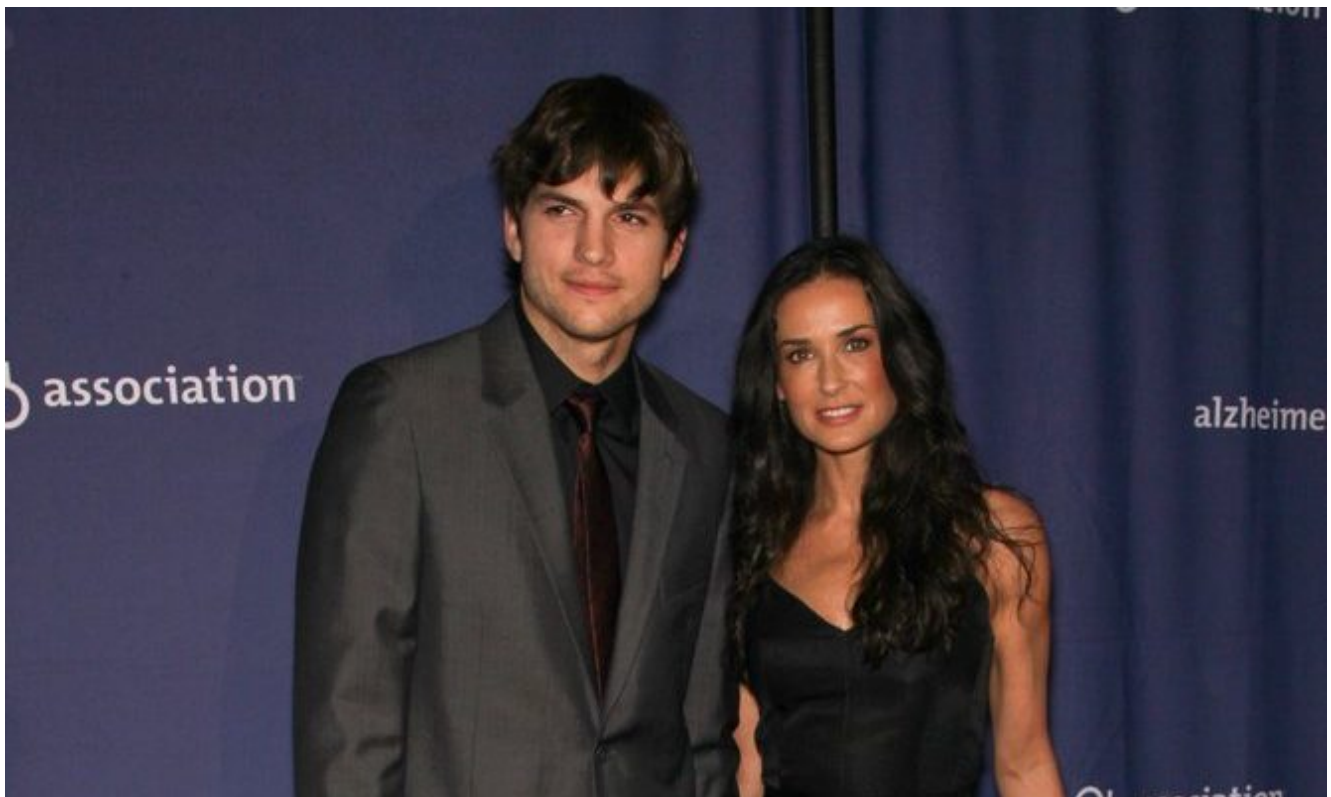
**2. Acceptance:** You begin to accept the loss of your spouse when you start replacing their physical presence with memories of them. And while the grieving process is unique to individuals, you can slowly begin to enter back into the dating scene when you feel comfortable.

**3. You find comfort in a potential partner:** When you find someone who shows you unconditional love by being patient and understanding of what you've experienced, that may be just what you need in your life.

**How do you know when it's time to move on? Share your comments below.**

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**'30 Rock' Star Katrina Bowden Gets Engaged Before SAG Awards**



The SAG awards were all about stars and diamonds this year. *30 Rock* actress, Katrina Bowden, was surprised with an engagement the night before the big awards. Bowden's boyfriend, Ben Jorgensen, popped the big question in their suite at The Four Seasons Hotel. According to [People](#), the actress was shocked by the occasion. Talk about a weekend of celebrations!

**What are some special occasions with which to tie in your engagement?**

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

Popping the big question takes a lot of planning and decision making. Whether or not the proposal will take place in private or public and on what day can be overwhelming. However, tying the big day in with a special occasion can keep your partner in the dark and your engagement anniversary



a memorable one:

**1. Valentine's Day:** It may seem cliché, but there's no denying that proposals are romantic on Vday. It's the perfect time for Cupid to work his magic.

**2. Anniversary:** Do you celebrate your first date, or kiss? An engagement on the same day as an anniversary will mean less dates to remember and extra celebrating.

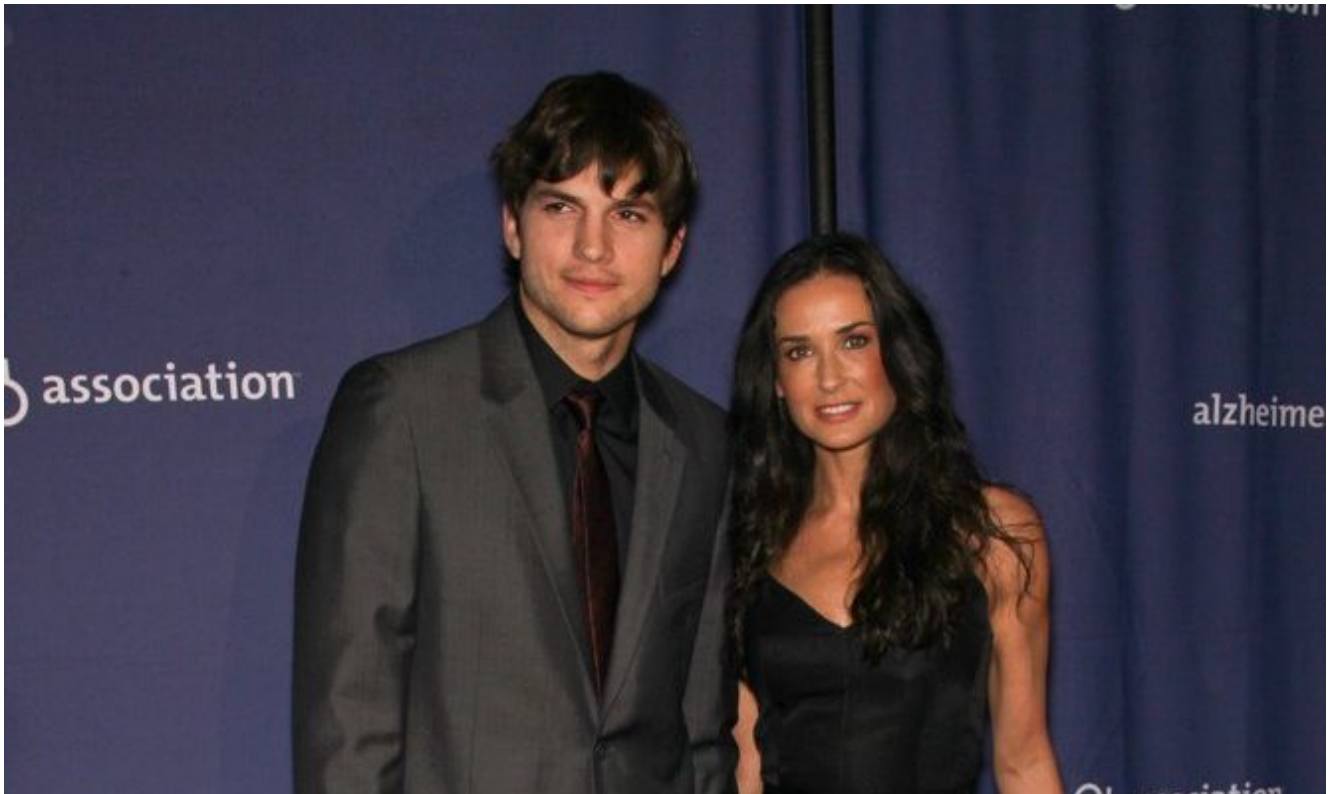
**3. Birthday:** There is no way you can forget an engagement date when it falls on your or your partner's birthday.

**Did you get engaged on a special occasion? Share your big moment with us below.**

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# Jennifer Aniston Brings Justin Theroux to the Director's Guild of America Awards





Jennifer Aniston showed her boyfriend, Justin Theroux to a night out on the glamorous side. Theroux accompanied Aniston in a suit and tie to Hollywood's 64<sup>th</sup> Annual Directors Guild of America Awards on Saturday, where she was nominated alongside Demi Moore, Penelope Spheeris, Alicia Keys and Patty Jenkins for co-directing Lifetime's *Five*. The couple was seen chatting it up during the show as the 42-year-old actress made her way through the lobster, artichoke salad, and finished it off with short ribs and steamed vegetables. This, all while still looking beautiful and toned in her Dolce & Gabbana mini dress. Not allowing Aniston's loss to *The Kennedy's* Jon Cassar keep them from ending the night early, the happy couple made an appearance after the show at a private members' club in West Hollywood. According to [UsMagazine.com](http://UsMagazine.com), Theroux was spotted "continuously putting his arm around her or touching her in some way."

**What are some signs that you're comfortable around your new partner?**

**Cupid's Advice:**

Doing certain things around your partner shows how comfortable you are with them, which is like taking a whole new step in your relationship. But how do you know when you're ready to take that step? Cupid has some tips:

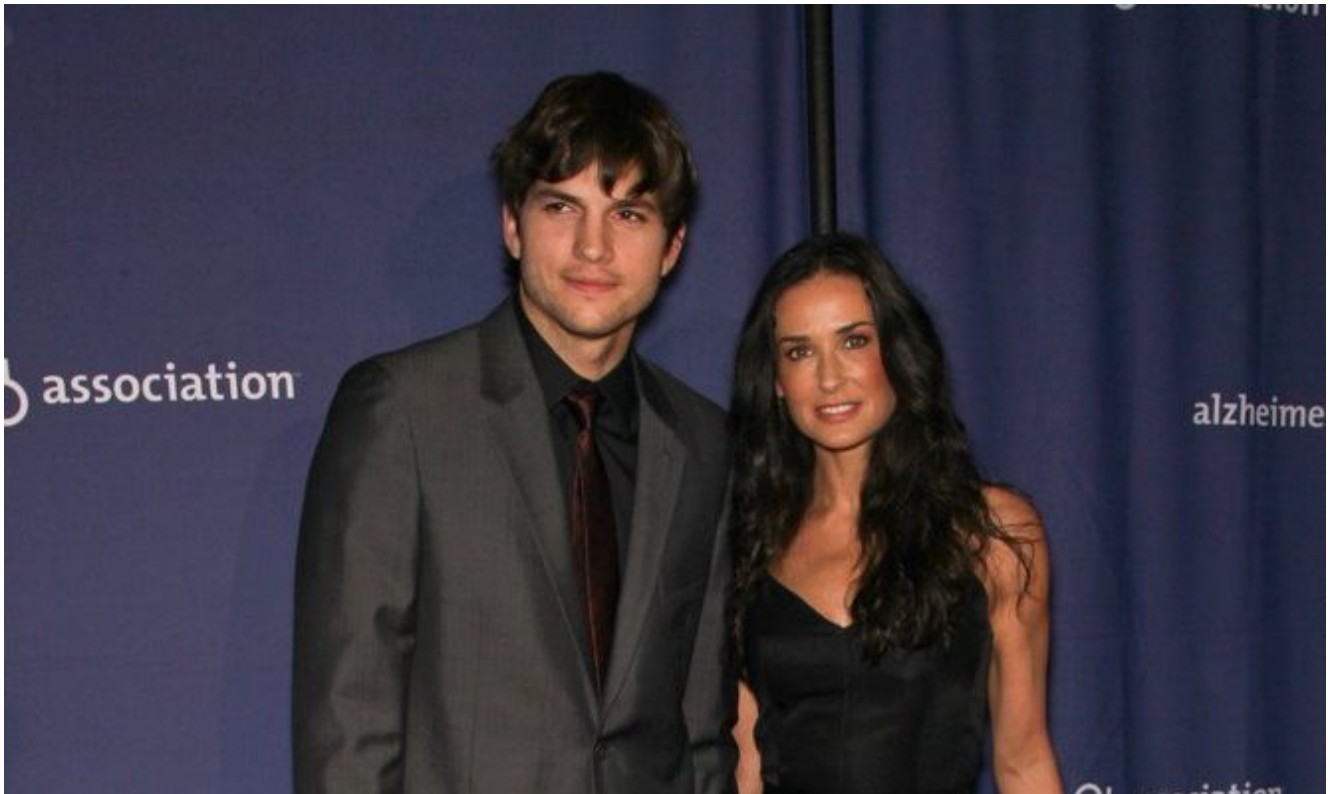
- 1. Loosen up:** If you're not worried about every move you make around your partner or what you look like at all times, it's easier for you to be yourself.
- 2. Be honest:** You should be able to tell your mate how you feel if you're comfortable enough with them. Otherwise, your conversations won't be as real.
- 3. Don't get embarrassed easily:** You shouldn't be afraid to indulge in a huge, juicy cheeseburger in front of your partner every once in a while.

What are some things that make you feel more comfortable around your partner? Share your tips below.

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## Five Signs Your Relationship Won't Make It Until Valentine's Day





By [Whitney Baker](#)

For many couples, the lead-up to Valentine's Day is an exciting time filled with promise and possibility. The cold weather offers an excuse to snuggle up, while the holidays are the perfect reason to shower each other with love and affection. Unfortunately, many relationships aren't so lucky.

According to a recent study in *Men's Health*, the time span from Christmas to Valentine's Day is one of the most common break-up times of the year.

Regardless of the month or season, when your relationship is over, you just *know*. But if you're still on the fence, unsure what to do about your love interest, here are five red flags you should watch for in your relationship. Otherwise, you probably won't make it to Valentine's Day:

**1. Too much fighting:** The holidays are a special time to share with your significant other; they should be filled with fun, [food](#) and family, not fighting. If you find yourself unhappy more often than not, it may be time to [call it quits](#).

**Related:** [The Holidays: 8 Ways to Ruin Your Relationship](#)

**2. Finding other priorities:** New Year's Eve marks the start of a new year and the chance for a new beginning. That said, who better to kick things off with than the one you love? If you'd rather hang out with your friends or spend a low-key night with your family, you need to consider why. Spending time with your partner should be a priority, especially on such a fun holiday.

**3. No connection left:** Lack of similarity emerges over time, and these differences can either bring you closer together or tear you apart. You need to feel connected to your partner, and something as simple as an impersonal present or thoughtless holiday card can be enough to make you feel distant and misunderstood.

**Related:** [10 Holiday Gift Ideas for That Special Someone](#)

**4. Nothing to say:** When your relationship is new, you always have something to talk about, but as time goes on, conversation may become stale and forced. Remember that communication is key for every successful relationship. With nothing left to say, it may be time to start looking somewhere else for love.

**5. Making plans alone:** The beginning of January is typically a time to reflect on the year behind you and plan for the year ahead. If you and your partner have a strong and stable relationship, then the two of you will make plans *together*. Thinking about events, vacations and getaways that take you away from your significant other could mean you're ready for a fresh start in more ways than one.

**Cupid wants to know: How did you know when your relationship was over?**

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# Kids Put Pressure on Brad Pitt to Propose to Angelina Jolie



Kids say the darnedest things, especially if they're Brad Pitt's. [UsMagazine.com](http://UsMagazine.com) reports that in an interview with *CBS: Sunday Morning*, the Academy Award nominee admitted his six children are pushing him to propose to mommy Angelina Jolie. "We're getting a lot of pressure from the kids," Pitt said. "It means something to them." The star of *Moneyball* admits he has struggled with explaining to the kids why his marriage to Jolie has been on hiatus. When the six demanded he "buy mommy

a ring,” he replied with, “Okay, I will, I will.” Pitt added he always listens to his children’s feelings. “You have less time to spend on a project,” Pitt said. “You come home and you’re Dad. You’re much more conscious of how much time you give to a production.”

**How do you explain a partnership versus a marriage to your kids?**

**Cupid’s Advice:**

Although Brad struggled, it doesn’t mean you should. Here are some ways to keep your kids in the loop:

**1. Simple is best:** Try not to over-complicate the situation when explaining you and your partner’s decision. Take some time to prepare together on what you will say.

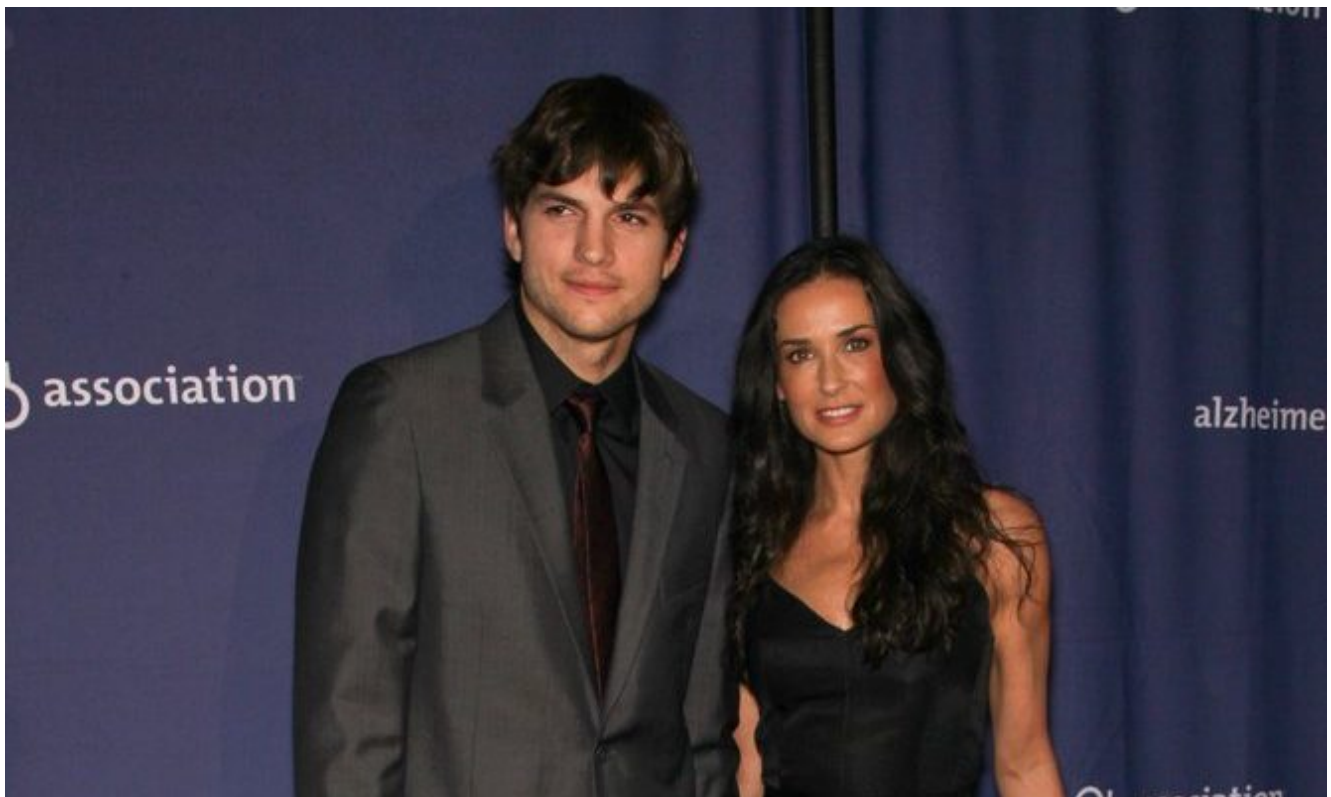
**2. Be prepared:** Kids can – and most certainly will – ask questions. The only real way to be ready for it is to keep an open mind so you’re not thrown off by one of their inquiries.

**3. Believe:** You and your lover have to back your decision 100 percent before sitting your children down. Any room for doubt in either of you shows that you both have to work things out.

**What are some other things to keep in mind while explaining your relationship to your kids? Share your thoughts below.**

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## **Katy Perry Moves On Post-Split in Las Vegas**



A night on the town with some close friends can really help get over a breakup, and that looks to be the case for Katy Perry. According to [E! Online](#), the pop star was spotted in Las Vegas this past weekend supporting her best friend, jewelry designer Markus Molinari. It remained a quiet evening for the singer as she supported a fundraiser and spent some quality time with close friends. Despite the general romantic buzz of Sin City, it's certainly an opportunity for Perry to begin to move on from her recent split with Russell Brand.

**Where are some great vacation spots to visit after a breakup?**

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

Oftentimes after a breakup, the best way to move on can be to find some time to relax on your own or with good friends.

Cupid shares some post-split vacation spots:



**1. Atlantic City:** Share a hotel with some friends for the weekend, and gamble the night away. If gambling isn't your thing, the boardwalk is filled with tasty food and fun shopping. Either way, it'll be sure to take your mind off of your ex and help you enjoy being single.

**2. Fantasy island:** Ever dreamed of that one vacation you've always wanted to go on? Well, make it a reality by finding cheap flights and using up some of those vacation days at work. What better way to get over someone than by not having to show up to work for a few days?

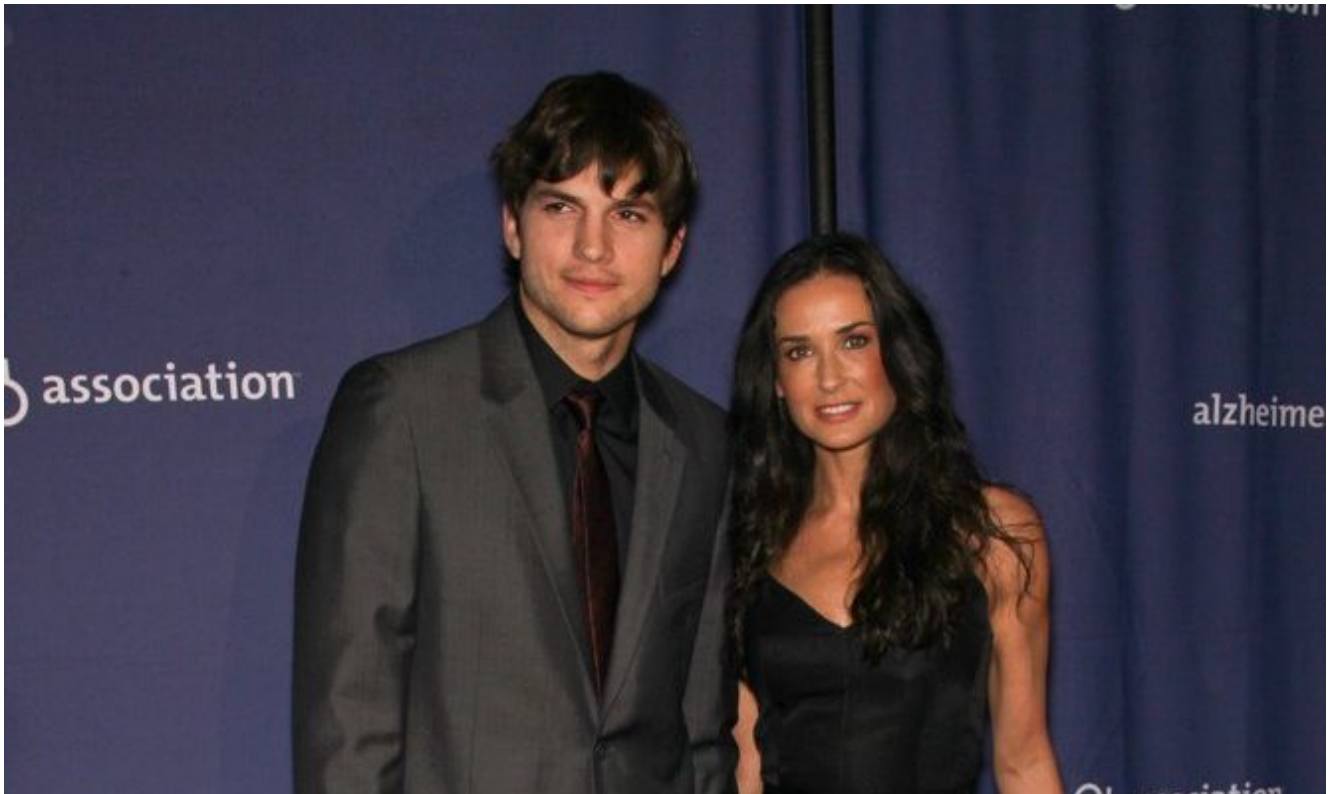
**3. Get active:** It's easy to stay holed up inside after a break up. Instead, go somewhere and get moving. Check out the slopes for some skiing or hiking.

**What are your dream vacations after a break up? Share your ideas below.**

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## **The Ex Factor: What Taylor Swift and Demi Moore Have In Common**





By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass–Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their

chemistry experiments with a winning romantic concoction that lasts:

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

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

**Charlyism #5-1:** The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it’s possible with those you’re [dating](#).

**Related:** [Amy Spencer Talks About ‘Meeting Your Half-Orange’](#)

**Charlyism #3-3:** Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you’re looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

**Charlyism #3-10:** Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism**

**#3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

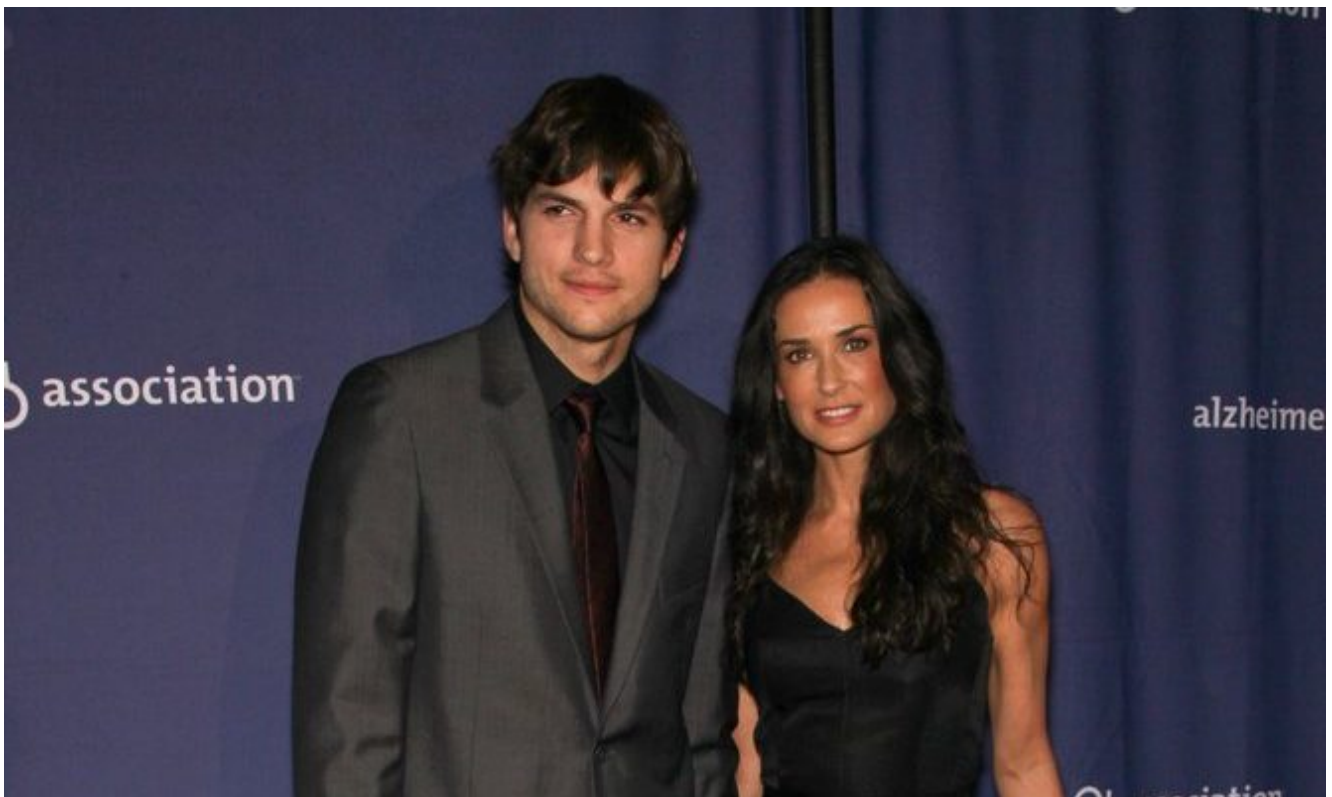
*Charly Emery*

Personal Strategist | TV Personality | Author



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# David Arquette Guest Stars on Courteney Cox's 'Cougar Town'



Courteney Cox and David Arquette will once again be sharing screen time. Arquette will guest star as a hotel concierge in the season 3 finale of Cox's sitcom *Cougar Town*, reports *People*. Though the two separated in October of 2010 after 11 years of marriage, Cox said last month, "He's my favorite person in the world. No matter what happens in our future, he's my very best friend."

**Is it OK to work with your partner after a split?**

## **Cupid's Advice:**

Though most individuals prefer distance after a breakup, it is possible to work with your former partner again. Here are a few things to consider before working with your ex:

**1. Time:** Make sure to take some time before reconnecting with your ex. Work together only after the two of you have had time to heal and move on with your love lives.

**2. Your ex:** Though your feelings may have passed, the same may not be true for your ex. Make sure that your former partner has moved on before working together. Working with unresolved tension will not be productive.

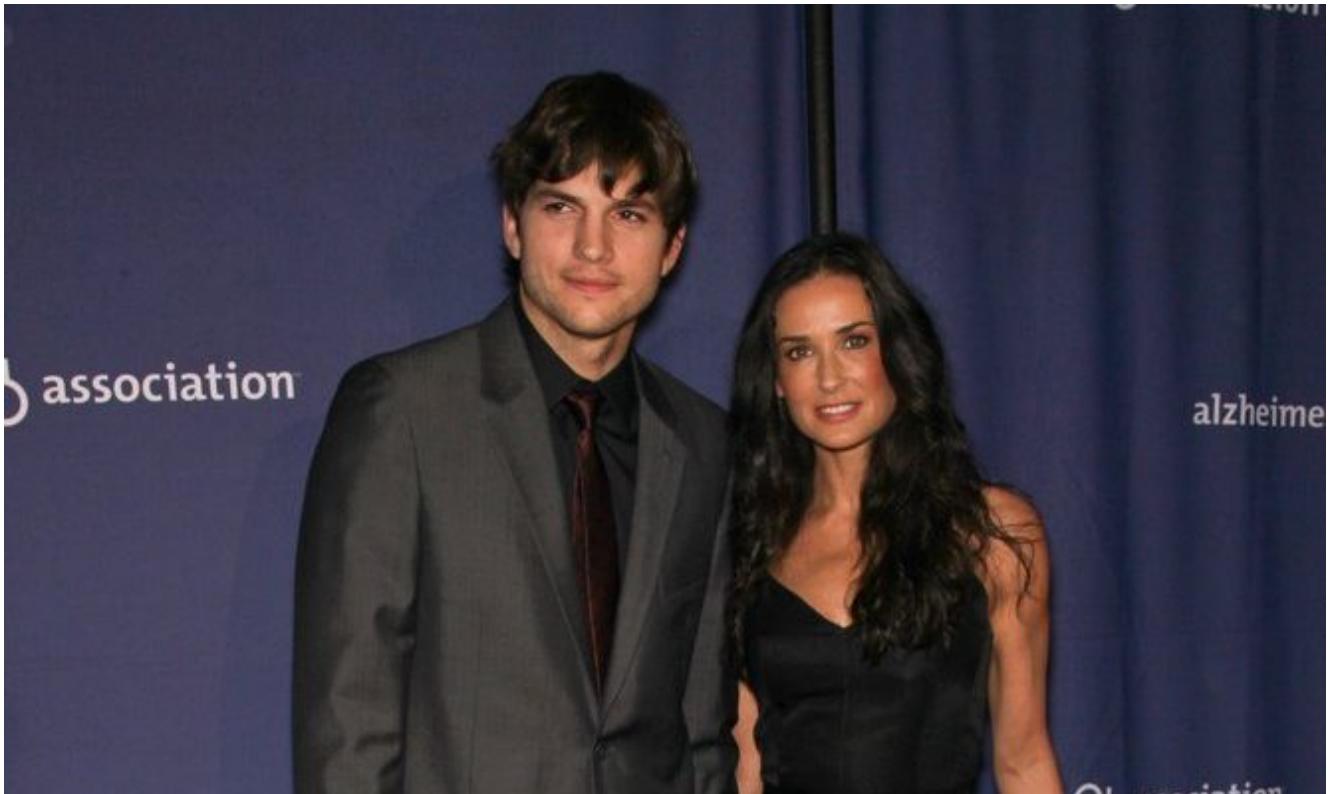
**3. Your reasons:** Before you work with your ex, you should be sure that you have pure intentions. Don't work with your ex if you feel guilty about the breakup or your ex's current situation. Make sure your top priorities are work-related.

**Have you ever worked with an ex? Feel free to leave a comment below.**

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# **Kellie Pickler Gives Up Her Cat for Love of Her Husband**





Country star Kellie Pickler gave up her beloved cat, Pickles, for her husband, Kyle Jacobs, who is horribly allergic to her feline friend. Pickler adopted Pickles from a Tennessee animal shelter in 2006 after wrapping *American Idol*, and they'd been best friends every since. After dating Jacobs for four years, she had to make the devastating decision to find Pickles a new home in North Carolina. According to *People*, Pickler now lives vicariously through friends with felines and acts as an animal advocate. In spite of her difficult loss, she did gain unconditional love with her husband. "Every time I look at my hand, I go, 'Good God.' What's behind this ring is such unconditional love, trust and respect. I see my husband every time I look at my ring. I'm a blessed woman – I have a good man," said the singer.

**What are some sacrifices you have to make when you get married?**

**Cupid's Advice:**

We you get married, you may have to sacrifice a few things. But, if you pick the right person, what you're gaining is

nothing compared to what you're giving up:

**1. Family traditions:** Family traditions may seem like a lot to give up, but when you're gaining new traditions from your partner and they are gaining some of yours, it will only make you closer.

**2. Pets:** If one of you is allergic, you may find yourself in the same boat as Kellie Pickler. Just make sure you find your pet a loving new home.

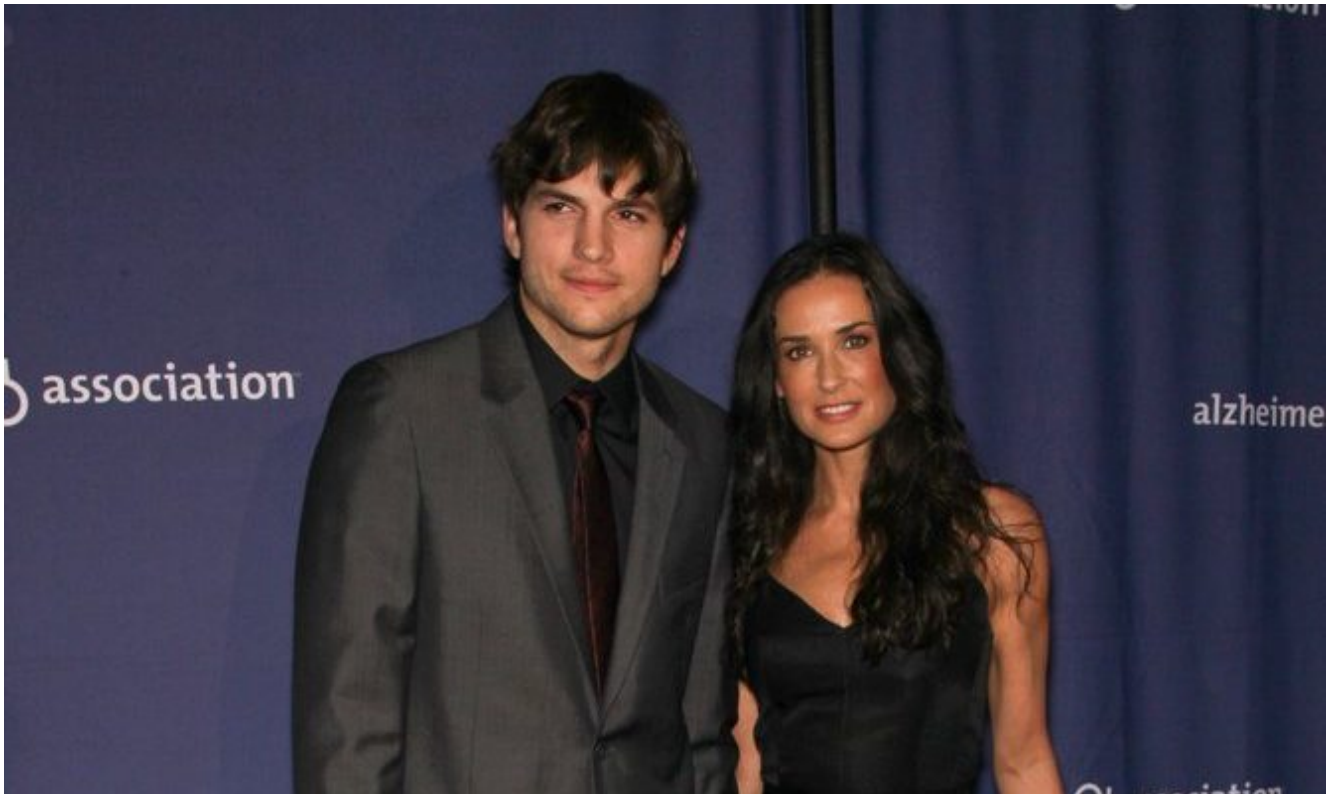
**3. Your house:** If you're not already living together, getting married means make the big move. People tend to get very attached to their homes, but keep in mind that you're gaining a new life with the one you love.

**Is there anything you wouldn't give up for your partner? Share your comments below.**

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## **William H. Macy Reveals How He Keeps the Passion with Wife Felicity Huffman**





William H. Macy, who has been married to *Desperate Housewives* star, Felicity Huffman, for 15 years, recently let *People* in on his advice for men on how to keep your marriage alive after the honeymoon phase. According to Macy, the answer is to simply fake it until you make it. “Just act like you love her more than anybody you’ve ever seen in your life, and you’ll get it back in spades,” he says. “Just pretend.” While speaking at the Sundance Film Festival, he talked about passion as something you have to work toward later in marriage, but the work is well worth it.

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

### **Cupid’s Advice:**

Just because passion doesn’t come as easy as it once did, doesn’t mean it isn’t there. Don’t be afraid to put some effort into your relationship. Cupid has some advice:

**1. Schedule time together:** People tend to live on a schedule. Therefore, your love life should be no different. Make it a



priority by making time for it. If you show you're willing to sacrifice for your marriage, it can really be a turn on.

**2. Be spontaneous:** There's nothing more romantic than doing something spontaneous as a couple. The element of surprise makes everything more romantic. For instance, take a Saturday you have nothing to do and turn it into a time of firsts by going skydiving.

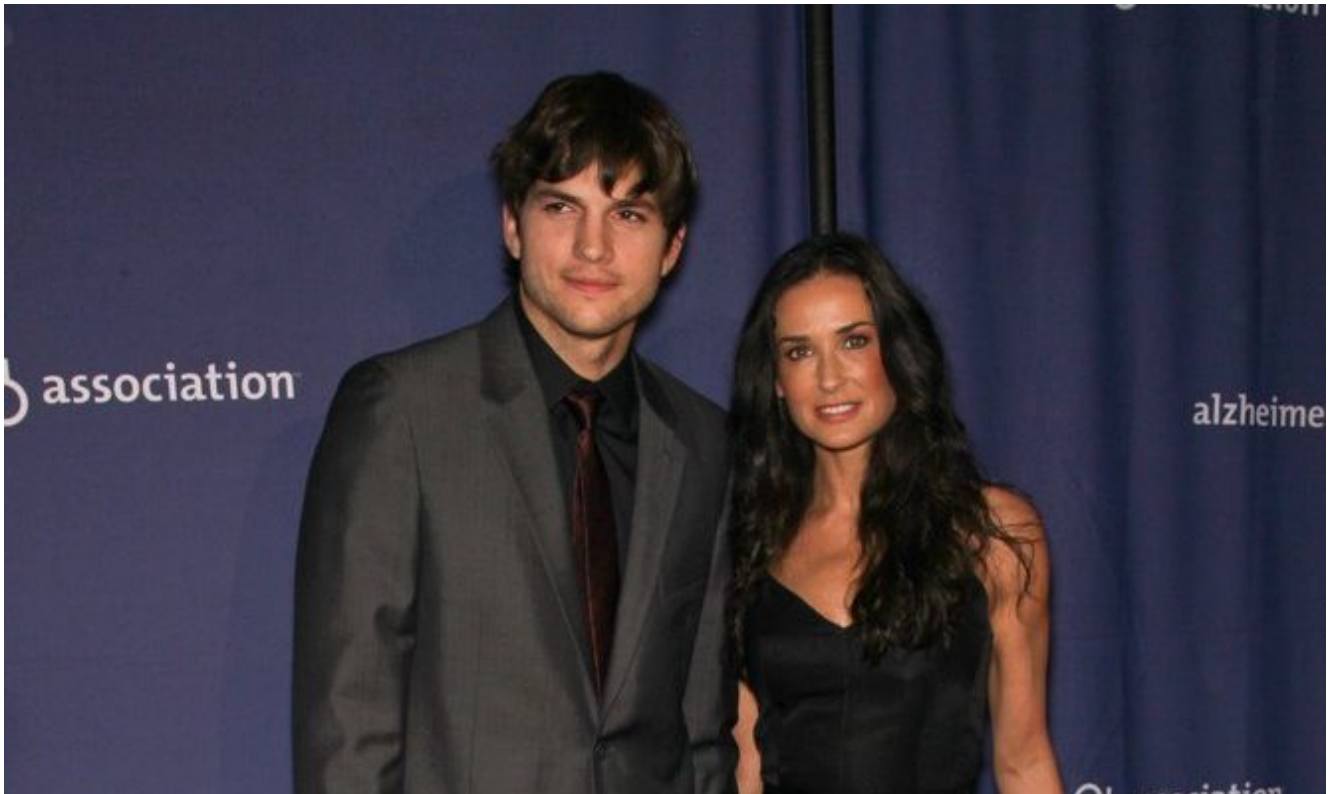
**3. Return the effort:** If you see that your partner is putting their all into your relationship, it's your responsibility to do the same. If she plans a trip to a baseball game for you, perhaps you can surprise her with a spa weekend.

**What can you do to surprise your partner? Share your thoughts below.**

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## **Rumor: Are 'Revenge' Co-Stars Emily VanCamp and Josh Bowman Dating?**





Even though they star in the hit show *Revenge* together, it seems Emily VanCamp and Josh Bowman have a much more positive thought on their minds, according to [UsMagazine.com](http://UsMagazine.com).

According to one source, the two co-stars are an item, but things are “not serious” between them as of yet. Another source, on the other hand, says, “They hang out together every night.” This isn’t the first time VanCamp has fallen for one of her co-stars, however. The actress, who is well-known for her work on *Brothers & Sisters*, dated Dave Annable on that show as well as Chris Pratt when she starred in *Everwood*.

That said, the actress is known to keep her relationships very private, so it’s safe to say we won’t be getting any confessions anytime soon.

**Is it OK to date a co-worker?**

**Cupid’s Advice:**

When you spend so much time at work, it’s easy to develop crushes every now and then. If you decide to act on them, however, things can get a little tricky. Cupid has some tips:

**1. Decide if it's worth it:** There's no point in indulging in a short-term fling with a co-worker, because the negative after-effects way outweigh the benefits. However, if you can really see a future with one of your co-workers, it's worth risking the potential for awkward and hurtful post-breakup sightings.

**2. Read up on company policy:** Whatever you do, don't break any policies or procedures at your place of work. Make sure to read up on the guidelines for inter-company relationships, as they vary from company to company. Follow the rules, because it's not worth damaging your career.

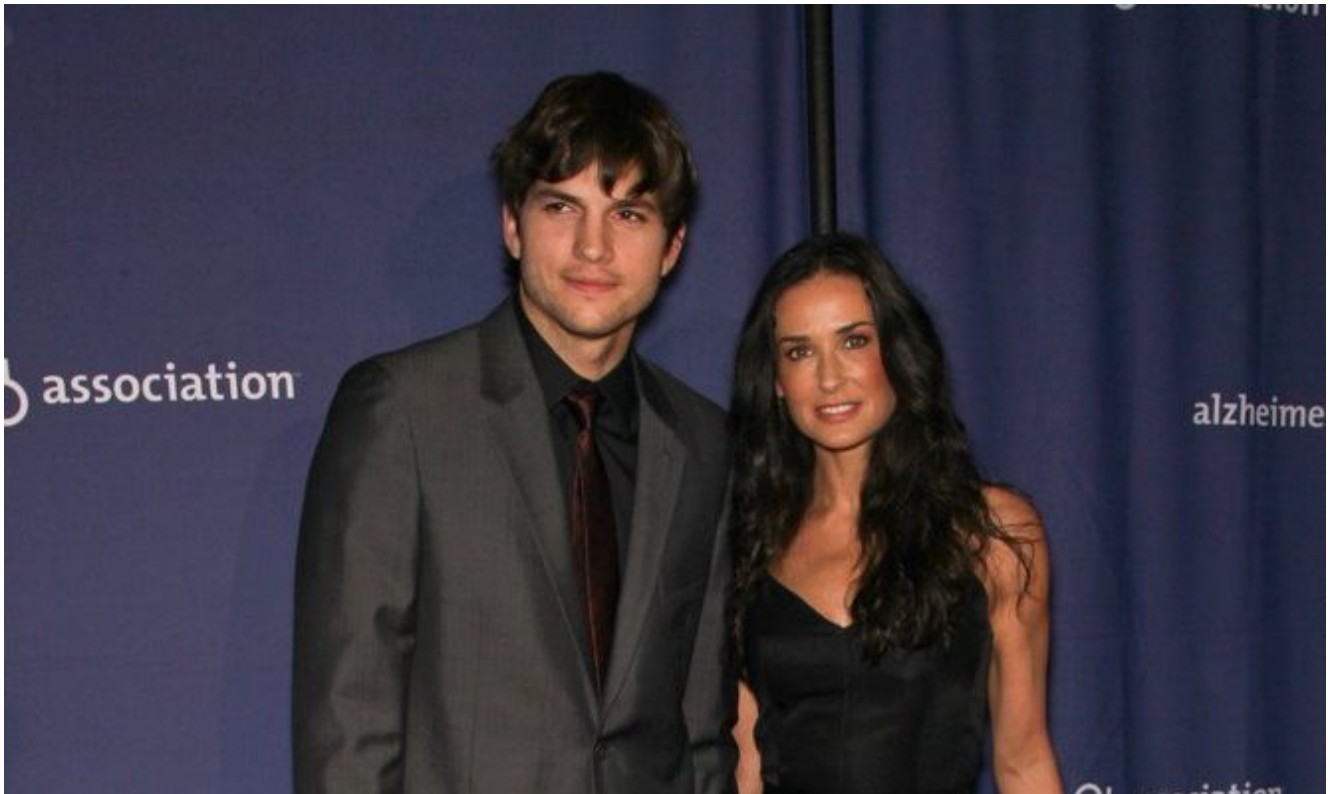
**3. Keep it low-key:** If you do decide to begin dating a someone you work with, it's important to downplay your relationship at the office. The last thing you need are your other co-workers talking behind your back about inappropriate behavior.

**Have you ever dated a co-worker? Share your experiences below.**

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## 7 Ways to Flirt In a Web 2.0 World





By Jessica Smith

The World Wide Web offers us an unending sea of possibilities, and people aren't hesitating to take advantage of the dating scene that the Internet has to offer. Many of us lead busy and hectic lives, and it can seem impossible to meet someone worth dating on your own, so the convenience of dating sites can make finding "the one" easier. Of course, you can flirt with people online by sending smiley faces or winks, but all body language and human contact is lost. That said, even though you may not be able to charm your possible love interest physically, here are some ways to flirt online while simultaneously keeping your cool:

**1. Wit and humor:** The easiest way to break the ice is by making people laugh. If you can make someone break out into a fit of laughter or bring a smile to their face, you've already caught their interest and they're going to feel more comfortable to be themselves around you. The sooner the tension is broken, the sooner you'll be going out on real dates.

**2. Step by step:** When you're chatting online instead of in person, it's easy to reveal information you wouldn't normally be ready to reveal if you were face-to-face. Take things just as slow as you would if you were meeting in person. This will keep a little mystery alive in the relationship and keep them coming back for more.

**3. Honesty:** When you're communicating over the Internet, you can be whoever you want to be and say whatever you want to say. Your partner will be analyzing you the best he or she can, but if they find out later that you were dishonest, you've ruined your chance at love. Being truthful is a key ingredient to a successful relationship, so start it off right.

**4. Friendship:** Become friends before lovers. Get to know each other as much as you can virtually before you meet each other physically. You'll feel like you've known the person forever if you've both been honest with each other. This way, you already have an emotional attachment and all that's left is the physical attraction.

**5. Play hard to get:** The Internet is all around us. We have it at work, at home and even on our phones. That means you're available almost 24/7 to interact online. Play hard to get! Don't respond right away, or don't respond all day. The person on the other end will be checking their chat or email constantly to see if you've responded, and once you finally do, you'll have them hooked.

**6. Compliments:** Handing out compliments is an art. Over the web, you have to compliment each other without sounding creepy, and say something that will receive a positive response. You're probably not going to be the first guy or girl to tell them they're beautiful or handsome, so be creative. A well thought out and personalized compliment will lead to infatuation and potentially more conversation.

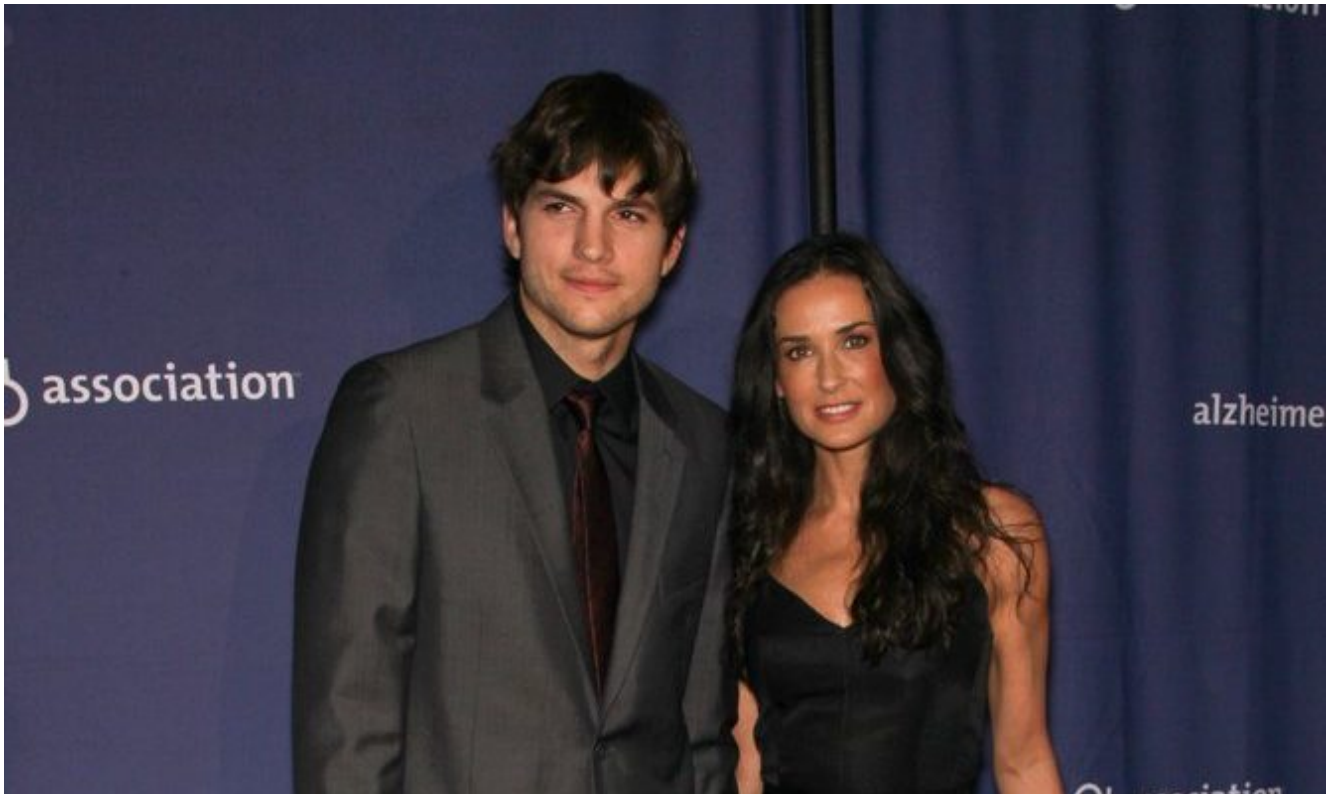
**7. Confidence:** Being confident without being cocky is a turn on. We all want someone who is sure of who they are and is always willing to be themselves in any situation. Don't pretend to be someone else, because more than likely your date will be able to see through that when you meet in person. If you can exude as much confidence as you do online in person, you just might seal the deal.

**What steps did you take to meet your partner while online dating? Share your comments below.**

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## **Jordin Sparks Supports Jason Derulo Through Neck Break Recovery**





Injured R&B star Jason Derulo's downtime has become much more enjoyable. Derulo, who was nearly paralyzed after fracturing his neck during a tour rehearsal, has been recovering with the help of new girlfriend Jordin Sparks, reports [People](#). "I'm taking it one day at a time," said Derulo. "[Sparks] lives in Phoenix and she comes [to Miami] and takes care of me, brings me breakfast in bed and she'll go on walks with me. We've gotten closer because of my accident. It's awesome to have someone you can talk to and she's a wonderful person."

### **How do you support your sick or recovering partner?**

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

Though having a sick partner can put a damper on date night, it's important to stay by your partner's side. Here are a few ways to support your partner:

**1. Accompany them:** Go with your partner to doctor appointments and therapy classes. Though time consuming, your partner will appreciate the company and bonding opportunity.

**2. Kind gestures:** Little gestures, like making your partner

breakfast in bed, can improve your relationship. Even something as simple as decorating your partner's cast or organizing their medicine for the day can be sweet.

**3. Brainstorm:** Going out on the town with a sick partner is unlikely, so brainstorm some fun date ideas that you can enjoy at home. Being positive about changes in your relationship will strengthen your bond with your partner.

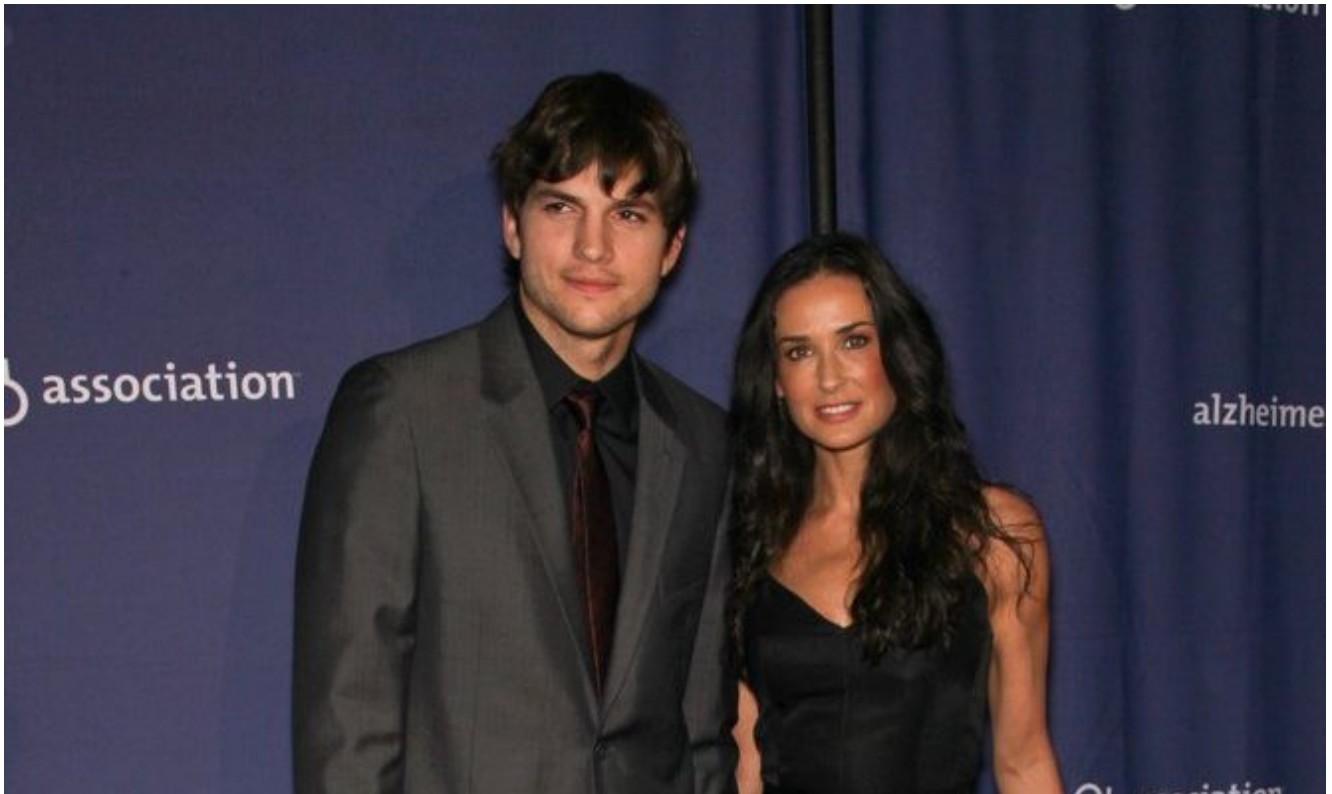
**Have you ever had to support a sick partner? Feel free to leave a comment below.**

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## **Heidi Klum and Seal: What Blew Up Their Marriage?**







By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

After almost seven years of marriage, Heidi Klum and Seal have decided to part ways. Many people were surprised by their announcement, since they made such a point of telling the public how truly happy they were. For a time, they even seemed like a model couple, defying the odds with two high-powered careers and balancing that with their home life, which included four children, three together and one from Heidi's previous relationship whom Seal adopted. Now, however, it seems that the separation may have been in the works for sometime as they dealt with something more than their love, success and family: Seal's reported anger issues.

TMZ was the first to report that the pop singer has a "volcanic temper," and that his inability to control his anger has become too much for Heidi to take, in part because it is affecting their children. They may very well have been honest about their love for each other, but dealing with an angry spouse can take a toll on a marriage, even a seemingly strong one.

**Related:** [Three Tips to Enjoy Marriage Despite the Battles](#)

The reason couples can go on for so long in this situation is that the outbursts are often self-contained, and when they are over, they are over. Life goes back to normal. That is, until the next one. For a while you learn to live between the explosions in the land mines and focus on the good while you can. However, it eventually comes down to this: in an intimate relationship, everyone ultimately seeks a loving and safe shelter, a place where you can let down your guard and know someone is looking out for you. You want to be able to trust that your partner has your best interests at heart.

When one of the partners has frequent temper tantrums, that feeling of safety is slowly etched away. Over time, you lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time your spouse might blow up. If you aren't in physical harm's way, you are at the very least in emotional harm's way. When your spouse rages, you feel frightened and upset; you feel that you are being attacked, and often it is hard to understand what is behind that fury.

You feel like you are walking on egg shells, afraid that one wrong move can make your partner irascible. That pattern of behavior destroys the foundation of your mutual trust and commitment.

**Related:** [How to Dignify Your Relationship Daily](#)

Eventually, the question becomes: how long can you live that way? I can only speculate about the havoc Seal's volatility wreaked on he and Heidi's union, but I can tell you what I've learned over the years with my patients. The first thing to do is to put checks and balances in place so that you feel you can gain some control. Wait until the anger has dissipated so you can have a calm conversation. At that time, when things are more peaceful, suggest to your spouse that you put all of his or her complaints into a box, and then you can pull them out one by one and talk about them in a rational way. Even more important, though, would be to talk to your spouse about

getting outside help. This can be daunting, but necessary, because without that help you might skip from talking about getting support to learning how to handle conflict in a constructive way to talking instead about getting out of the marriage completely.

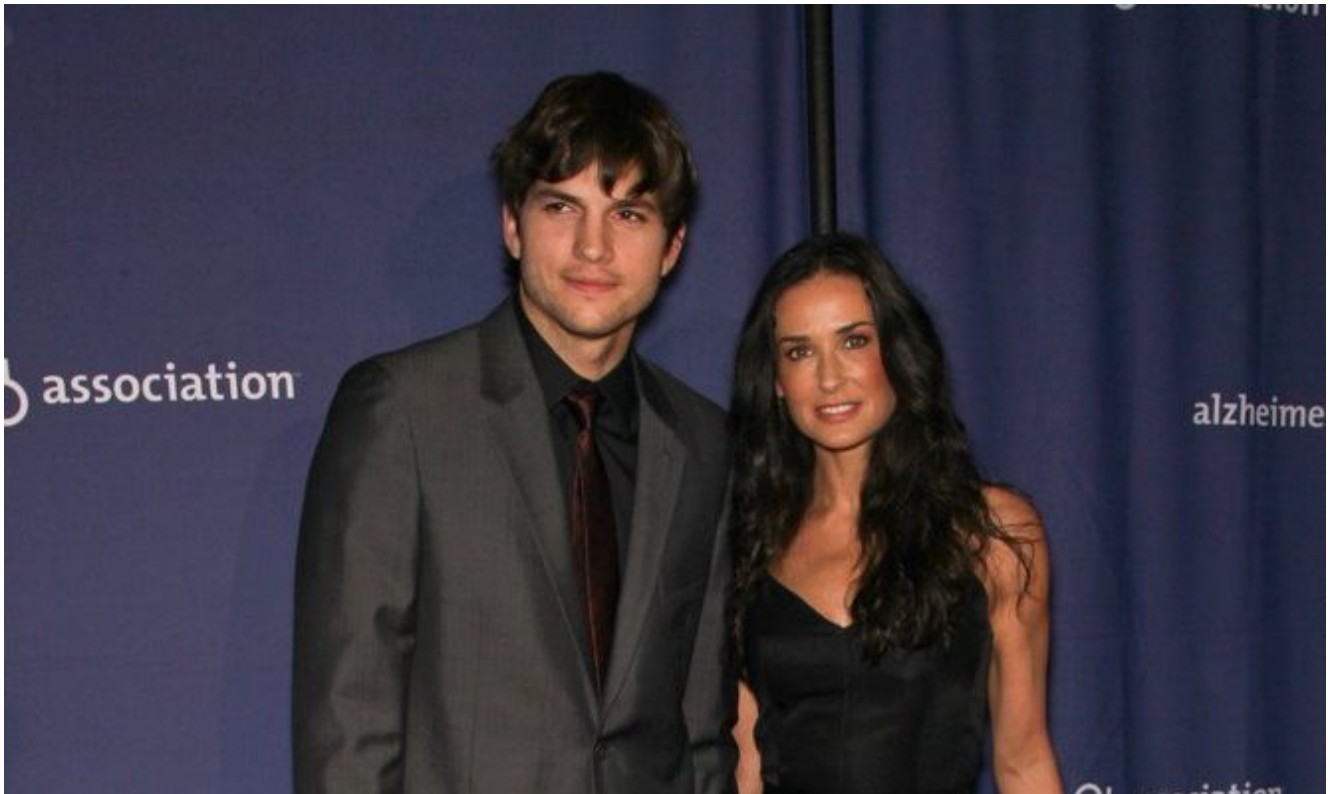
It is when your spouse refuses to seek help, or when he or she will get the help, but then flat out refuses to change, that you might reach the point of having to decide to take yourself out of the danger zone, as Heidi has done. All the renewed vows in the world won't fix that, but hopefully, with help, you can.

*Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.*

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## **Kirsten Dunst's New Relationship with Garrett Hedlund Heats Up**





Kirsten Dunst and Garrett Hedlund took their relationship public at the Sundance Film Festival recently. According to [People](#), the couple was seen kissing and hugging. Dunst and Hedlund enjoyed dinner and dancing all night in celebration of Dunst's new film *The Bachelorette* with friends Will Ferrell, Justin Long and Rashida Jones. Being shy with PDA was not an issue for this couple who, according to a source, did not leave each other's sides all night. "Kristen and Garrett have been spending time together since the holidays," said a fellow partygoer. "They were friends on set of *On the Road*, and now they've grown closer. They spent Christmas together and he feels very strongly about her."

## **How do you know when to take your relationship public?**

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

Deciding to let the world in on your relationship is all up to you. Here are some tips on how to know when you're ready:

- 1. You and your partner are comfortable:** When you're with your lover, you should feel at home. Very few things should be

uneasy, and you should be able to talk about anything and everything, including making your relationship public.

**2. You don't feel embarrassed:** When you're out to dinner with your sweetheart, you should feel proud to sit across from them at the table. Holding hands is an exciting way to show the world that you're a couple while you're walking around the mall or taking a stroll by a river.

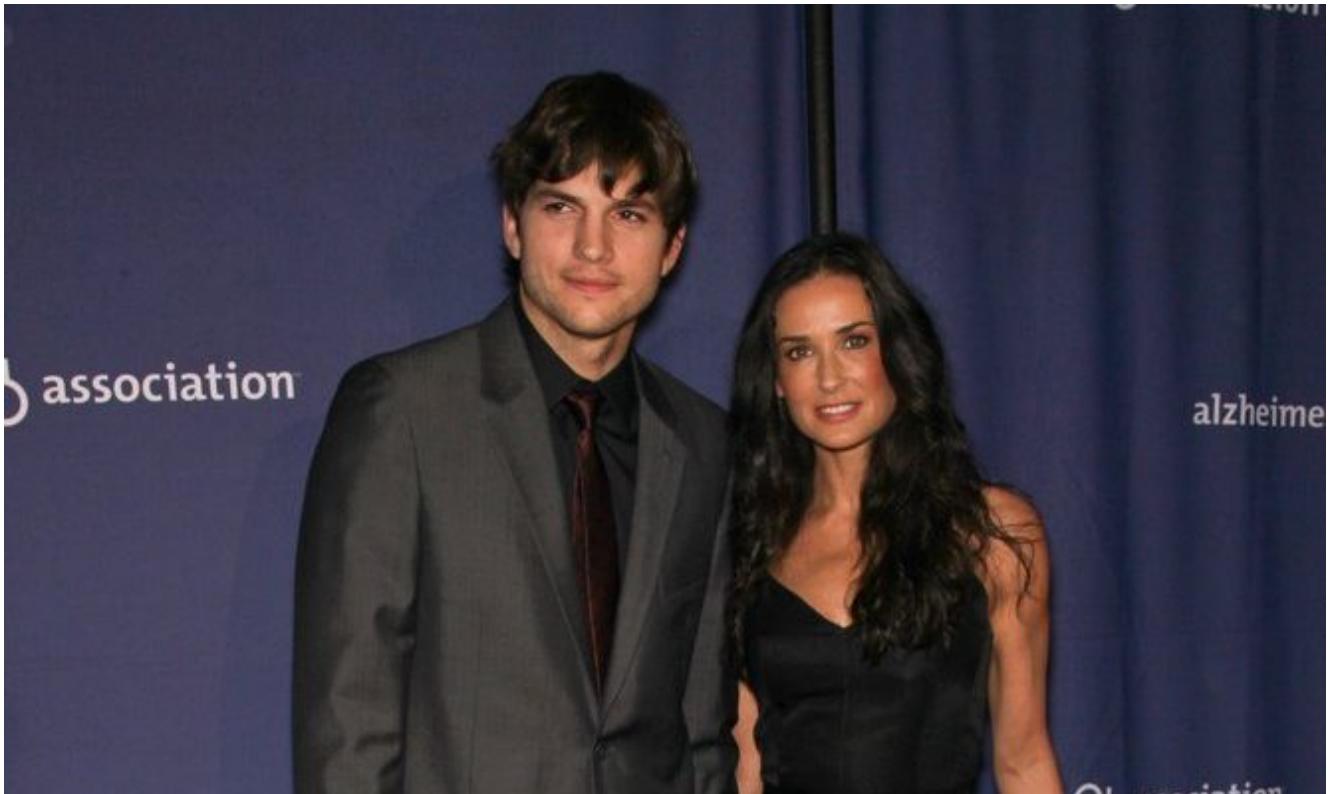
**3. He is all you want to talk about:** Constantly biting your tongue about your partner while chatting with your girlfriends is a tell tale sign that you're ready to share the big news.

**When did you know it was ready to make your relationship public? Share your stories below.**

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## **'X-Factor' Judge Simon Cowell Breaks Off 2-Year Engagement**





At one point, he called her “the one,” and now *X-Factor* judge Simon Cowell has recently ended his two year relationship with his makeup artist fiancée Mezhgan Hussainy, according to [E! Online](#). “I have been pretty good about not talking about my private stuff, but I got caught up in the moment,” he said. “I don’t really know where I am at the moment, and that is why I don’t talk about it.” The British star, who was infamous for keeping his bachelor style of living private, announced his love in 2010, said he regrets his decision now, but he and Hussainy are still close.

**What are some reasons to refrain from getting married?**

### **Cupid’s Advice:**

Marriage is a big commitment and needs to be carefully evaluated, because sometimes things don’t work out. Here are some reasons to refrain from tying the knot:

**1. Timing:** People can change from when you first get engaged to when you take the infamous walk down the aisle. If you notice you and your fiancée becoming distant,

then it may be time to part ways.

**2. Sparks fade:** Sometimes you and your lover simply don't click anymore like you used to, and it could be caused by factors such as stress. As a couple, you should still feel a true spark even on your bad days.

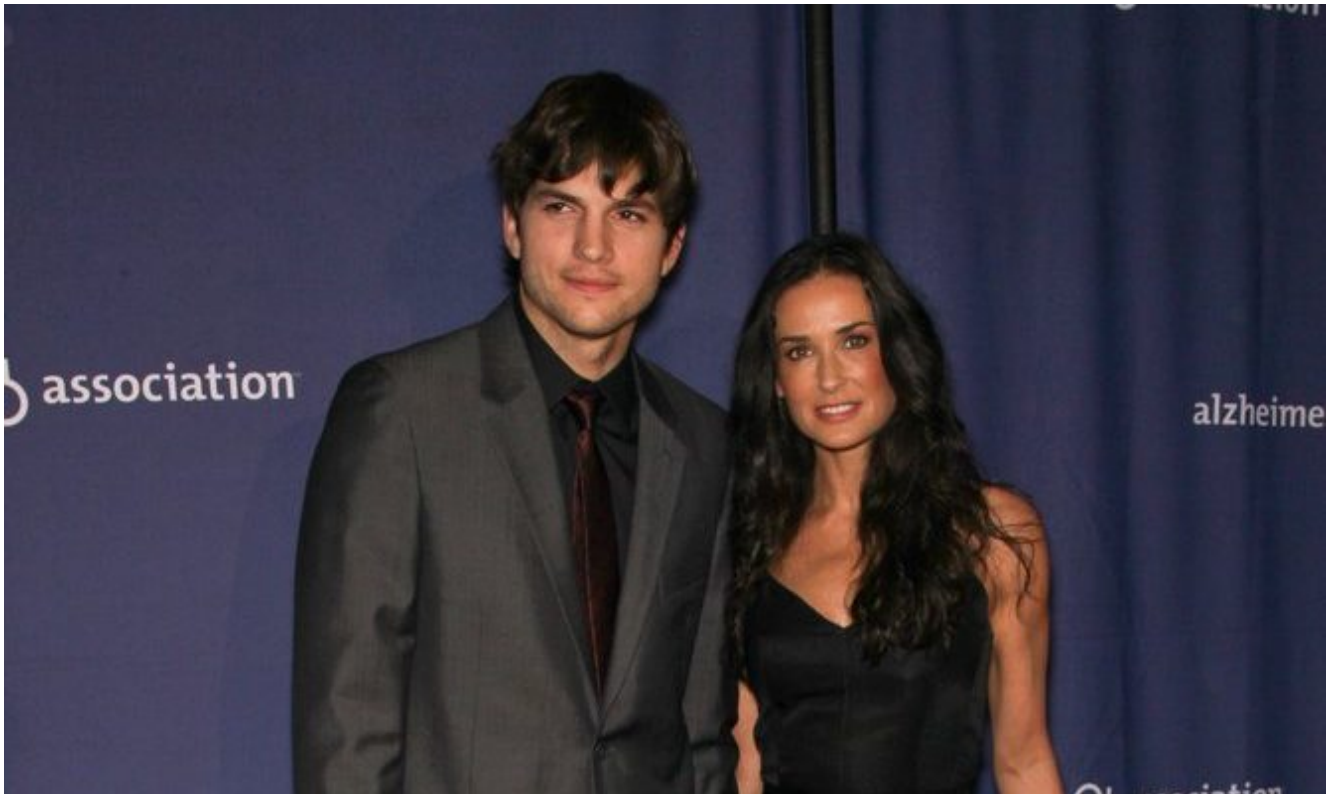
**3. Lost yourself:** Like Simon Cowell, sometimes you lose who you are and where you want to be in a relationship. It can be difficult to be married to someone when you don't love yourself.

**What are some other reasons not to get married? Share your ideas below.**

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## **Kim Kardashian Lashes Out Against Those Calling Her Marriage A Business Decision**





Nearly three months after filing for divorce from her husband of 72 days, Kim Kardashian appeared alongside Kelly Ripa on Monday morning to co-host *LIVE! With Kelly*. She used the opportunity to speak out against the rumors that are stating her marriage to NBA player, Kris Humphries, was a business deal. “Being a hopeless romantic, I wanted to believe in something so badly,” Kardashian said. “If you really think about it, if [the marriage] was a business decision, and I really made all that money that everyone was claiming that we made off this wedding, and if the wedding was fake and just for TV ... I’m a smart business woman. I would have stayed married longer,” she explained to Ripa. “I really didn’t think following my heart would create this much backlash.”

**How do you fend off rumors about your relationship after a breakup?**

### **Cupid’s Advice:**

Sometimes relationships don’t work out as expected, and when it comes to an end, people will have their opinions as to



what happened and rumors will begin. Here are a few tips on how to combat rumors:

**1. Address the situation:** Always try to be the first one to confirm the breakup, and while you don't have to get into detail, explain why the relationship didn't work out.

**2. Take a breather:** Rumors can be stressful, so try to avoid being in the spotlight for a while. Take time to relax, and get some much needed "me" time or have a spa day or mini vacation with your girls.

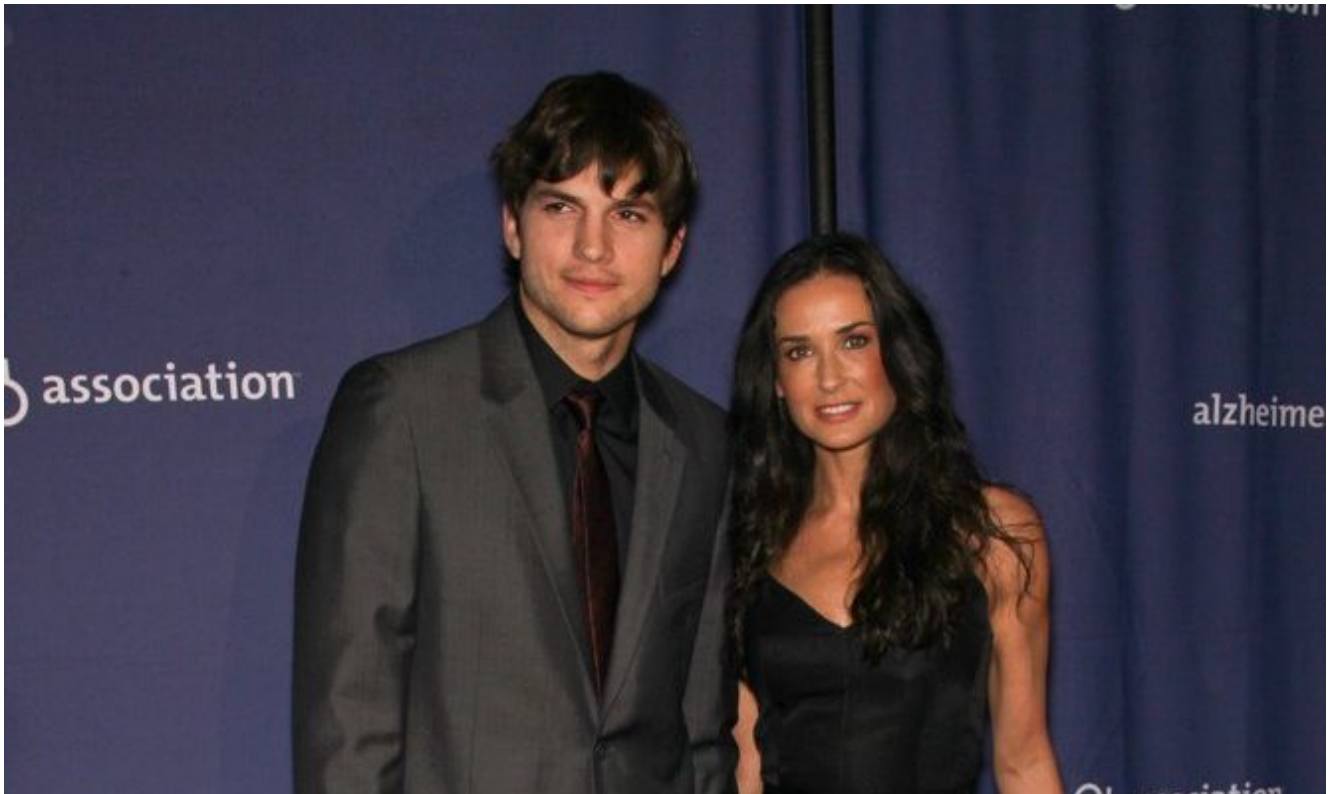
**3. Move on:** Sometimes, after you've already spoken about your relationship, people are still going to believe what they want to believe, and you won't be able to change that. When this happens, it's always best to hold your head up, turn the other cheek and keep moving along.

**How do you defend yourself from rumors? Share your comments below.**

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## Heather Locklear: What Is She Running From?





By [Dr. Jane Greer](#): Marriage & Family Therapist, Author, Radio Host & *Shrink Wrap* Celebrity Commentator

No matter how talented, beautiful, or rich you are, none of those things are sure antidotes for misery. Heather Locklear is a clear example of this. The *Melrose Place* actress was rushed to the hospital last week, reportedly because she mixed alcohol with prescription drugs, after her sister found her unconscious. This newest crisis follows years of trouble and heartbreak including two stays in rehab, an arrest for a DUI, two divorces, and her more recent break up with *Melrose Place* costar Jack Wagner. With all this in mind, it seems that Locklear's latest episode might be part of her attempt to outrun her unhappiness, but unfortunately she doesn't seem to be getting any traction.

There are many ways people try to escape their sadness. Alcohol is a big one. Illegal and prescription drugs are another way. Sometimes the two are mixed which can lead to dangerous consequences as we saw with Locklear. As a result, the substance abuse becomes the problem that is focused on, but what really needs to be looked at is what got her to the

place of needing to use it and what is it that she is unable to deal with.

**Related:** [Amy Wine House Sadly Joins the 27 Club](#)

Lots of times we see the troubled behaviors – drinking excessively, using prescription drugs, the rehab visits, the DUIs – as the issue when, in fact, they are the person's best effort to bury whatever is torturing them. It is in the core of that sorrow where the real complication that is holding them back from moving forward lies. Instead of focusing on what they are doing to block it out, it can be more helpful to look at what is underneath and when it started.

It is hard to know exactly when Locklear's depression began and what she is working so hard to avoid. With Wagner, it seemed that for a while she was trying to walk down the aisle but, for whatever reason, was unable to get there. Could she be considered a runaway bride even though she had been married before because she may be afraid to remarry after her two failed marriages? I do know that one of the awful things she had to deal with in her past was the betrayal of her second husband Bon Jovi guitarist Richie Sambora when he cheated on her with her best friend Denise Richards. In a situation like that not only are you reeling from the betrayal of your husband but from a best friend as well, leaving you confounded and wondering who can I trust? Sometimes these emotional assaults take their toll not just when they happen but in the future where they can rage on below the surface. As a therapist I see this every day, people soldiering on in the face of upheaval, be it an unfaithful partner or a broken marriage, and for many the aftermath of that event can become too much to handle. It has leveled their foundation, oftentimes destroying their ability to trust themselves let alone another person. In my book *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about how so many people get on with it, but they don't get over it. They try to leave their pain behind but it is always at their heels.

The broken trust becomes too much to bear and often they are left scarred. Consequently it feels almost impossible to trust again. Perhaps this is what is keeping Locklear from making another trip to the altar.

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

In order to avoid the rollercoaster that Locklear and so many others have been on, it helps to appreciate the blow you sustained and not only give yourself time to get over it, but realize you have to take measures to come to terms with what happened and begin to fix the damage. With support you can do this so you can give yourself room to heal from broken trust.

This means redefining what you base your trust on, and learning what to look for so you can determine if someone is trustworthy. Then you can avoid jumping into a new relationship before you have gotten over your fear that you will get kicked in the teeth again, and feel safe to trust again.

For Locklear it may be that her fears of the past have become her fences of the present. Hopefully she will get the help she needs to be able to tackle the underlying problems, instead of trying to numb what she is feeling, so that perhaps she can finally be able to stop running. Sometimes the best thing to do is to stand still.

*Please tune in to "Let's Talk Sex" which streams live on HealthyLife.net every last Tuesday of the month at 2 p.m. EST, 11 a.m. PST. We look forward to listener call-in questions, dealing with relationships, intimacy, family, and friendships, at 1.800.555.5453.*