

David and Victoria Beckham Are Expecting a Girl



Mozel tov; it's a girl! According to [People](#), David and Victoria Beckham announced Friday that their fourth child will be female. "We're still in shock. Obviously, having three boys, you kind of expect another one, so finding out a little girl is in there is surprising, but, obviously, we are over the moon," David said. "Our three boys are happy and excited, and Victoria is doing well." Fashion designer and former Spice Girl Victoria said that they know handle boys, but are still happy to have a girl in the family.

How do you break the news of a baby to your other kids?

Cupid's Advice:

1. Have a game plan: It's best to plan in advance what you will tell your kids when it's time to break the news. Let them know that things will change drastically when their new sibling arrives. Also, be prepared to answer the tough questions they'll ask such as, "Where do babies come from?"

2. Be honest: Lying to your kids is just wrong, especially in this scenario. It's best to let them deal with it for as long as possible before the big day arrives.

3. Tell them you'll still love them: What's most important is to tell your children that you will love them just as much as before even though they won't be the only one in the spotlight anymore.

Mila Kunis Denies Breaking Up Justin Timberlake and Jessica Biel





Friends with Benefits costars, Justin Timberlake and Mila Kunis are friends and nothing more, reports [People](#). Timberlake, who split from girlfriend of four years Jessica Biel over the weekend has been linked to his on-screen girlfriend, Kunis. Sources close to Timberlake deny that Kunis had gotten in between Timberlake and Biel, saying, “In fact, no one came between them. They decided their relationship ran its course and it was time to move on.”

Is there someone else to blame for your breakup?

Cupid’s Advice:

It’s easy to point fingers and put the blame on someone else, especially when it comes to a breakup. It may be easier said than done, but taking an unbiased look at things may reveal some surprising facts:

- 1. Take a step back:** Try to look at the situation with new eyes. Did someone else come between you and your partner or were you simply growing apart?
- 2. Give it time:** It may be easier to take a few months and

then re-open the situation once your emotions have settled down. Think back to how things were at the end of your relationship. You may find there's no one to blame but yourself.

3. Warning signs: You may have missed the warning signs that the end of your relationship was near, but they were definitely there. Once your excuses for his bad behavior are lifted, you may see things differently.

Britney Spears Seen with Jason Trawick and Kevin Federline





Britney Spears reunited with her ex-husband, Kevin Federline, while attending their son Preston's Little League game on Saturday. Spears, 29, arrived to the event with her current boyfriend, Jason Trawick, and her 4-year-old son, Jayden. According to [RadarOnline](#), a witness saw talent agent Trawick approach Federline, who was one of the team's coaches, to congratulate him. Spears seemed happy and after the game, she and all her men left together.

How do you keep things civil between your ex and new partner?

Cupid's Advice:

There was once a time you shared your life with your now-ex. It may now be over, but keeping things civil between your ex and your new partner is crucial. Cupid offers a few tips to do just that:

1. Don't cling to the past: It all starts with you. Don't continuously talk about your past relationship. Your mate will not appreciate it, and his or her dislike for your ex will deepen.

2. Reassurance: Reassure your current partner that things are completely over with your ex, so he or she won't feel threatened.

3. Spend time together: It might seem awkward at first, but attend an event with your partner and invite your ex and his or her new mate (if there is one) to be there, too.

Can She Ever Forget Her First Love?



By Chandler Jones

You've just met the perfect woman: she's beautiful, sexy, and

best of all deeply in love with you! There's just one problem: you are not her first love. Can she love you more than she loved her first flame? Was he better than you in bed? Does she think of him while making love with you?

A common belief is that one's first love is also the most powerful. In fact, a lot of people say that you never forget your first love. What does this mean?

I've talked with various women about the subject, all of them married to men who are not their first loves. To my surprise, they all essentially told me the same thing. They said that the first love is mostly passion and the second love is much deeper.

When a woman is in love for the first time, she thinks he's the only one for her and that she has no choice in the matter.

Without him, she 's lost. When she loves for the second time, however, she knows that there are a lot of other men available to her, but she's choosing to be with the one she loves because she feels that he is the best one for her. The first time, a woman can love a guy simply because he was the first, and for no real reason other than that. It can be full of fear and insecurity – something that's fuel for passion, but nothing much more than that. The second time around, it's because she's able to see his fine qualities and love him for who he is. She's loves with all her heart because she knows her man deserves it.

Celebrities are no exception to this new rule. Zac Efron and Vanessa Hudgens met on the set of the Disney Channel movie *High School Musical* and continued to date for almost four years. Having met as teenagers, they were each other's first true love. Now, having split, both are moving on. Both Efron and Hudgens have been spotted with new potential mates, and although they will most likely never forget each other, it may be time for more than passion.

This is all fairly good news if you're the second in line, but we haven't gotten to the biggest questions yet. Does she think of him when she's in bed with you? Does she truly love you? Consider this. If she truly loves you, then she enjoys every moment the two of you are together, which includes every touch, every caress and every kiss.

Over time , your first love becomes just another story tucked away in the corner of your mind. So, if you're the one she's chosen, fear not! Just concentrate on being the love of her life, and forget about her first love, as she's probably already done.

Visit www.DatinginForSingles.com now for the full scoop from Chandler Jones on expert dating and seduction techniques. Make sure to download your FREE library of seven eye-opening ebooks on how to flirt, kiss on the first date and be a better lover.

Prince William and Kate Middleton Invite Matchmaker to Wedding





It looks like there's one more addition to the already over 1,900 people attending the royal wedding. According to [RadarOnline](#), that person is Sam Waley-Cohen, 28, an old friend of the royal couple who is credited with reuniting the pair after they broke up in 2007. Although Cohen is modest in taking responsibility for reuniting the two, it was at a party thrown by Waley-Cohen at his family's Oxford, England country house where the two resolved their issues.

Should you hire a matchmaker?

Cupid's Advice:

Sometimes it can be tough to meet people, and if you aren't interested in turning to the internet, a matchmaker may be just what you need:

- 1. Fix something that's broken:** Just like you would hire a professional to fix anything broken, why not hire one to fix one of the most important things in your life?
- 2. Increase your odds:** We all know it's not easy out there finding love, so leave your stressful burden with someone

else.

3. Busy life: The busier we get, the more our love lives get pushed on the back burner. While we're busy with our jobs and careers, there are people who make love their job and want to help you find love.

Justin Timberlake and Jessica Biel Split



Though there are no hard feelings, Justin Timberlake and Jessica Biel have officially split. According to [People](#), the split was mutual and the two remain friends. In spite of

being seen together on Feb. 27th at the Vanity Fair post-Oscars party, they soon decided to move on. It looks like these two Hollywood hotties are now officially back on the market.

Should you go out right after a breakup?

Cupid's Advice:

Every breakup is different. Therefore, what works as the remedy for one breakup may not work for another. However, you are doing yourself a disservice if you don't give love another chance:

- 1. Try going out in a group:** When you go on a group date, there's a lot less pressure. This is perfect if you are still getting over a breakup.
- 2. Go out with someone in the same situation:** It may be a good idea to date someone who is also getting over a breakup. That way you both understand what each other is going through.
- 3. Get to know yourself:** After a split, it may be time to take up a hobby or do something you didn't have the time to do before.

For more information on Justin Timberlake and Jessica Biel:

[Jessica Biel Enjoys a Night Out Sans Justin](#)

[Jessica Biel and Timberlake – It's Over!!!](#)

[Justin Timberlake & Jessica Biel Split: Source](#)

Scott Disick Gets Sober and

Nicer



It looks like Scott Disick, Kourtney Kardashian's on-again off-again boyfriend, has finally cleaned up his act. Disick, who has a 1-year-old son with Kardashian, has had problems with addiction in the past. But Disick insists that now he's committed to staying sober for his family. He told [People](#), "There's times that it's difficult but, you know, the good outweighs the bad... It's nice having a healthier lifestyle than I used to have." Disick also said that being sober has made him a better person. "You know, I just realized there's bigger things in the world than just being a selfish, self-centered, pr-k."

How do you deal with a partner who drinks too much?

Cupid's Advice:

Some people have major problems with drugs and alcohol, and if your partner is one of them, read on for Cupid's tips on how to help:

1. Get help: Don't take on your partner's addiction issues alone. Get him or her professional help, whether that means a psychiatrist or rehab.

2. Prevent bad behavior: If you know your mate tends to go overboard at a club or bar, try laying off the late night scene for a little while. Suggest going to a movie or doing something active instead.

3. End it: If your partner refuses to change his or her ways, it's time for you to move on. You deserve someone who has things figured out and won't bring extra drama to your life.

Eva Longoria and New Boyfriend Eduardo Cruz Make Out at Lunch





It's official: Eva Longoria is over Tony Parker. The *Desperate Housewives* star was recently spotted smooching new beau Eduardo Cruz at an L.A. restaurant, according to [RadarOnline](#). Longoria split from San Antonio Spurs player Tony Parker in November 2010 after three years of marriage. The 35-year-old actress has rebounded with singer (and Penelope Cruz's brother), Eduardo Cruz, 10 years her junior. Last month, Eva tweeted that she is ready to move on. "Starting over is hard to do, but life goes on. I pray for strength, courage and wisdom on my new journey."

After a divorce, how do you start over?

Cupid's Advice:

Once you split from a spouse, it may seem like you'll never be ready to date again. Cupid has some tips on how to get back in the game:

1. Date: Starting over is as simple as this: start dating for fun. Don't expect (and don't look for) a serious relationship right after your divorce, but go out just so you remember

there are options out there.

2. Get by with a little help from your friends: Lean on your friends to help you recover after a divorce. Make sure to not spend too much time alone, and you'll be ready to start your new life with the help of your buddies.

3. Try something new: Sometimes you need to do something meaningful to signal a change. It can be anything from a new haircut to a new job to a new city. Making a significant change will help begin the process of starting over.

LeAnn Rimes and Eddie Cibrian Say 'No' to Reality Show





LeAnn Rimes took to Twitter to set the record straight once and for all. She and fiancé Eddie Cibrian have no plans to do a reality show, despite rumors. According to [People](#), the singer tweeted on Wednesday, “I don’t know how many times I have to say Eddie and I would never do a reality show about our lives.” A rep for the couple also confirmed that they have absolutely no plans to do a reality now or in the future.

What are benefits of staying out of the public eye as a couple?

Cupid’s Advice:

When you’re a celebrity couple, you belong to the public. However, even celebrities should be entitled to a private life:

- 1. Quiet time:** Everyone needs a little peace and quiet, and when you stay out of the public eye, couples can enjoy quiet moments together.
- 2. Having a private life:** Staying out of the public eye makes it that much easier to have a private life.

3. Skip the scrutiny: Being private about your relationship keeps you and your partner away from the often cruel and unnecessary scrutiny of the public.

Amanda Seyfried Admits to Dating Ryan Phillippe



Red Riding Hood actress Amanda Seyfried has finally confirmed dating rumors circulating around her and actor Ryan Phillippe, reports UsMagazine.com. In the April issue of *Elle Magazine*, Seyfried discussed both her budding relationship with Phillippe and the end of her relationship with *Mamma Mia!* costar Dominic Cooper. Seyfried and Cooper split when she

found out that Cooper and his previous girlfriend were still together. “I was just kind of foolishly thinking that the two of them were done and Dom and I were involved. But we weren’t really as involved as I thought. So I got my heart broken pretty hard,” says Seyfried. “And then it took a long time for us to break up again. After that, it’s really hard to open myself up to a new person. Really hard.”

How do you trust in love again after being heartbroken?

Cupid’s Advice:

Heartbreak is arguably the hardest thing to deal with, but there are ways to ensure that you move on. Here are a few tips:

- 1. Visit your family:** Spending time with relatives may be the first step you need to take in order to cure heartbreak. Family almost always has the ability to brighten your day.
- 2. Spend time with friends:** Even if you don’t re-enter the dating world, going out with friends can help ease you back into a more social lifestyle.
- 3. Take it slow:** If you get an anxious feeling when you think about being in a relationship, then you probably aren’t ready. Give yourself some time, and eventually you will feel confident enough to put yourself out there again.

Britney Spears Says She Has a

'Normal' Relationship With Jason Trawick



While most people are sitting around imagining the celebrity lifestyle as wild and crazy, Britney Spears is getting coffee with boyfriend Jason Trawick. According to UsMagazine.com, Spears told Ryan Seacrest that her and Trawick's life "isn't that crazy" on his KIIS-FM radio show this past Friday. "We're really normal," the 29-year-old pop sensation insisted. "We work out a lot. We love to work out. We do stuff together like that. We take walks." The couple has been together since early 2009 and continue to enjoy each other's company ... even when Trawick is 'kicking her butt' in cardio.

What are some everyday things you can do with your partner?

Cupid's Advice:

Some people think you need to constantly 'one up' your previous date to keep a relationship interesting. On the contrary, Cupid thought of a few everyday activities that are just as special:

1. Walk together: Whether you walk to get in shape, to get to work or just to enjoy the weather, you can be doing so with your partner. It's a great way to just enjoy each other's company for an extended period of time, while relaxing and breathing fresh air.

2. Eat together: At the very least, share meals! There's no reason you can't dedicate at least one meal per day to your significant other. This will give you both a chance to compare days.

3. Watch together: Don't you just hate when everyone's talking about a movie or TV show that you haven't seen yet? Well, instead of looking at it as an experience you're missing out on, look at it as a suggestion for you and your beau's Friday night! It gives you something to talk about in addition to something to enjoy.

Charlie Sheen's Goddesses Insist He's a Good Dad





Apparently Charlie Sheen is “winning” with some of his friends in the adult entertainment industry. His “goddesses” Melanie Rios and Kasey Jordan insist that Sheen’s recent antics are not indicative of his ability to be a father and his love for his daughters Sam, 7, and Lola, 5, with Denise Richards and two-year-old twin sons Max and Bob with Brooke Mueller. According to UsMagazine.com, Rios claims, “He loves his kids and he makes an effort to be there for them.” Even Mueller admits, “He knows he has an addiction and in order to be a good father, he has to kick the addiction. He loves his kids.”

How can you tell if your partner is a good parent?

Cupid’s Advice:

1. Patience: Kids can be frustrating and difficult, and the only way to get through being a parent is with a lot of patience. Look for signs to see how your partner reacts in these high stress situations.

2. Compassion: If your partner is loving and compassionate with you and others, that is most likely the way he will be

with your children.

3. Responsible: The decisions you and your partner make with your children can effect them for the rest of their lives. Make sure your mate is responsible enough to handle what is going on now, before you add kids into the mix.

Justin Bieber Decides to Grow a Moustache



Justin Bieber is taking his first steps into adulthood by growing facial hair. UsMagazine.com reports that the 17-year-old crooner announced via Twitter that he will not shave for a

month and that he is “pumped” for his fans to see him with a ‘stache. Recently, Bieber lost 80,000 Twitter fans after cutting his trademark locks, trading in for a more current, adult look. Bieber, who recently admitted to dating fellow young Hollywood starlet Selena Gomez, is currently touring in Europe, away from his new girl.

What do you do if you don’t like your partner’s facial hair?

Cupid’s Advice:

Selena Gomez may just luck out and not get to see the Biebs in the flesh with his facial hair. But for some ladies who have to deal with stubble scratches and sore chins, it can be tricky to let your boy know you don’t care for his hair:

- 1. Reminisce:** When your man walks into a room and you catch a glimpse at his burly beard, think about how he looked pre-facial hair and let him know how much you miss his smooth face.
- 2. Be blunt:** Although it’s ultimately his choice to keep or give up his facial hair, you can let him know what you think is best. If all else fails, withhold kisses.
- 3. Report the facts:** Men with facial hair and beards are less likely to get hired because they don’t come off as trustworthy. The beard may make your man look like he has something to hide.

Charlie Sheen and ‘Goddess’

Split Only to Reunite Again



Charlie Sheen once again made the news this past week when he took to his Twitter account in order to report the loss of one of his current “goddesses,” porn actress Rachel Oberlin (Bree Olsen). Sheen posted, “Rachel [Oberlin] has left the building. We’re sad ... over it ... applications now being accepted!” A few hours later, Sheen told [People](#), “She’s back!” Oberlin, who shares Sheen’s affection with Natalie Kenly, has been quoted as saying, “I’ve always felt that a man should be able to be with as many women as he likes.”

How do you know if your “goddess” is interested in someone else?

Cupid’s Advice:

When you learn that your partner is into someone else, it’s

not a good feeling. That said, it is possible to prepare yourself. Here are a few signs that may indicate that your partner is interested in someone else:

1. Constant correspondence: If your mate is constantly texting, emailing or talking to someone of the opposite sex, it may mean that he or she has an outside interest.

2. He's glad to hear from her: If your beau smiles or seems happy to hear from another girl, it may be cause for alarm. While it 's very possible that the two are just friends, it's also possible that he likes her as more than that. It may be time to investigate!

3. You seldom hang out with her: If your significant other dislikes meeting up with his "friend" with you in tow, it may mean that he or she is trying to hide his new love from you.

Is Ryan Reynolds Dating German Model Agnes Fischer?





Looks like Ryan Reynolds is moving on and has a new blonde on his arm. According to UsMagazine.com, the actor was spotted with 25-year-old Agnes Fischer, a gorgeous German model. According to reports, Fischer was caught watching Reynolds shoot scenes for his upcoming movie, *Safe House*, and then leaving the set together when he was done for the day.

How can you support your partner's career?

Cupid's Advice:

Most of the average person's day is spent at work, so it's very important to be supportive of one another's careers.

Cupid has some tips on how you can back up your partner's occupation:

- 1. Always be there to listen:** Whether he just landed that promotion or he's whining about the most recent boss drama at the office, try to always be there to listen to the good and the bad.
- 2. Be happy for each other:** There's no room for jealousy in a relationship. If your significant other has a major

breakthrough in his or her career, you should be the first person there cheering them on.

3. Do a little research: If you and your partner have totally different career paths, you might consider doing a little homework. It's always nice to feel as though you have some idea of what each other is talking about.

Charlie Sheen and Brooke Mueller Don't Reach Custody Agreement



With no luck in reaching a custody settlement over the weekend, Charlie Sheen and Brooke Mueller will battle it out in court on Tuesday. Sources tell [TMZ](#) that several issues stood in the way of an agreement. Mueller insists that a monitor is present whenever Sheen has the twins, Max and Bob, at his house. And she wants to make sure that any current or future partner Sheen has doesn't have the right to "exercise parental responsibilities." In order for the estranged couple to gear up for the court fight, Sheen's lawyer must contact Mueller's lawyer on Monday.

What should you tell your kids during a custody fight?

Cupid's Advice:

When you're in court fighting over your children, it can be tough on them. Cupid has some things you can tell them during the battle:

- 1. Positive image:** No matter how much you dislike your ex-spouse, never trash him or her in front of your kids. Your children should have a positive image of you both, and not be swayed by any conflict.
 - 2. No one's fault:** Let them know that it's not their fault and has nothing to do with them.
 - 3. Spending time:** Let them know that by getting a divorce, it won't change the fact that you will always be their mother or father. Things will be mostly the same, except you all won't spend time together as much.
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Kim Kardashian's Boyfriend Kris Humphries Serenades Her



Kim Kardashian is venturing into the world of music with a little help from her NBA player boyfriend. Kardashian, who debuted her new song “Jam (Turn It Up)” this week, told [People](#) that Kris Humphries serenades her with her own song. “Kris loves it... He sings it to me on the phone.” While Kardashian says she loved recording the song, she isn’t interested in making an album. “It was just something I tried,” the reality star said. “It was just something that kind of got me out of my comfort zone. And I’m really happy I went for it and did something I’m so not comfortable doing.”

What are some creative romantic gestures?

Cupid's Advice:

It's important to show your partner how much you care every once in awhile. Cupid has some creative ideas that your mate will love:

- 1. It's the little things:** Do the laundry, clean the bathroom or cook dinner. These simple household chores will show your partner that you care even more than a traditional romantic gesture would.
 - 2. Sway:** Surprise your partner with a romantic spin around the floor... the kitchen floor. Make a normal night special by asking for a dance after dinner.
 - 3. Cut out coupons:** Give your mate free romantic coupons for a 30-minute massages or romantic dinners, redeemable anytime.
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Scarlett Johansson and Sean Penn Have Dinner in Mexico





Hollywood moguls Scarlett Johansson and Sean Penn were spotted having dinner together in Cabo San Lucas. The two jetted off to the romantic location for a short while to spend quality time together. They were previously seen together in a Los Angeles restaurant where, according to [People](#), Johansson had her leg draped over Penn.

What are some ways to make the most of a short romantic getaway?

Cupid's Advice:

A nice romantic getaway can always seem too short. Here are some ways to live it up while you can:

- 1. Share a long kiss:** The getaway may be short, but the kisses can still be long.
- 2. Enjoy a romantic dinner:** A romantic candlelit meal over is always a nice touch. Share conversation and just enjoy each other's company.
- 3. Be thankful for the moment:** It's not about how much time

you spend together, but about the quality of that time. Live in the present!

Did Selena Gomez Get Punched By a Justin Bieber Fan?



When Selena Gomez went public with Justin Bieber, she knew she'd have to deal with her boyfriend's crazy fans. But this time, the "Beliebers" may have gone too far. [People](#) reports that after Gomez, 18, was photographed with what looked like a fat lip, rumors started that she was punched by a Bieber fan. Paparazzi snapped the photo when Bieber and Gomez were leaving his 17th birthday party at Maggiano's restaurant in L.A.

Gomez's rep insists that there is "absolutely no truth" to the rumors.

How do you deal with your partner's exes?

Cupid's Advice:

When your partner is as popular a guy as Justin Bieber, he may have a couple of angry or jealous exes. Cupid has some tips on how to deal:

1. Ignore: If there is an ex who is trying to get back with your partner, ignore her and tell your beau to do the same. The ex is probably just trying to get attention and when they realize they can't get it, they'll stop.

2. Don't get jealous: Keep jealousy out of the equation. Remember that your partner chose you and broke up with his or her ex for a reason.

3. Tell them: When your mate's ex just won't leave you two alone, let the ex know that you're uncomfortable with the way they're acting and if they can't tone it down, they should just stay away.

Rob Pattinson Calls Dating Kristen Stewart 'Traumatic'





One of the most talked-about couples in Hollywood has had anything but an easy ride, according to UsMagazine.com. Robert Pattinson told *Vanity Fair* that his relationship with fellow *Twilight* actor Kristen Stewart has been “very traumatic.” Pattinson said, “When this is over, the media will lose interest. There’ll be nothing to say. It won’t fit into a headline anymore. It won’t fit into a template.” The hunky actor, 24, added that while his 20-year-old girlfriend knows what she wants, he’s still figuring it out. “Kristen is very focused on being an actress. I mean, that’s what she is – she’s an actress. Whereas I...I just don’t really know.”

How do you resolve conflicting career aspirations with your partner?

Cupid’s Advice:

Just because you and your partner aren’t on exactly the same path doesn’t mean that you can’t work it out. Cupid has some tips on how to resolve conflicting career aspirations:

1. Support: No matter what your partner decides to do for

work, support them all the way and if necessary, offer advice and guidance.

2. Sacrifice: If your partner needs to move for a job, ask yourself: which is more important right now, my relationship or my career? You can always compromise, too, and try a long-distance relationship.

3. Do your thing: Make sure your partner isn't holding you back or forcing you to do something career-wise. If he or she can't support your career change, maybe it's time to change relationships.

Ryan Phillippe and Amanda Seyfried Rekindle Their Romance





After much talk of their romance dying out, Amanda Seyfried and Ryan Phillippe seem to be working things out. According to [People](#), the two were seen at the Grey Goose Pre-Oscar bash at L.A.'s Soho House. Although the two were definitely together, Seyfried did seem a bit uneasy, a source says. Although it seems the two are back and forth, "When it's good, they're really good together."

When is your relationship good enough? Cupid's Advice:

Every relationship is different, and each couple has its ups and downs. Sometimes, it's difficult to assess the condition of your connection. Cupid has some tips to help you figure out when your relationship is good enough:

- 1. You are genuinely happy:** Although there are always hard times, the good times should outnumber the bad.
- 2. It doesn't feel like work:** Sometimes we get so caught up that our relationships begin to feel like chores. When it starts to feel like a second job, you may want to begin to start rethinking things.

3. You don't constantly need reassurance: If you feel like you need to be constantly convinced to stay in your relationship, it may not be good enough.

Brooke Mueller Gets Restraining Order Against Charlie Sheen



The never-ending drama sparked by Charlie Sheen keeps expanding, this time with estranged wife Brooke Mueller filing

for a restraining order this past Tuesday, [People](#) reports. Sheen, who has recently been in the media spotlight for his bizarre escapades and strange interviews, even caused taping of the prime-time show *Two and a Half Men* to suspend production. Although Mueller may have ordered Sheen to stay at least 100 yards away from her, the custody issues of Mueller and Sheen's two-year-old twin boys have yet to be discussed.

If your partner has a mental breakdown, what should you do?

Cupid's Advice:

It seems as though Charlie Sheen has quite simply lost his mind. And as strange and bizarre as these sudden outbursts may be, a mental breakdown is an illness sometimes:

- 1. Offer love and support:** This may come to be harder than you think if the one you love seems to have a sudden change of heart and comes off as a completely different person himself. Remember the person you know and love, not the disease.
- 2. Get somewhere safe:** There is no telling what someone with an unstable mind may attempt. Make sure you and your children are somewhere safe, and always keeps a cellphone on you for emergencies.
- 3. Have someone to talk to:** You may not be the one with the breakdown, but that doesn't mean it won't directly affect you. Have a confidant that you'll be able to lean on for extra support when things start to get tough.

Has Vanessa Hudgens Moved On?



High School Musical star Vanessa Hudgens is all grown up and has a new man. According to [People](#), the brunette beauty has been seen at Hollywood awards shows and premieres with Josh Hutcherson from the Oscar Award Winning film, *The Kids are Alright*. This new development came just a few weeks Vanessa Hudgens' ex, Zac Efron, was seen heating it up with actress, Teresa Palmer.

How long do you wait before moving on after a split?

Cupid's Advice:

Mourning is important after a breakup, but try to keep it to a minimum. Life is short. Don't waste it being sad over someone who probably wasn't worth it in the first place:

1. Instant gratification: If you are one of those rare people who can get over a breakup immediately, the more power to you.

2. Waiting too long is unhealthy: If a month has gone by and you still haven't gotten over your ex, you may want to consider seeking professional help.

3. Give it a week: If you need to give yourself a week to get yourself together, go for it. However, when your time is up, there are no extensions.

Taylor Swift and Jake Gyllenhaal Reunite at Oscars



Ex-lovers Taylor Swift and Jake Gyllenhaal were seen having a serious conversation at an Oscars after party, according to

[Digital Spy](#). A source told *People* that the duo was seen at the *Vanity Fair* after party. "It seemed a bit more serious – it certainly wasn't a 'Hi, how are you?' talk," the source said. "It seemed like they were catching up, sorting something out." Gyllenhaal left shortly after the talk while Swift stayed and partied with a few friends. The former duo broke things off in January.

Should you continue to resolve things after a breakup?

Cupid's Advice:

Each relationship and breakup should be handled on a case-by-case basis. Cupid has some situations where you should attempt to resolve your major issues:

- 1. Coworkers:** Nobody likes drama in the workplace. Do your best to keep things in perspective and work out your issues off the clock.
- 2. Lots of mutual friends:** If you have a good amount of shared friends, then chances are you'll run into each other a lot. You'll need to at least be able to stand seeing each other in public.
- 3. A close relationship:** Chances are that if you've been in a long-term relationship and things ended mutually, then you two were best friends and it's difficult to just cut that person out of your life.