

ShrinkWrap: J. Lo...Once Betrayed, Always Betrayed?



By Jane Greer, Ph.D. for GalTime.com

J.Lo is back in the news and it isn't because of her music. Once again it is her love life that is getting attention. The three-time divorced megastar might be having romantic troubles, something she has dealt with many times before.

It was recently revealed that her boyfriend dancer Casper Smart walked into an "exotic massage parlor" and gay porn shop in New York City. Smart said he didn't mean to go there, that he was lost, but there is talk that his journey – mistaken or otherwise – is already taking a toll on their still relatively new relationship.

Jennifer is not new to betrayal, so the question is: if you are once betrayed are you destined to repeat it? Can you learn from a betrayal so it doesn't keep happening?

To begin with, you have to understand your own personal limits and boundaries. In order to do that, you must determine for yourself what is forgivable and what isn't. In my book, *How Could You Do This To Me? Learning To Trust After Betrayal*, I talk about the fact that there are many nuances to betrayal and what might be perceived as infidelity. For some, a tiny indiscretion such as flirting with or texting someone else might be enough to cause a great rift in a romantic partnership, while for others that might not even rock the boat. Knowing your boyfriend or girlfriend watches Internet porn might not seem like a problem at all to some, while for others it might be a deal-breaker. There are so many scenarios out there, each couple must decide together what is okay and what isn't, and if one partner exceeds those limits, then that is a betrayal.

The biggest question between Casper and Jennifer, and between any two people dealing with an issue like this, is what is acceptable and, therefore, forgivable in their relationship. This answer will be different depending on who you ask. If, in fact, Casper entered that store to satisfy unmet needs, and Jennifer is aware and accepting of those needs, then the tabloids are wrong: It wasn't a betrayal and this won't cause the downfall of their relationship. If she didn't know about these needs, however, and he was sneaking around, then it is possible that her readiness to invest trust in her relationship with Casper is not fully warranted.

It is hard to know if Casper has betrayed Jennifer, maybe we'll learn more as the story unfolds, but if he has then she will benefit from stepping back and taking inventory. So often people who are trustworthy simply believe their partner will be by default. They assume that their partner will put them first, just as they tend to do. Instead, the other person puts

their own needs first, and when they are sexual or romantic, inevitably it spells betrayal.

If you are looking to trust someone, you want to base that trust on what your partner does, not on what they say. Pay attention and make sure their actions are consistent with what they are telling you. If Casper has been open and honest and has shared his desires and needs with Jennifer, even if they don't always include her, they can make it work. In the end, from where we stand, only time will tell for the celebrity couple. In your own relationship, you don't have to be so passive. If your lover's actions and words don't mesh, or if you know they are keeping secrets from you, no matter how much you want it to work, unless you deal with your doubts, you will be at risk of being betrayed.

Jennifer Lopez: I Want To Be A Great Parent





By Jenny Schafer for Celebrity Baby Scoop

Jennifer Lopez gets gorgeous in Givenchy on the cover of [InStyle](#)'s September 2012 issue, on newsstands August 17. In the interview, J.Lo, 43, opens up about being mom to 4-year-old twins **Max** and **Emme** and "believing in love."

On motherhood: "Of course, I'm the same as any parent. I feel the pressures of wanting to be a great parent and of wanting to do right by my children. I feel the pressure of knowing you can't be perfect even though you want to be. One thing I've learned: Being a mom, or a dad, is the most important job there is. It doesn't matter who you are. You have to embrace it for everything that it is."

On love: "The most important quality the man in my life should have is that he is sweet. I like the good guys and the hard part is that you never stop believing in love. You never stop. But that's also the best part. You never stop believing, and you never, ever give up."

Related Link: [Jennifer Lopez Isn't Giving Up on Marriage](#)

On surviving tough times: “I live by the mantra that God doesn’t give you anything you can’t handle. It’s not until something bad or difficult happens that you really get to grow. And then you realize that those difficult moments, the times when you feel pain, are when you do a lot of your growing. You realize: There’s no reason to be terrified of things. Either way I’m going to be OK. At this point in my life, I’ve learned I can really survive things.”

Celebrity Couples Who Have Been Hurt By Their Own Stardom





By Courtney Allen

In wonderful world of Hollywood, maintaining both a long-lasting relationship and a fast-paced career is evidently a huge challenge. The jam-packed schedules and non-stop tabloid mania in the everyday lives of celebrities leaves us constantly wondering when the next split will be—the fact they are going to happen is a guarantee. Nasty rumors of deceit, unexpected flings with co-stars and stress from an intense life can make stardom a celebrity couple's worst enemy. Unfortunately for these five celebrity duos, losing their battle to fame proved inevitable:

1. Kate and Jon Gosselin: Jon and Kate Gosselin first captured our hearts with their hit TLC show, *Jon and Kate Plus Eight*, which documented their hectic life as parents of sassy-yet-sweet twin girls and a set of adorable sextuplets. The Gosselins graced our television screens for seven seasons as they traveled the globe as a family, while we all hoped their marriage wouldn't end like many of the reality star relationships that preceded them. But Jon and Kate proved no different as the show slowly revealed Kate's exploding temper

and ego while the tabloids unraveled Jon's late-night getaways with other women. Years later, the two had one of the most public divorces in Hollywood.

Related Link: [Hollywood's Messiest Splits](#)

2. Rihanna and Chris Brown: Rihanna and Chris Brown shocked the world when their relationship began in 2008. In our minds, the singers couldn't be a more perfect match, as they're two beautiful and unique voices with stunningly-good looks. Things quickly changed after an incident in 2009 in which Brown allegedly assaulted the female pop star. The two have made amends since then and rumors of a new relationship have spread, especially after the recent release of their song, "Birthday Cake (Remix)." But due to their long-lasting tabloid presence and heated past, we can't help but think that a second try will end in disaster.

3. Jennifer Aniston and Brad Pitt: The split between *Friends* star Jennifer Aniston and Brad Pitt, her "Mr. Perfect," was by far the most controversial divorces in the history of Hollywood. With Aniston's glowing skin and Pitt's captivating eyes, they always had America's attention. It wasn't until the 2004 production of *Mr. and Mrs. Smith* that things seemed to get off track. Pitt quickly fell in love with co-star Angelina Jolie while filming the movie, leaving him and Aniston's happily ever after in the dust as rumors swirled of an affair. Jen filed for divorce in 2005 and Pitt almost immediately began dating Jolie. Now called "Brangelina," the couple has six kids and have made their mark as one of the most powerful couples in Hollywood.

4. Kim Kardashian and Reggie Bush: Kim Kardashian bared it all for her E! show *Keeping Up With the Kardashians*, including her relationship with NFL star Reggie Bush. The reality show revealed their head-over-heels romance for several seasons. But after their final split, the unfortunate truth was revealed: Kardashian's stardom was too much for Bush, who

never seemed to adjust. Kardashian has since been searching for her fairytale: a guy who accepts both her and her lifestyle. She found love in her marriage to Kris Humphries, but that relationship ended after just 72 days. Now the star is happily dating Kanye West. Thankfully, the socialite seems to be taking her new relationship slow, because if there's anything Kim has learned, it's that fame comes at a high price.

Related Link: [Why You Should be Happy You Aren't Famous When it Comes to Love](#)[Love in the Limelight: Why You Should Be Happy You Aren't Famous](#)

5. Katy Perry and Russel Brand: California girl Katy Perry and British comedian Russell Brand began dating in middle of 2009. The two didn't waste any time getting serious as news of their engagement hit the headlines by the end of the same year. And in just ten months, the couple was married. The world watched the pop-star and her new hubby closely as we formed our opinions on whether they would last. Fourteen months later, the pair proved all the doubters right. Russell Brand filed for divorce last December, citing irreconcilable differences. But between both of their busy schedules and separated traveling, it's no wonder the pair couldn't stand the test of time.

Which celebrity couples do you think have been most hurt by their stardom? Share your thoughts with us!

Jennie Garth Is Dating 'With

Training Wheels'



Jennie Garth is embracing the single life. After splitting with her husband of 11 years, Peter Facinelli, in March, she's dating with "training wheels," according to UsMagazine.com. Garth was most recently seen in May on a romantic dinner date with HGTV star Antonio Ballatore.

How do you get back into the dating pool after a divorce?

Cupid's Advice:

Getting back into dating is tough, especially after a divorce. Here are some ways to get back into the dating pool after a split:

1. Take your time: There's no need to rush yourself into a relationship, especially after a tough split. Get back into

dating once you know you're ready.

2. Find yourself: Any breakup will leave you doubting yourself and feeling insecure. Take some time to get to know yourself and be comfortable with who you are before you go looking for someone else.

3. Have fun: Take chances this time around, and don't hold yourself back from having the time of your life in the single world.

What are some ways to get back into the dating pool after a divorce? Comment below and let us know.

Sources Say Tom Cruise and Katie Holmes Are Still Talking





Even though all of the hype over Tom Cruise and Katie Holmes' divorce has made it seem messy, the two have remained civil for Suri's sake. A source told [People](#) that the two have worked out a "civil routine" and "are talking." Regardless of the ex couple's differences, they still have to do what's best for their six-year old. Suri has spent most of the summer in New York City with Holmes, and has taken various trips with Cruise. Now with the approaching the school year, Holmes has decided to enroll Suri in a private school nearby, and Cruise was okay with her decision.

How do you remain civil with your ex when kids are involved?

Cupid's Advice:

Sometimes things just don't work out with your partner, and a divorce is inevitable. But, it's not so easy to just move past it when children are involved. Here are some ideas on how to stay civil with your ex when you have children together:

1. Set up a schedule: You should both agree on a schedule, so there aren't any arguments or misunderstandings. Specific

times will make it easier to share equal time with your kids.

2. Don't get the kids involved with your breakup: You and your ex have to spend time with your kids, but don't get them involved in your breakup. Your kids shouldn't feel like they have to choose sides or keep secrets for anyone, so just leave them out of it.

3. Keep conversation strictly about your children: If you know you are always arguing with your ex partner and just can't get along, keep conversation simply about your children. This is when you both push your other issues aside and make more important decisions about your kids.

How do you keep a civil relationship with your ex when you have children? Share your thoughts below.

**Katie Holmes Kisses
Unidentified Man After
'Great' Dinner**





After divorcing Tom Cruise a month ago, Katie Holmes seems to finally be back in the dating game. On July 27, Holmes was spotted dining with an unknown man in New York City. Before she left, she kissed the man on the cheek. [UsMagazine.com](https://www.usmagazine.com/entertainment/news/katie-holmes-dating-unknown-man) reported that Holmes told a reporter from TMZ that she had a “great night.” In addition to this date, Holmes has also been working on a new life with her daughter Suri, including a new apartment in Chelsea. It’s clear that Holmes isn’t letting divorce slow her down.

How do you know when to jump back into the dating scene after a breakup?

Cupid’s Advice:

Breakups can be difficult for everyone, but they shouldn’t keep you from looking for happiness. Although it helps to wait before dating again, eventually you’ll be ready to give it another try. Here are some ways you’ll know you’re ready:

1. You aren’t always thinking about your ex: After a breakup, especially if you were dumped, it’s likely that everything

reminds you of your ex. When you're finally able to distance your thoughts from their memory, you're ready to find someone new.

2. You've found someone interesting: There's no need to rush into a rebound relationship after a breakup. Don't go for the first person you meet after your split. Instead, try to find someone genuinely interesting in order to ensure your new relationship lasts.

3. You're feeling confident again: Breakups can severely damage your self-esteem at first. Try to build up your confidence and comfort again by hanging out with friends and doing things you've always wanted to do. Once you feel good about yourself again, people will take notice.

How did you know when it was time to start dating again after a breakup? Tell us below.

Rumor: Is Katy Perry Dating John Mayer?





Although Katy Perry's divorce from Russell Brand just finalized last week, she may already be back in the dating game. Hollyscoop.com reports that the popular singer was seen flirting with John Mayer at a party last weekend. Some fear that Mayer's reputation as a Hollywood bad boy may not make him the right choice for the emotional Perry, but a source mentioned that the two "definitely appeared to be very into each other."

How can you help yourself move on after a breakup?

Cupid's Advice:

It's always hard to start looking for romance after a divorce or a breakup, especially if it was a messy one. However, eventually you'll have to move on and starting dating again. Here are some tips for getting yourself ready to find love:

1. Change your look: After a breakup, you have the perfect chance to try something new and exciting with your appearance. Getting a makeover, some new clothes or even just a different haircut are simple ways to help you move past your ex.

2. Consider what you need: A breakup can help put your wants and needs in a new perspective. Taking some time to think about what went wrong in your past relationship can ensure that your next one will be stronger and can help you find the perfect partner.

3. Give yourself time: Is your ex still occupying your every thought? If so, it's best to wait a little longer before looking for a new beau. Don't be afraid to take your time moving on. You'll be able to enjoy some of the special benefits of single life, like pursuing a new hobby.

How have you helped yourself to move past a breakup? Tell us below.

Jennifer Lopez Isn't Giving Up on Marriage





Even after three failed marriages, Jennifer Lopez still hasn't given up on the idea on finding Mr. Right. According to [People](#), the star told *ABC News's* Amy Robach that she would give marriage another try, stating, "For me, the biggest dream is the fairy tale. I will never give up on that dream." Lopez's divorce from Marc Anthony last summer doesn't seem to be keeping her from finding a new man, as she clearly has something going on with her backup dancer, Casper Smart. Lopez would not open up about her love life, but Smart says it was not love at first sight. "It was very natural how it happened," he says. "There was nothing before. No flirting, nothing before. Just natural. It just happened."

How do you decide whether to get married again after a divorce?

Cupid's Advice:

It can be difficult to believe in everlasting love after a messy split. Here are some ways to decide whether to say "I do" to your new man:

1) You've learned from the past: No matter how difficult the divorce was, it's important to at least learn something from your previous marriage. Perhaps you and your ex had poor communication or disagreed on fundamental issues. If you've grown and feel confident that you won't repeat the same mistakes, it may be time to try marriage again.

2) You are over your ex-husband: No matter how many times you might tell others and even yourself that you're over him, only you truly know how you feel. If your mind is constantly bombarded with thoughts of him, hold off on another marriage.

3) You still believe: Do you still have faith that relationships can last forever if they are between the right two people? If you still trust in the power of marriage and are prepared to do the hard work that comes with keeping a relationship strong, you may be ready for another big day.

How did you decide if you were ready for another marriage? Share your story below.

Rumor: Is Katie Holmes Planning to Change Suri's Name?





There couldn't have been a divorce between Tom Cruise and Katie Holmes without some drama over their daughter Suri. Does Holmes hate Cruise so much that she plans to change their daughter's name after the divorce? British magazine [Now Daily](#) printed a story in which a close friend of the family claimed Holmes planned to change Suri's last name to "Holmes." The source also mentioned that Holmes hates the name "Suri" and has been referring to her daughter as "Scout." Although this information is unclear, it still has been making things harder for a couple still in the middle of a difficult divorce.

What are some ways to decide what to name your child?

Cupid's Advice: Choosing your baby's name is an incredibly important decision, and everyone has a different way of making a selection. Here are some creative ways on how to finally make a decision:

1. Baby names book: This is probably the least original and easiest way to choose your child's name, but it almost always helps. If you go through a couple of pages of the book every

day, you'll eventually find yourself stumbling upon one that you love.

2. Name them after you or your partner: Let your new child carry on your name or your partner's, or at least something similar. You're sure to be proud that they have your name, making this a choice you aren't likely to regret.

3. Name them after someone who you look up to: Choose the name of a figure who has inspired you, whether it's a character in a book or a historical figure. Using this name will carry on a much deeper meaning to you and your child than one that just has a sound you like.

What are some ways you would decide to choose a name for your child? Share your comments below.

Find Out How Nicole Kidman Helped Katie Holmes With Her Split from Tom Cruise





As Tom Cruise's third marriage comes to an end, Katie Holmes surprisingly reached out to ex-wife number two, Nicole Kidman, for advice and guidance in her effort to divorce Cruise, sources told [Us Weekly](#). It's not extremely common to become friends with your partner's ex, but in Holmes's case, the 45-year-old Kidman, "has been supportive, saying she's been through it too and to hang in there." The *Dawson's Creek* star apparently even contacted Kidman via a disposable cell phone in order to keep Cruise from catching on. The ladies' relationship is what really gave Holmes the edge she needed against her ex-husband, because she ultimately gained everything she hoped for in their rapid one-week settlement.

How can you be supportive of a friend going through a divorce?

Cupids Advice:

No one can go through their life without a friend to be there for them, especially when going through something as devastating as a divorce. Here are some ways to be a great friend in this situation:

1. Call first: Instead of waiting for your friend to come to you for help, reach out to him or her. They'll appreciate the effort, even if they're not exactly ready to talk about it. You never know if they've needed to talk to someone the whole time, but didn't want to be a burden.

2. Take them out: If your friend is upset, try taking them on a weekend road trip or host a movie-marathon sleepover at your place. Getting your buddy out of that negative atmosphere will free their mind from their ex, letting them handle their problems more easily.

3. Give advice: Whether you've been through your own split or not, there's still always some suggestions or influence to provide. Maybe you know a great divorce lawyer or have a relative who's a therapist. You can always give some assistance.

What are some ways to help a friend who's going through a divorce?

Tom Cruise Heads Back to Work Post-Divorce Deal





It's all work and no play for Tom Cruise following his Monday morning divorce settlement. He has been continuing to film his new movie *Oblivion*. However, he isn't on location in Iceland any longer, as he was when the paparazzi first snapped pictures of him after news broke of Katie Holmes' divorce file. Now the superstar is in California's High Sierras, where the sci-fi flick will film for another week. Cruise can go back to work so quickly because the divorce settlement was reached after mere days. [People](#) reports that Holmes' lawyers simply said, "The case has been settled and the agreement has been signed."

What are some things to take your mind off of a split?

Cupid's Advice:

Whether it's mutual or it came unexpectedly, no split is easy. However, it's important to try to move on, not to just isolate yourself while watching sad romantic movies. Following these helpful tips can make coping with a breakup a little more manageable:

1. Throw yourself into work: Vacation time after a split can often just give you more time to think about your newfound loneliness and the stresses that come with it. Throwing yourself back into work will let you feel accomplished and satisfied.

2. Surround yourself with friends: Being around your family may be a reminder of your breakup. After all, your ex was once a part of the family. Instead, hang out with all of your best friends, who will surely make you laugh, cry and just be yourself again.

3. Start dating again: After a split, you'll need time to find and rediscover yourself as an independent person. However, you should also try to find out what you may or may not like in others by dating. Plus, this will help you forget about your split. Although you don't want to find your next long term relationship right away, it's always a healthy experience to realize that your ex isn't the only person out there for you.

How would you take your mind off of a split? Tell us below.

Judge Lynn Toler of 'Divorce Court' Says Katie Holmes and Tom Cruise Had "Too Much to Lose By Dragging Out Their Divorce"



By [Whitney Baker](#)

Earlier this week, Katie Holmes and Tom Cruise signed their divorce settlement, reaching an agreement faster than most Hollywood couples. While details of the arrangement remain private, sources say that Suri, the couple's six-year-old daughter, will live in New York with her mother, while her father will have generous visitation rights.

In order to better understand the ins-and-outs of this process, we spoke with Judge Lynn Toler, who hosts 'Divorce Court,' the longest-running court show on television. Since 2006, Judge Toler has brought both tenacity and compassion to the courtroom, focusing on the relationship at hand and dispensing helpful advice to real litigants.

The media has paid much attention to the role of Scientology in Holmes's decision to divorce Cruise. And for good reason, according to Judge Toler. While it's not something that she

sees frequently in her courtroom, she understands why it's very intense when it does happen. "Religion doesn't often have a role in divorce cases, but when it does, it is very difficult to deal with because people's beliefs aren't something you can really compromise on."

Another point of interest in this divorce case is Holmes's request for full-custody of Suri. Judge Toler, though, isn't surprised by her bold approach. "She knew what she wanted, and she moved quickly and decisively. I think that she asked for what she wanted because of the concerns that she had for her daughter."

She adds, "After all, isn't that a mother's job?"

Related: [Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise](#)

In a joint statement, Holmes and Cruise said that they are doing whatever they can to keep Suri's best interests in mind. By agreeing to the terms of their divorce in such a rapid manner, Judge Toler believes that they already did a tremendous thing for their daughter. "Sometimes, the best thing you can do for your children is to *not* get everything you want. Tom gave up legal custody but settled for generous visitation rights."

While it may seem like Cruise should fight for more time with his daughter, Judge Toler supports the resolution to their custody battle. "You have to ask yourself if dividing their time between you and your ex is the best thing for you or the best thing for your kids," she explains. "Children need a stable environment, some place they can call home where the rules are always the same."

Perhaps the most surprising part of this celebrity divorce is the swiftness of their settlement. "I believe that both of them had too much to lose by dragging it out," Judge Toler explains. "I also believe that the church of Scientology

didn't want to get involved with it, which certainly would've happened. Tom didn't want to expose himself or his church to that kind of scrutiny."

Related: ['Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill"](#)

Next up for Holmes and Cruise: They will present their settlement to the courts and wait for it to be approved before they'll be granted a divorce decree. Judge Toler doesn't foresee any future issues though, explaining that "the courts love when couples settle as quickly and amicably as these two. They really like the parties to come to a resolution on their own."

As for any advice for the pair as their divorce continues to play out, Judge Toler says she has none. "I think they're doing it right! They didn't let their emotions get ahead of what they needed to do. I say continue on and good luck."

Visit DivorceCourt.com for local listings of 'Divorce Court,' which is currently airing its thirteenth season in syndication nationwide. Keep your eyes open for Judge Toler's new book, 'Making Marriage Work: New Rules for an Old Institution,' set to be released later this summer.

Katie Holmes Goes Back to Work on Film About Single Mom





Katie Holmes is taking no time after her split from Tom Cruise to get back to her career. Holmes, who filed for divorce from Cruise last week, is set to work on a new film, *Molly*, about a single mother and her daughter, according to [People](#). Holmes co-wrote and is co-producing the film, which will be filming in New York City, where Holmes lives with her daughter Suri.

How can going back to work help you cope with a split?

Cupid's Advice:

Breaking up is tough stuff. Sometimes finding yourself deep in your work can help you out. Here are some ways going back to work can help you cope with a split:

1. Distractions: You can't be constantly moping about and missing your partner if you're focusing on projects and business. Use your work as a distraction, and you may find yourself not even thinking about the breakup after work.

2. Catharsis: Just like exercising when you're angry, working hard after a split can be relieving. You'll feel accomplished and important, and won't care about what your ex thinks of

you.

3. Opportunities: Being single gives you the chance to be selfish for the first time in a while. Got a chance to move across the country for a promotion? No one's holding you back now. Go ahead and take it.

What are some ways going back to work can help you cope with a split? Let us know below.

Source Says Tom Cruise Is in 'Major Crisis' Mode Post-Split from Katie Holmes





Since Katie Holmes filed for divorce from her husband of five years, Tom Cruise, the award-winning actor and father to their daughter Suri, is in “major crisis mode,” according to UsMagazine.com. Sources say that “Tom’s whole life is being torn apart,” which was something he never saw coming. While Cruise is constantly consulting with lawyers in an effort to deal with custody of the six-year-old and division of their properties, he tries to remain as private as possible because he “doesn’t want his entire life laid out for everyone to dissect anymore.”

How do you remain private in the midst of a divorce?

Cupid’s Advice:

Celebrities may be used to the spotlight, but when it comes to divorce no one wants their failed marriage to be the center of attention. Famous or not, here are some ways to have control over your privacy in the midst of a divorce:

1. Don’t make a scene: If you want things to go as smoothly as possible, it’s important not to give people a reason to talk.

Go about your business in the most mature manner, which means refraining from throwing your spouse's clothes and belongings all over the front lawn.

2. Stay away from gossip: Venting is healthy during a divorce, but make sure to only go to the people you trust for advice. Don't dish out the details to anyone who's willing to listen, because you never know who's going to repeat something you may have already regretted saying.

3. Keep mutual friends out of it: You and your husband probably have a lot of the same [friends](#), and if this is the case, don't make them pick sides. By making sure your friends don't find their way into the crossfire, it will give you and your husband more [control](#) over what you're both going through, instead of allowing others to meddle.

How do you keep your divorce from being the talk of the town? Share your experiences below.

Katie Holmes Removes Her Wedding Ring





Katie Holmes is making her divorce from Tom Cruise public by removing her wedding ring. According to [People](#), the Hollywood Star was taping a segment for *Project Runway: All Stars* this week without it. A source says that although she appears to be handling the situation well, she has left Cruise “devastated and heartbroken.” The two had been married for five years and apparently Cruise “had no idea this was coming.”

How do you announce your divorce to friends and family?

Cupid's Advice:

Informing the people in your life of your divorce can be a difficult task. Cupid has some advice:

1. Be honest with your children: If you have kids, talk to them and explain the situation. Let them know why it's not working out, and that it will be difficult, but that it has nothing to do with them. Remember, no matter why you're divorcing your significant other, that person is still their parent so the children still need to see him or her in a

positive light.

2. Decide beforehand how much you want to share: Try to keep it simple when you're telling friends or co-workers with whom you're not very close. Everyone will want details on the situation, so before having the conversation, figure out how much you're willing to share.

3. Make your close friends and family aware of why you are getting a divorce: If the marriage was just not working, but your significant other did not necessarily do anything bad to you, let people know that. Be ready to face people judging you for the decision as well as people trying to side with you or him.

Do you have advice on how to tell people of your divorce? Tell us below.

Katie Holmes Discusses 'New Phase' Pre-Split





After news of Tom Cruise and Katie Holmes' divorce broke, there may have been subtle clues that their split was fast-approaching. UsMagazine.com reports that in an interview Holmes conducted six weeks prior to the divorce file, she did not speak of Cruise in a lovey-dovey manner. When questioned about the stigma of being "Mrs. Tom Cruise," she defensively said "he has been Tom Cruise for 30 years. I know who I am and where I am and where I want to go, so I want to focus on that." She also denied the rumor that having married an A-lister helped her acting career. Holmes sounded independent throughout the interview and noticeably stated that she's entering "a new phase" of her life, a phase that we now know will include much less of Tom Cruise.

How do you know when your partner is holding you back?

Cupid's Advice:

You and your partner are supposed to support each other, not hold each other back. Here are some ways to know that enough is enough when you are giving more than you are getting in a relationship:

1. You make more sacrifices than your partner: Every relationship comes with its sacrifices, but there should be an almost even balance of loss and gain between the two of you. If you are always sacrificing and your partner never does, it may be time to cut them off.

2. You don't know who you are without them: Identity is key in every relationship because in order to love another, you must first love yourself. If you rely heavily on your partner and do not feel any sense of independence, they are holding you back too much.

3. You don't go after your dreams: If your partner succeeds in their own dreams but doesn't support yours, they're holding back your sense of self. You may be in a relationship together, but you can succeed in aspects of your life on your own. Don't let your partners accomplishments hinder yours.

In what way is your partner holding you back? Tell us below.

Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise





Now that Katie Holmes has filed for divorce from Tom Cruise, she is taking matters into her own hands after breaking free from what sources say was a 'Scientology-influenced marriage' to the actor. The *Kennedys* star is now pursuing sole legal custody of their 6-year old daughter, Suri Cruise. An insider tells UsMagazine.com, "This is about protecting her daughter. She wants to be in charge of how Suri is being raised and didn't want her to have an exclusively Scientology education." With that said, the divorce of TomKat is just beginning to unfold.

What are some ways to get out of a controlling relationship?

Cupid's Advice:

Ending a relationship is hard enough, but a controlling relationship proves to be an even bigger challenge. Here are some ways to help you take back control of your life:

1. Seek professional help: Searching for words of encouragement is a huge boost when it's time to take action in your relationship. You may find the perspectives of others are

wiser than your own.

2. Make yourself your priority: Make your relationship about you instead of your significant other. This will encourage you get out of a relationship that is not benefiting you.

3. Take back your power: Demand power in the relationship. Your significant other most likely will not allow it, which will help you find an escape.

How have you gotten out of a controlling relationship? Share your stories with us.

‘Miss Advised’ Star Amy Laurent Says, “I’ve Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill”





By [Whitney Baker](#)

As a relationship expert and executive matchmaker for the past seven years, Amy Laurent has plenty of advice when it comes to navigating the dating world. And, now she's putting it out there publicly starring on Bravo's new reality series 'Miss Advised,' a show that features three single relationship experts as they attempt to follow their own dating advice in the search for love.

Given Laurent's background, we thought she'd be the perfect source to comment on the most talked about divorce of the week (and most likely the year), the infamous TomKat split. By now, we've all read the tabloids or heard the news that Tom's obsession with Scientology was a huge factor in their divorce (source), but how important is religion to a marriage?

"For some people, religion is an absolute deal-breaker, and you have to respect that when choosing a potential partner," Laurent explains. "I think it's a waste of time to try to put two people together with different religious opinions."

Related: [Katie Holmes Files for Divorce from Tom Cruise](#)

Although Laurent advises against coupling up if you have religious differences, many people do marry outside of their religion and go on to have happy and healthy relationships.

However, most of them aren't A-list celebrities who live a very public life while one of them is strong-arming the other about the beliefs of the secretive practice of Scientology. In this case, Cruise's religious beliefs and intention to have Suri attend a Scientology "boot camp," according to *The Sun*, may have been more important than the views of his catholic-raised wife, Katie.

"I encourage my clients to be very open and to not have a laundry list," Laurent says. "Ultimately, if you're going to find the right match and not waste your own time or the other person's time, you have to be very honest about what's important to you."

With Katie now on the singles market, everyone is left guessing who she'll date next. It's definitely too early to tell, but Laurent says that she's always seen Katie with someone who is "more mellow and chill."

"I see her being with someone who has more of a laid back approach to their relationship because I feel like that will really let Katie shine." As for Tom, "Definitely a Scientologist," Laurent says with a laugh. "She needs to be very type-A and a perfectionist – someone with the same level of intensity as he has."

Related: [Heidi Klum and Seal: Marriages Don't End Overnight](#)

Of course, neither Holmes nor Cruise should dive back into the dating world any time soon. For the time being, their primary focus should be on their six-year-old daughter, Suri. "Anyone going through a divorce with children needs to be very sensitive to figuring out how this new dynamic is going to work. No matter what happened, Katie and Tom still have to be

a team for Suri's sake," Laurent explains.

When she's not setting up her clients or analyzing other people's relationships, Laurent has her own love life to sort out. As viewers will see on this season of 'Miss Advised,' she gives romance a shot for the first time in a long time. "I end up having a few great dates where I can finally relax and enjoy it without being totally type-A and trying to control everything. Maybe I should date Tom!," she chuckles.

"Obviously, there are things that I still struggle with throughout the show," Laurent adds. "But I will say that there is someone who I see a few times who is a really amazing guy. I'm kind of excited for my dating future – maybe there is hope for me." As fun as it may look, Laurent notes that this show provides a great opportunity for viewers to learn from her mistakes and improve their own love lives.

Related: [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

Laurent is releasing her first book next month, '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.' "It's very easy for me to coach my clients and give them the rules that work. But it's very hard for me to follow my own guidance, and that's where I got the inspiration to write this handbook," she explains. "It's a girl's dating bible that really breaks down, step-by-step, the first eight weeks after meeting someone new."

She adds, "I started writing this book in the middle of shooting 'Miss Advised' because I recognized that no matter who you are – whether you're a matchmaker, a teacher, whoever – everybody needs a support system. It's been helpful for me – I realized that my rules really work!"

Check out Laurent via her Web site, AmyLaurent.com Twitter or Facebook, and be sure to watch 'Miss Advised' on Mondays at 10/9c on Bravo. Also, keep your eyes open for her new book '8 Weeks to Everlasting: A Step-By-Step

Guide to Getting (and Keeping!) the Guy You Want.'

Six Famous Relationships That Started with Celebrity Scandals



By Jessica Smith

Nothing in Hollywood is juicier than a celebrity scandal. Many Hollywood couples work through humiliating experiences while dating, including Kim Kardashian and Reggie Bush, who went through a sex tape scandal; Justin Bieber and Selena Gomez,

who recently dealt with Bieber's accusation of getting a fan pregnant; and Miley Cyrus and Liam Hemsworth, who had to deal with negative press on Cyrus' sexual antics.

Many of us can relate to similar problems on a smaller scale, but it can still be exhilarating and deeply saddening to watch our favorite famous relationships let us down in these ways. Sometimes, celebrity couples even begin their love lives under this sort of scrutiny. Although not all celebrity affairs work out, some blossom into long-lasting relationships and love. Here are six famous couples that made the headlines with their scandalous splits, affairs, and ensuing sprint to the altar.

Celebrity Scandals That Turned Into Celebrity Relationships

1. Brad Pitt and Angelina Jolie: After being married to the beautiful Jennifer Aniston for five years, Brad Pitt and Aniston's relationship began to fail when he confessed his love for Angelina Jolie. Pitt and Jolie worked together on the set of *Mr. & Mrs. Smith* as a sexy spy couple, and they took their on-screen romance off-screen – even while Pitt was still married. The humanitarian couple has now been together for seven years. We can thank their six children for pressuring them to get engaged, so they can *finally* tie the knot.

2. LeAnn Rimes and Eddie Cibrian: These two stars met on the set of *Northern Lights*, where their characters' relationship spiraled into a real-world celebrity affair that ended both of their marriages. While LeAnn Rimes and her ex-husband Dean Sheremet claimed to go their separate ways with plans to remain loving friends, Eddie Cibrian's ex only had negative things to say about him. Rimes and Cibrian are now happily married.

Related Link: [You've Cheated, So Now What?](#)

3. Richie Sambora and Denise Richards: This was a celebrity scandal that cost Denise Richards a friendship but gained her a new man. Richie Sambora was married to Heather Locklear for 12 years before things started to get shaky between them. Richards encouraged her good friend Locklear to file for divorce, and despite girl code, Sambora and Richards were caught making out like teenagers a few weeks later. This seemingly-forbidden romance also required Sambora and Richards to deal with some pretty messy divorces of their own. Unfortunately, their relationship recently ended.

4. Tori Spelling and Dean McDermott: Tori Spelling and Dean McDermott fell in love on the set of the Lifetime movie *Mind Over Murder*, but they were both married at the time. The two quickly separated from their spouses. Before either one was legally divorced, they decided to announce their celebrity engagement. The two were married just a month after Spelling's divorce was finalized, and they have been married since 2006. They have three children and recently announced that they are expecting their fourth celebrity baby.

Related Link: [Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair](#)

From Celebrity Affair To Celebrity Engagement

5. Jesse James and Kat Von D: Jesse James and Sandra Bullock were married for five years and had just adopted a son together when rumors began about James' unfaithfulness. After confirmation of numerous affairs, Bullock filed for a celebrity divorce and decided to raise her son as a single parent. Not soon after, James started dating tattoo artist Kat Von D. The two made it as far as an engagement, but they never made it to their wedding day.

6. Blake Lively and Ryan Reynolds: Although the two didn't

date immediately after Ryan Reynolds' divorce from wife Scarlett Johansson, it's believed that Blake Lively was a factor that led to their split. Considering their marriage seemed to be going smoothly, their celebrity divorce announcement was surprising. The actor jumped from one serious relationship to another, as the celebrity couple was recently spotted house hunting.

What's your favorite celebrity scandal? Share your comments below!

Katie Holmes Files for Divorce from Tom Cruise





The survival of TomKat just may prove to be “mission impossible” for Tom Cruise after learning Katie Holmes filed for divorce on Thursday. Despite their never-ending rumors of a split, the soon-to-be separation of the couple is a shock to Hollywood, especially after the actor told [People](#) just days ago that his perfect day is “the time with Kate.” The actor confirmed through his rep that it was indeed his wife who filed the papers, just five days before his 50th, and asked for privacy during this time. The end of TomKat marks divorce number three for Cruise.

What are some ways to tell it's time to get a divorce?

Cupid's Advice:

Choosing to get a divorce is the most heart-breaking decision you could possibly face in a marriage. Here are some signs it's time to call it quits:

1. Cheating: Unfaithfulness is completely unacceptable in any marriage or relationship. Cheating destroys trust and without that, a relationship cannot thrive.

2. Physical or verbal abuse: Abuse is a big no-no, being one of the biggest sign of an unhealthy relationship. The sooner the relationship ends, the better off everyone is in the long run.

3. Become strangers: People change over the course of their lives, even spouses. If you both no longer share the same important aspirations, such as having kids, it may be time to call it quits.

How did you know it was time to get a divorce? Share your experiences below.

Tom Cruise Is Spotted In Iceland After Katie Holmes' Divorce Filing





Earlier this week, Katie Holmes filed for divorce from Tom Cruise, a shocking split that neither Cruise nor observers saw coming. As a source told UsMagazine.com, the two seemed very happy just two weeks ago during a dinner together in Iceland. Though the terms of the divorce have not been settled, Holmes is seeking sole custody of their daughter, Suri. Two days after the divorce was filed, Cruise was spotted for the first time since the two split. He was flying in a helicopter away from Iceland. His destination is unknown, and he did not seem eager to appear to the paparazzi.

How can you cope with day-to-day life after a split?

Cupid's Advice:

It's never easy to get past a breakup, especially if it catches you by surprise. However, there are some things you can do that will help you get past your sadness. Here are some tips for getting through a split and moving on:

1. Rely on your friends and family: It can be difficult to be alone after spending so much time with your ex. Making time

for friends and family will help keep your mind off of your breakup and show you that you are still loved by many people in your life.

2. Find a hobby: Being single is the perfect opportunity to learn a new hobby, perhaps one that you may have been considering for a long time but never had the time. Whether you take up yoga or scrapbooking, you'll not only find something new to love, but you'll also be doing something new for yourself.

3. Don't rush it: Even if your ex has moved on to a new partner, you shouldn't feel pressured to do the same. Everyone works through breakups at their own pace. Give yourself the time you need to heal before jumping back into the dating world.

What are some ways you cope after a breakup? Tell us below.

EXCLUSIVE: The 'Hollywood Ex' of Will Smith, Sheree Fletcher, Says, "I Never Should've Filed For Divorce"





By Bernadette McCadden

In the first season of 'Hollywood Exes,' which premiered on VH1 on Wednesday, June 27, viewers will see the real life of Mrs. Sheree Fletcher – not to be mistaken for that of ex-Mrs. Will Smith. In the season premiere, Fletcher goes to dinner with the other cast members, where she meets Andrea Kelly, the recent divorcee of R&B artist, R. Kelly. Kelly desperately seeks advice from the other women about how to get through the hurt of a break-up, and Fletcher encourages her to focus on her kids – something that she did in the wake of her own divorce.

Smith and Fletcher, who divorced in 1995, had one son together, Willard Christopher Smith III, better known as Trey, who is now 19 years old. Looking back on it, Fletcher realizes she had been naïve about marriage, forgetting that it takes hard work to keep a relationship strong. "I went into that marriage with false expectations of what marriage should be. I thought I would be happy every day; I didn't know there would be up's and down's," she shares. "Based on my situation with Will, I never should've filed for divorce. It wasn't that

bad, it wasn't that serious."

The divorce took a toll on Fletcher, who now understands that no matter what, after a divorce, you have to give yourself time to mourn. You can't just ignore the heartache and rush into another relationship. She says, "I went to a therapist; I cried, I cussed and I screamed. It was a safe place. She made me think, and she made me do the hard work necessary to overcome the pain."

Related: [Rachel A. Sussman Helps Us Recover After a Break Up in 'The Break Up Bible'](#)

For Trey's sake, Fletcher and Smith have remained friends. In fact, the two families have even spent Christmas together, just so Trey wouldn't feel bad about choosing one parent over the other. So how does Fletcher's current husband Terrell feel about this arrangement?

"Terrell absolutely loves Will and Jada, and we all get along well. It wouldn't have worked otherwise. I needed someone who would be on the same page as us and put my child first," Fletcher explains. "I felt so guilty after the divorce, like I did my child a disservice. I needed to forgive myself and then become a good co-parent with Will to ensure that Trey remained the priority. Terrell completely understood."

The two have been happily married now for over a decade. Fletcher's husband is a pastor at Hope International Church in San Diego, California, where she also works. As seen on 'Hollywood Exes,' the couple only get to see each other a few days a week because her primary residence is in Los Angeles, not San Diego. "Because we're in different cities, it can be easy to get caught up in your day, so we always make the effort to stay connected," she says.

Related: [Making the Most of Your Long Distance Relationship](#)

So when they are together, what is their favorite thing to do

on a date? Go to the movies!

"We're simple people," Fletcher says. "There's this movie theatre called iPic in Pasadena, California. We drive thirty miles just to go there because they have these big plushy seats, and you push a button to order food! They'll bring you lamb chops and filet mignon sliders – it's very gourmet!"

You can catch Fletcher on 'Hollywood Exes,' which airs on Wednesdays at 9/8 CT on VH1.

Hollywood's Messiest Splits



By Evan Goldaper

We all wish it could be different, but breakups are rarely painless. Whether it's the kids, money, future plans or just anger, there's almost always something to fight over. In a word: drama. If you follow the roller coaster ride that is Hollywood relationships, you're sure to have realized that celebrity splits are the biggest and most dramatic splits around. Cupid took a look at some of the worst celebrity divorces in recent years to see what practical lessons could be learned from the wreckage:

1. Kim Kardashian and Kris Humphries: No discussion of celebrity breakups would be complete without a look at Kim Kardashian's legendary split with Kris Humphries following a 72-day marriage. The two only dated for six months before Humphries proposed, and they never settled on plans for life after the wedding. Both accused the other of using their relationship as a money-making scheme. Financial issues aside, it's this pair's insistence on keeping themselves in the public eye that turned what could've been a quick and quiet split into a massive, messy parting of ways. In fact, their divorce is taking longer than their entire marriage ... but it *has* kept their names in the tabloids.

Related: [Celebrity Couples Who Let Money Ruin Their Relationship](#)

2. Arnold Schwarzenegger and Maria Shriver: The aftermath of Arnold Schwarzenegger and Maria Shriver's relationship shows that no matter how long a couple has been together, breakups can still be difficult and dramatic. Though the two had been married for 25 years, Schwarzenegger revealed in May of 2011 that, over a decade earlier, he had fathered a child with his housekeeper. The longtime couple tried to work things out in couples' therapy, but even Schwarzenegger admitted that what he had done was inexcusable. Though Shriver quickly moved into a separate mansion, the two are technically still married and discussion of their divorce continues to this day.

3. Charlie Sheen and Brooke Mueller: In December of 2009, reports broke that Charlie Sheen assaulted his wife Brooke Mueller with a knife, setting in motion another of Tinseltown's biggest breakups. Both Sheen and Mueller are known for their erratic behavior and substance abuse, which ended up putting a huge amount of stress on their relationship. Sheen's violence quickly led to a split, but the ensuing custody battle lasted for months. Though they initially settled on joint custody of their twins, the two began tossing threats back and forth to get that changed. It wasn't until Mueller got close to \$1.75 million in settlement that things simmered down.

4. Heidi Montag and Spencer Pratt: And finally, the most confusing breakup of all: Heidi Montag and Spencer Pratt's. They were married twice—in 2008 in Mexico and in 2009 in the United States—but their marriage still didn't last long. As early as March of 2011, rumors began about their breakup when Montag fired Pratt as her manager. Soon after, she divorced him, claiming he insisted on controlling both her life and the press surrounding her. The two battled on and off for months, with Pratt threatening to release their sex tapes if Montag didn't film a new reality show with him. However, the two were spotted together in Costa Rica during one of these battles, making many assume that these overblown arguments were just attempts at getting attention. Either way, the two were back together by September.

Related: [On & Off: When Celebrities Should Call It Quits](#)

So what can we learn here? Well sure, you might not have \$1.75 million to give to your ex or paparazzi hounding your every decision, but you certainly do have your own level of concerns about your well-being. Talk about your issues with your partner, and you can keep them from getting in the way of romance. Even if you do break up, communication will keep your split clean.

Have you had any messy breakups? Tell us about them below!

Penelope Ann Miller Dismisses Request for Separation from Her Husband



Three months ago, *The Artist's* Penelope Ann Miller announced that after a marriage of 12 years, she was filing for divorce from husband James Huggins. Miller claimed that the two had differences they could no longer work through, and she tried to get sole legal and physical custody of their two children. However, [People](#) has confirmed that the couple will remain

together after all. On June 15, she dismissed the divorce suit, and the couple's marriage will continue.

What are some ways to tell if your relationship is worth fighting for?

Cupid's Advice:

Every relationship has some troubles now and then. Sometimes, these problems can be worked through, though other times it's best just to put an end to the partnership. Here are some things to consider when trying to see if your relationship is worth saving:

1. Dependability: Do you still feel like you can depend on your partner to be there for you both physically and emotionally? It's important for them to support you when you need it. If you don't feel like they've been making an effort, it's time to move on.

2. Respect: All relationships are built on mutual respect. Partners who don't treat you fairly or appropriately aren't worth staying with.

3. Openness: Your beau needs to be able to talk to you about your problems, including how you feel about your relationship. If you're concerned about your relationship's stability, try telling your partner about how you feel.

How have you been able to tell if your relationship is worth saving? Tell us below.