

# Bruce Jenner Says Kim Kardashian's Next Guy Goes Through Him



After Kim Kardashian's whirlwind wedding and quick separation from Kris Humphries, her step-dad Bruce Jenner says her next man has to go through him first. The former Olympian and his wife Kris Jenner appeared on the *Ellen Degeneres Show* where they discussed their reality star children's lives, and Jenner said he "can tell if it's going to work or not." According to [People](#), Jenner said he had his questions when the NBA star asked for his approval to marry Kim. "In the back of my head I said, 'I don't know if she's going to say yes,'" he said. "But it's not my decision. Go for it."

**How much should you trust your parents to help you choose a**

mate?

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

Some people are close with their families while others aren't, but your parents may have better instincts than you think about your potential partners, and their opinion can prove quite useful. Cupid has some tips to help you sort through your emotions verses your parents':

**1. Honesty:** When it comes down to it, your parents want what they believe is best for you. They may not always be right, but they're not going to shy away from telling you their honest thoughts about your partner or fiance.

**2. Knowledge:** Although we would all like to believe that there's no way our parents have ever been in our situation or felt the way we have, most likely they've been there and done that. Listen to what they have to tell you about their own experience, and you might get some very helpful advice.

**3. Opinion or fact:** Only you and your partner truly know your relationship, because you experience it 24/7. Sometimes parents will make assumptions or share biased opinions, so don't let their lack of knowledge about you and your partner get in the way of something great!

**How much influence do you allow your parents to have in your relationships? Share your comments below.**

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**Marcia Gay Harden Files for**

# Divorce After 15 Years



Marcia Gay Harden, best known for her roles *Pollock* and *Mystic River*, has filed for divorce after 15 years of marriage to husband, Thaddeus Scheel. According to [People](#), the Oscar winner has asked for privacy during this difficult time for the sake of their three children, 7½-year-old twins Hudson and Julitta Dee and a 13-year-old daughter, Eulala. A rep has released the following statement: “No further comments will be made on this matter, and we thank you for your understanding.”

**What are some ways to regain independence after a long-term relationship?**

## **Cupid’s Advice:**

Adjusting to life and your identity without a plus one after a longterm relationship can be very difficult. However, if you

don't let your marital status define you, it becomes a lot easier. Cupid has some tips:

**1. Enjoy being single:** Spend time letting loose and enjoying the fact that you are no longer tied down.

**2. Join a dating site:** You don't have to commit right away, but it can't hurt to shop around.

**3. Take up a hobby:** Healthy distractions serve as a great means to move on. Learn how to ski, or pick up some handiwork like knitting or crocheting.

**Are long relationships more difficult to get over than short ones? Share your thoughts below.**

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## **Heidi Klum's Soon-to-Be Ex Seal Finally Removes Wedding Ring**





It looks as if Heidi Klum and Seal are officially over, as Seal was recently been photographed without his wedding ring for the first time. The sighting took place in Australia Wednesday where Seal made no attempt to hide his ringless hand. The choice to remove the ring seems to be bittersweet. According to [UsMagazine.com](http://UsMagazine.com), the singer told Ellen DeGeneres, "Just because we have decided to separate doesn't necessarily mean you take off your ring and you're no longer connected to that person."

### **What do you do with your wedding ring after you divorce?**

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

What to do with your engagement ring really depends on how smooth the split was and if you are still on good terms with your ex after calling it quits. Cupid has some tips:

- 1. Pawn it:** In the case of an ugly divorce, you'll probably never want to see your ring again, so you might as well get some money for it at your local pawn shop or jewelry store.
- 2. Give it to your kids:** After a divorce, your wedding ring

might not mean much to you, but it might mean something to your children.

**3. Bury it:** Yes, they actually do make coffins for wedding rings. A divorce is similar to a death, and burying the ring just may give you the closure you need to move on with the next chapter in your life.

**Is it ever acceptable to continue wearing your wedding ring after a divorce? Share your thoughts below.**

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## Katy Perry and Russell Brand Reach Divorce Settlement



According to a filing that took place on Tuesday in the Los Angeles Superior Court, Katy Perry and Russell Brand have come to a “comprehensive written settlement of all issues.” A source tells [People](#) that Brand is not seeking cash from his higher-earning ex. Having not signed a prenuptial agreement, Brand would have been entitled to half of what Perry earned during the marriage. Since the ex couple have no children, the only issue was the distribution of property, which they will settling out of court. Seeing that Perry signed the papers with her usual happy autograph that included a smiley face in her last name, she must have been happy with the settlement.

**How do you keep the courts out of your divorce agreement?**

#### **Cupid’s Advice:**

If you conduct yourself well during a divorce and are able to respect and compromise with your ex partner, you can easily settle your divorce out of court. Here are some actions to consider when you want to keep your divorce out of court:

- 1. Don’t try to take it all:** Remember that your are spitting your assets. Once you go around trying to have your cake and eat it too, you might need to take your divorce to court.
- 2. Don’t gossip:** Emotions run high during a divorce. Engaging in gossip can only make it worse.
- 3. Stand your ground:** If there’s something you really want to hold onto such as a piece of property, let your partner know from being beginning.

**Do you think you would be able to settle a divorce out of court? Share your thoughts below.**

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# Scarlett Johansson and Ryan Reynolds Sell their L.A. Home



Scarlett Johansson and Ryan Reynolds, two of Hollywood's brightest young stars, have put their former Los Angeles, CA, love nest on the market. Shortly after the couple's divorce, they took the next step in their separation and put their amazing 4bed/3bath up for sale. It will be hard for the former couple to say their goodbyes to the house's beautiful views of West Hollywood and the Pacific as well as their exclusive walled garden and outdoor bath. Their move can be a positive step towards closure in their relationship.



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# Kris Humphries Says He's in a 'Great Place' After Split from Kim Kardashian



After the world saw their marriage come together and fall apart, Kris Humphries said he's come to terms with his split from Kim Kardashian and is in a better place. The New Jersey Nets forward is focusing on his game on the court rather than the one off, averaging 13.2 points per game and 10.6 rebounds per game this season. "I'm not dating anyone right now. What do they say, my girlfriend is Spalding," he said in an interview with [Access Hollywood](#). "I always tell people basketball is like my therapy. Some people talk to

psychologists, I just need to go play basketball; that's it." The Humphries-Kardashian marriage, which aired as a special on E!, lasted 72 days, ended with Kardashian filing for divorce on Oct. 31. Since then, Humphries said his family and religion have been essential to him moving forward. "I'm in a great place," he said.

**What are some alternate forms of therapy after a breakup or divorce?**

**Cupid's Advice:**

One can certainly learn a lot from Kris Humphries and his ability to cope with his divorce. Cupid has some pointers:

**1. Get physical:** Go to the gym and sweat it off. A good workout is one of the most effective ways to help you get your mind distracted and to relax.

**2. Career moves:** Hey, it worked for Humphries, who's playing his best basketball this season. Take the free time that you would spend with your partner, and put it into your work. You'll be busier, and a greater feeling of self-satisfaction will result.

**3. Family:** What is family for? Don't be too proud to lean on your family and close friends when a relationship ends. You'll no doubt feel less alone.

**What are some other ways to cope after a split? Share your ideas below.**

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# Sources Say Heidi Klum and Seal Have No Plans to Get Back Together



No serenade can change Heidi Klum's mind. Sources say that Klum does not wish to get back together with Seal, her husband of seven years, according to *HollyScoop*. Though Klum and Seal still wear their wedding rings, a source close to Klum says, "They have zero plans to get back together." Klum is reportedly miffed that Seal "won't shut up" about their separation.

**How do you keep from falling back into an unhealthy relationship?**

**Cupid's Advice:**

Though looking back on old relationships can be emotionally trying, it's important to stick to your decisions. Here are a few ways to avoid going back to an ex who's not right for you:

**1. Remember your breakup:** Though anger fades over time, the reasons behind your breakup are still present. Think back on the mistakes made in your previous relationship and hopefully those thoughts will deter you from reentering the relationship.

**2. Stick with your friends:** Spending time with friends—people with whom you have a healthy relationship—will help you realize just how imperfect your previous relationship was.

**3. Look to the future:** Instead of looking back at your relationship, try looking forward to future relationships. Be optimistic and hope for one that's better than the last one.

**Have you been in an unhealthy relationship? Feel free to leave a comment below.**

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## Heidi Klum and Seal: Marriages Don't End Overnight





By Melanie Mar

When a seemingly “rock solid” celebrity couple separates – as with Heidi Klum and Seal’s divorce announcement after seven years of marriage – the first public reaction is always surprise. Thanks to the sheer volume of attention paid to celebrities’ lives via television, tabloids and other media, it is easy to believe you actually know these stars. You feel a connection to them that makes their relationship issues cause you to feel like a personal friend’s relationship has broken up. You begin to analyze the celebrity relationship in the same manner, questioning what happened and what went wrong. Of course, the tabloids add fuel to your frenzy when they get down and dirty with many and varied rumors: He cheated. She cheated. He has anger issues. She has an alcohol problem. You begin to feel dismayed, thinking, “Again? Another one bites the dust?”

**Related:** [Heidi Klum and Seal – What Blew Up Their Marriage?](#)

Having had the pleasure of socializing with Heidi and Seal, I found in them a friendly couple with open affection towards

each other. There is no doubt in my mind they still love each other and may have the possibility of a potential reconciliation; however, the only people who truly know what is happening behind closed doors are the two in the relationship themselves.

**Related:** [Finding Love After a Breakup – Should You Jump In?](#)

Marriages, especially those that have young children, do not end overnight. Heidi and Seal were together almost a decade, and their marriage could not have ended over only a matter of days or weeks. There is usually the constant chipping away of the relationship that causes the cracks and ultimately the break. Some of the warning signs of this are; infrequent sexual intimacy, apathy, disrespect and/or lack of cherishing.

The most important thing is to be aware and look for these signs. As soon as you think they are beginning, address the issue immediately. The longer the behavior pattern exists the harder it is to stop. Most every relationship problem can be helped with concise communication. State what you want and don't want in a non-threatening, respectful, loving manner.

Ask how you can help each other do better and feel better. Learn how to listen and also be heard. With that in mind, write down the following and read it daily to help keep yourself in check.

Beware of your thoughts, because they become your words.

Beware of your words because they become your actions.

Beware of your actions because they become your habits.

Beware of your habits because they become your destiny.

*For more information, visit Melanie's Mar's Facebook page or contact her at [info@melaniemar.com](mailto:info@melaniemar.com). A complete overview of her services can be found at [www.melaniemar.com](http://www.melaniemar.com).*

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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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## **Sources Say Aspen Was the Last Straw for Heidi Klum and**

# Seal



Heidi Klum and Seal's family vacation to Aspen over the holidays appeared to be about fun, love and skiing. However, sources told [People](#) that the trip to a Colorado resort is where the now separated couple realized their marriage was over. "Aspen didn't go as well as planned ... there were more lows than highs," one source says. "Aspen was the final straw." The couple were often apart due to work commitments, but planned to enjoy quality time while on the trip. "When they came together for Christmas as a family, things had changed and they fought a lot," another source says. "Their Aspen trip was a bit of a mess. Instead of enjoying being back together as a family, it was difficult for them to get along." During their vacation, Klum reached the point where she was "done with arguing" and thought it would be best to separate before their arguing affected their kids.

## How do you know when your relationship is over?

### Cupid's Advice:

Ending your relationship is definitely not easy, especially when there are kids involved. But, when you and your mate can no longer seem to make things work, it may be the best thing to do:

**1. You're always arguing:** No relationship is perfect, but when you can never have a moment of peace with each other and can never seem to stop arguing or make it right, it's time to pack your bags.

**2. You'd rather be away from your lover:** There are times that you will need your space in a relationship to sort some things out, but if it gets to the point that while you're away you don't miss your partner at all, then you need to leave.

**3. Body language starts to change:** If your mate no longer makes eye contact with you during conversation, that can be a troubling sign. Also, if they're no longer in the mood or seem uninterested in having sex, that may be a clear indicator that they want to avoid having an emotional connection with you.

What are some other ways to know when a relationship is over?  
Share your comments below.

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## Seal Says He's Grieving and

# Shocked Post-Split with Heidi Klum



Similar to our own shock over the news, Seal is upset and grieving over his breakup and impending divorce from model Heidi Klum. That said, according to [People](#), he remains amicable saying that his love and respect for Klum hasn't changed. Seal also claims that this will help "make it easier to make that transition," and that the children are the "first priority." For Seal, it's important to acknowledge that he isn't that only one who has gone through a painful split like this. He adds, "It is just unfortunately a chapter of life."

**What are some ways to mourn after a split?**

**Cupid's Advice:**

Sometimes it can be hard to get over a difficult breakup or split. Cupid shares some ways to mourn:

**1. A specific end is helpful:** Being able to look back at the relationship and acknowledge when it was really over can help you to move on. It allows you to adjust to the breakup or divorce more easily.

**2. Accept some responsibility:** Being able to realize what went wrong in the relationship can be very therapeutic. It's important to be able to realize that this divorce is not really a rejection of you personally; it's just a combination of two people that didn't work out.

**3. Cut off communication:** Completely shutting down communication lines can be hard when you have children like Heidi Klum and Seal, but to be able to truly mourn and get over a split, you have to take some time for yourself.

**What are some ways you've gotten over a relationship? Let us know in a comment below.**

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## **Heidi Klum and Seal Confirm Separation**





After almost seven years of marriage and four children, Heidi Klum and Seal are calling it quits. The *Project Runway* host and Grammy winner began dating in 2003, and became engaged in December of 2004. As of January 2012, however, the supermodel is rumored to be filing for divorce from the singer claiming “irreconcilable differences,” according to [People](#). In a statement, Klum said, “While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate. We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process and protecting the well-being of our children remains our top priority, especially during this time of transition. We thank our family, friends, and fans for their kind words of support. And for our children’s sake, we appreciate you respecting our privacy.”

**How do you keep a split amicable when there are children involved?**

**Cupid’s Advice:**

Breaking up is difficult as it is, but when you bring children into the picture, it's even more taxing. Here are some ways to keep your split amicable for the sake of your kids:

**1. Be fair:** Although you and your ex-husband may be upset with one another due to a divorce, remember that they most likely love your children as much as you do. You also have to remember that the children deserve and love both parents as well, so be fair to your ex and the kids.

**2. Win-win outlook:** You need to discuss and plan together with a positive attitude instead of an *I win, you lose* motive. The split is going to be hard on both you and your kids, so don't make it worse for the kids by using them as leverage.

**3. Pay attention:** Your feelings aren't the only ones involved. Don't be selfish, and sit down as a family to discuss the situation. Let everyone take a turn talking about how they feel and what they want, and then later make the executive decisions with your ex. Your children will appreciate being involved in the choices you're making for them.

**What are some other ways to keep a break-up amicable? Share your thoughts below.**

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**Exclusive Interview:  
Celebrity Attorney Ann-  
Margaret Carrozza Discusses**

# the Pitfalls of Prenuptial Agreements



By Steven Zangrillo

With the national divorce rate spiking like a batch of Twisted Tea, it's no wonder that we've seen a renewed interest in pre-nuptial agreements. More than ever, these agreements have become an integral part of the arrangements a couple will make before tying the knot. Between high profile splits like the Kardashian catastrophe to the everyday scenarios of your neighbors down the block, the specter of divorce knows no singular demographic. As your relationship nears towards the ever-ominous edge that teeters between "dating" and "marriage," you'll probably be in need of a little perspective.



“Everyone should consider pre-nuptial agreements, especially high net worth individuals,” says New York City based Celebrity Attorney Ann-Margaret Carrozza. “Sometimes they can lose about half of their net worth unless they are properly protected,” Carrozza adds.

**Related:** [How To Get Back Into The Dating Scene After Divorce](#)

It’s not hard to imagine how difficult these negotiations can become. After all, marriage can be a huge financial risk. In Carrozza’s experience, she says that the party with fewer assets seem to be a little more contentious. “They are big proponents of adding benchmarks to the agreements. That is, these people will make sure they are given a percentage based on the years they dedicate to the marriage,” she says. In essence, they’re arranging prorated marriage agreements. If you put in five years, you get a cut.

**Related:** [‘Divorce Court’ Judge, Lynn Toler Talks Divorce and Hollywood Couples](#)

As far as mediating this process with perspective in mind, Carrozza says “It goes beyond being a lawyer; I try to expand the discussion. In fact, I tell many of these couples that this will be the least romantic thing they will ever do!”

In truth, prenuptial agreements sound about as comfortable as dental work and with a recent rash of hotly covered high-profile divorces in Hollywood, it appears attitudes towards commitment are shifting. Seal and Heidi Klum, Kim Kardashian and Kris Humphries, Ashton Kutcher and Demi Moore, Katy Perry and Russell Brand, and Jennifer Lopez’ heavily documented split from Marc Anthony are all situations that beg a bevy of questions. Is Hollywood getting it wrong? Are we?

Carrozza thinks that it’s a little bit of both. She believes that, at the very least, pre-nuptial agreements are indicative of how we approach the institution of marriage. Divorces are going to happen, the best we can do is prepare properly.

“I think that not only with celebrity, but any divorce proceeding, each party wants to protect themselves,” she concludes.

That may be all it really is but it’s alarming how we’ve gone from protecting one another to protecting our assets.

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## Is Russell Brand Writing a Memoir About Katy Perry?



Russell Brand is full of surprises. After filing divorce from Katy Perry, Brand has decided to do what celebrities do best

after a break-up: write a feel-for-all book. According to [UsMagazine.com](http://UsMagazine.com), Brand will reveal all the details of his marriage with Perry in a memoir. A friend of Perry said, "Katy is insulted and feels betrayed that Russell has treated her so poorly. She will never forgive him. Ever."

**What do you do if your ex airs details of your failed relationship?**

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

It would be nice to think that after a break-up, your [ex](#) would refrain from giving away the good and the bad of your relationship. However, sometimes it happens. Here's how to cope:

- 1. Ignore:** It may seem easier said than done, but you need to be the bigger person and show your ex that you are a confident single gal.
- 2. Fight fire with fire:** If you want to get rid of your babbling ex partner, why not tell everyone a secret from your past relationship that will put him/her to shame? This may be stooping to his level, however, so think about it carefully before doing so.
- 3. Own up:** Go ahead and confess to the bad that your ex is laying out to the world. You will look like the honest ex who has nothing better to do, but move on.

**How have you dealt with your ex telling details of your failed relationship? Share your comments below.**

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# Ashton Kutcher Chats with Demi's Daughter Rumer at Pre-Golden Globes Party



Actor Ashton Kutcher and ex wife actress Demi Moore found themselves at the same Pre-Golden Globes party, and Kutcher didn't hesitate to catch up with Moore's daughter, Rumer Willis. As the *Two and a Half Men* actor made his rounds to chat, [People](#) reported that he and Willis were all laughs and smiles until she went back to join her mother.

**Is it OK to keep in touch with your ex's children?**

**Cupid's Advice:**

It can be difficult to "dump" the rest of your ex's family

after a breakup, especially when it comes to kids. Cupid has some tips:

**1. Healing time:** If you're the one who's broken up with your partner, it might be a good idea to step aside and give them their space by avoiding their kids as well.

**2. Be a friend:** If you want to continue the relationship that you've built with your ex's kids, it would be best for both sides if you and your ex were friends. Whatever you do, don't vent to the kids about your past relationship and current feelings about your ex.

**3. Be respectful:** Your ex may want you out of their lives and their children's lives completely. If this is the case, then you need to be respectful of their decision. Losing that connection is a risk you took once you broke up.

**Do you think it's OK to allow your ex and your children to interact? Share your comments below.**

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## **Katy Perry and Russell Brand: What Went Wrong?**





By [Amy Osmond Cook, Ph.D.](#)

The fairy tale marriage of Katy Perry and Russell Brand is over, fourteen months after it began. Katy and Russell join the ranks of celebrities whose wedding nuptials were . . . temporary. Kim Kardashian and Kris Humphries lasted only 72 days. Britney Spears and Jason Alexander lasted two.

We've all heard a jumble of less-than-educated guesses as to why many celebrity relationships don't last: "They spend too much time apart." "They have intimate scenes with other people." "They're too obsessed with themselves." "They only care about fame." But what are the real reasons for so many celebrity break-ups?

According to Judith Wallerstein and Sandra Balkelee, authors of *The Good Marriage: How and Why Love Lasts*, all good marriages have one thing in common: Both partners feel *respected and cherished*.

In a study of 50 married couples who described themselves as "happily married," Wallerstein identified nine building blocks that created a foundation for a good marriage, which we can

condense into three major take-home recommendations for a happy relationship: (1) create your own space; (2) fireproof; and (3) go organic.

### **Create Your Own Space**

Happy couples carve out their own little piece of the universe—a place where only *they* have the final say. They listen to mom-in-law pontificate about the advantages of hardwood floors, but choose carpet if their partner has a penchant for shag.

Happy couples enjoy each other's company but support independent hobbies. They watch *Vampire Diaries* together—of which separate viewing constitutes a personal betrayal—but also welcome independent golf trips and weekends at the spa. In essence, they build togetherness, but foster autonomy.

Katy and Russell certainly had autonomy, but they had trouble staking a claim and prospecting together in the gold rush of marriage. Katy's parents may have been toxic. Russell may have sown his seed in places it didn't belong. But certainly, as time went on, it became clear that the couple didn't have a real sense of "place." They failed to make the transition from "you and me" to "us."

### **Fireproof**

To prevent a house from burning down, you take certain precautions. You blow out the candles before you leave the room. You don't leave the dishrag next to the gas stove. And you certainly don't let your three-year-old play with matches.

Happy couples fireproof a relationship in much the same way. They create a safe place for conflict by avoiding inflammatory communication like name calling, stonewalling, or derogation. They deal with an issue specifically and avoid making blanket statements. Pizza on the wall after Monday Night Football? Game on. But it doesn't snowball into, "You

don't pull your weight in this relationship." And the pizza on the wall five years ago after a bachelor party? Off-limits.

As Katy and Russell's marriage progressed, it was clear that they lacked fireproofing skills. According to Rick Mahr, a music executive and friend of Katy, their communication skills needed an overhaul—they fought almost every time they were together. It was clear that their reactions to life's stresses were creating a wedge (not the hoped-for solidarity happy couples experience) as they spent more and more time apart, even on holidays.

### **Go Organic**

There's something about growing your own food that makes you appreciate nature's magic. It's exciting to see the first tendril break ground, then another, and another. And when those sorry little tomato plants in chipped clay pots are weighed down with ripe, red fruit—well, that's something to celebrate, especially when you find out how much better homegrown tomatoes taste than their store-bought lookalikes.

Much the same way, happy couples know that a relationship needs constant nurturing—emotional, sexual, and social—to grow. If even one of these areas is neglected, the relationship can become diseased and die. Happy couples rally when they're really too tired for sex, because their partner is in the mood. They say, "You do not look fat in those jeans" for the thousandth time and still manage to sound sincere. And they laugh at the same old story that their partner has been telling at parties for years, even when everyone else groans.

It is clear that Katy and Russell felt passionately about each other; but their frequent fighting and long stints apart prevented them from cultivating a relationship in which they both felt respected and cherished. (Russell's tweeting of



unflattering pictures of his wife probably didn't help matters, either.) Their relationship withered because they weren't able to give it the nutrients it needed to grow.

## **Conclusion**

Now, there's no doubt that Katy and Russell are exceptional people. They exude talent, personality and charm. Perhaps the time wasn't right for this couple to make a go of it, or perhaps they still have more to learn about creating happy relationships. But we *can* learn from their all-too-public divorce. Create a space for your relationship, fireproof it, and cultivate it into something special.

*Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit [amyosmondcook.com](http://amyosmondcook.com).*

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# **Ashton Kutcher and Demi Moore Have Pre-Golden Globes Run-In**





It looks as though Ashton Kutcher and Demi Moore may be having a case of the exes. Besides having continuous awkward run-ins with each other at different locations in Hollywood, it appears the two haven't been seeing much of each other since announcing their decision to split-up this past November, amid rumors that Kutcher was unfaithful. Although going through a divorce, the former couple was cordial with one another as they crossed paths at the CAA Foundation pre-Golden Globes bash this past Friday. Sources told [UsMagazine.com](https://www.usmagazine.com) that the exes kept their distance most of the evening and briefly said "Hi" to each other.

**What are some ways to avoid awkward run-ins with an ex?**

**Cupid's Advice:**

Depending on the breakup, bumping into your ex can be a bit awkward. Here are some positive ways to react when you encounter a previous mate:

**1. Be kind:** Even if your ex hurt or cheated on you, try to be kind when you run into them. You don't necessarily have to jump up and give them a big hug as though you're trying to be

their best friend for the next few seconds, but you don't want to come off as bitter either. Keep it simple with a smile and "hello."

**2. Keep it simple:** Prolonging the conversation may bring up old feelings which can cause even more awkwardness. So, depending on whether or not you and your ex want that old thing back, keep the conversation to a platonic minimum.

**3. Be confident:** Show your ex that you're doing just fine without him or her. Don't boast or brag about how great a new partner is or how your life has been extremely over-the-top-magnificent without them. Wear your confidence on your sleeve and give a friendly and quick update on the new accomplishments in your life since the split.

**How did you avoid running into you ex? Share your stories below.**

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## 'American Pie' Actress Mena Suvari Files for Divorce





After less than two years of marriage, *American Pie* actress Mena Suvari is ending her union to concert producer Simone Sestito. According to [People](#), the 32-year-old actress had her attorney file divorce papers on her behalf, citing “irreconcilable differences and asking that Sestito receive no spousal support.” The two met in 2007, were engaged in 2008, and married in 2010. Suvari, set to appear in another *American Pie* movie this year, was excited to have children, but the couple had none and this will be her second divorce since 2005.

**How long should you try to fix your marriage when it’s not working?**

### **Cupid’s Advice:**

Sometimes a marriage hits some rough spots that you have to work through. Cupid shares how long to keep trying to fix a broken marriage:

**1. If you’re playing the blame game:** Don’t blame each other for the problems in your marriage. Accusations can only cause a further rift. If you and your partner are unable to discuss

things without blame, this could be indicative of a larger, unfixable problem.

**2. Questions:** If you or your partner constantly asks why you are together, it may be time to seriously sit down and weigh the pros and the cons of the marriage. If the con list far outweighs the pro list, it may be time to consider other options.

**3. Control:** Do you have control over the problems in your marriage? If they can be fixed by mutual work between you and your spouse, you should continue to try to fix it. If it's something beyond your control, you may have to seek outside help in fixing your marriage.

**How do you know when to stop trying to make your marriage work? Share your ideas below.**

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## **Katy Perry Says Her Heart Is 'Happy Again'**





Katy Perry made it clear that the only opinions about her impending divorce, filed on December 30, that matter are her own. She tweeted about the gossip saying, “I want to be clear that NO ONE speaks for me. Not a blog, magazine, ‘close sources’ or my family.” According to [People](#), the newly single Perry also thanked “supporters for their concern and well-wishes during a difficult time.” She tweeted that she was “grateful for all the love and support” and that her fans had “made her heart happy again.”

**What are some ways to start to feel happy again after a split?**

### **Cupid’s Advice:**

It can be hard to move beyond the negative emotions of a divorce or break-up. Cupid has some tips:

**1. Make it a clean break:** It can be difficult not to contact your ex after having them in your life for so long. However, the only way to truly move on and find happiness in other things is to cut off contact for a while.

**2. Refocus your energy:** Put the time and energy that would’ve

gone towards the relationship into something positive in your life. For Katy Perry, she's focuses on her fans and her music to get over the ending of her marriage.

**3. Acceptance:** Accept that he or she wasn't the one. Perhaps your ex was only meant to be around for a season or two. Understand that this experience will help you grow and that you will find someone new.

**What are some ways you were able to find happiness after a split? Share your thoughts below.**

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## **'New Girl' Star Zooey Deschanel Files for Divorce From Ben Gibbard**





Sometimes when your career hits a high note, your personal life seems to fall apart. While Zooey Deschanel had an amazing year as a breakout star, her relationship with Death Cab for Cutie front man, Ben Gibbard, seems to have come to a bitter end. According to [People](#), the two filed for divorce, citing Oct. 31 as their date of separation. The ex couple, who married in 2009, are claiming irreconcilable differences, but are still on friendly terms.

**How do you know when your differences are irreconcilable?**

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

Irreconcilable differences is the most common reason for divorce. If you and your partner just aren't the same people you were when your relationship began, you may be experiencing irreconcilable differences. Here's how to tell:

**1. Always fighting:** If you're always arguing with your partner over both big and little things to the point where you agree on absolutely nothing, perhaps, your differences are irreconcilable.



**2. You want to see other people:** If you believe that you or your partner would be happier with someone else, it may be time to move on.

**3. You've tried everything:** If you've tried couples therapy and everything else to try to reconcile your relationship, but nothing seems to work, it may be time to cut your losses.

**How long would you try to make a relationship work before you call it quits? Share your ideas below.**

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## **Marc Anthony Moves On from JLo with Venezuelan Model**





Jennifer Lopez isn't the only one moving on. Recently divorced Marc Anthony revealed his relationship with 24-year-old Venezuelan model Shannon De Lima on Twitter, reports [UsMagazine.com](http://UsMagazine.com). The two went public with their relationship this past weekend, when Anthony, 43, sent New Years' wishes to the model. "To Shannon, my statue of liberty," said Anthony. "Kisses baby!"

**What are some ways to tell if you're ready to date again?**

**Cupid's Advice:**

After a rough split, it's hard to tell when you're ready to get back in the dating scene. Here are a few ways to decide:

**1. You're in a good place:** Once you have fully recovered from your split and have had time to strengthen your bonds with friends and family, you should try dating again. Your future relationships will be more successful if you start them with a good attitude and an open heart.

**2. You no longer worry about your ex:** Most people think about their ex for a while after the split. Once you stop thinking

about your ex and worrying about the mistakes in your relationship, you'll be ready to move on.

**3. You want to date again:** Ultimately, you should only date again if you want to. Even if you are over your ex and content with your life, there is no need to jump right back into the dating scene. Feel free to enjoy single life for as long as it pleases you.

**How did you know you were ready to date again? Feel free to share your experiences in a comment below.**

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## **Russell Brand Files for Divorce from Katy Perry**





Russell Brand and Katy Perry had a strenuous holiday season. Brand filed for divorce on Friday after 14 months of marriage, reports [People](#). Rumors started circulating when Brand and Perry spent the holidays apart, with Brand in the U.K and Perry in Hawaii with friends. The couple were also spotted without their wedding rings in the days prior to the split. “Sadly, Katy and I are ending our marriage,” said Brand in a statement. “I’ll always adore her and I know we’ll remain friends.”

**How do you stay on good terms with your ex during a very public divorce?**

### **Cupid’s Advice:**

Going through a divorce is hard enough even without attention from others. Here are a few ways to stay friendly with your ex:

**1. Monitor rumors:** When a split gathers attention, false rumors are bound to pop up. Try monitoring the rumors, and denying false assumptions whenever possible.

**2. Keep it private:** Though you are probably surrounded by friends who want to know the details behind your split, some things are best kept private. You can tell your friends the details later when you and your ex have had time to heal.

**3. Keep in touch with your ex:** Keep in touch during your divorce. Don't let your lawyers do the communicating for you. In order to stay friends in the future, you'll have to lay the groundwork now.

**Have you gone through a public split? Feel free to share your experience in a comment below.**

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## **Sandra Bullock Explains Why She Returned to Acting Post-Split**





After splitting with her husband, Jesse James in 2010, Sandra Bullock did not rush back to work. In fact, she told the [Associated Press](#), “I was perfectly content to be permanently broken.” And by broken she means not able to act. Director Stephen Daldry pushed for her to be in *Extremely Loud and Incredibly Close*, and that finally changed her mind. “I honestly didn’t think I was in a place where I wanted to work or wanted to step out of where I was... I wasn’t prepared. But that opportunity was louder than my head,” she said according to [People](#). “We had a great time. It’s no longer ‘selfish actress’ in the moment,” she says. “I wanted to have an amazing time with him and, fortunately, Mr. Daldry presented it. In every possible way, it was the best!”

**How can your career help you move on after a breakup?**

### **Cupid’s Advice:**

After a rough break up, the career route is often the best road to take. Working on a project and being successful are the keys to moving up and moving on:

- 1. Your mind will be occupied:** With a challenging project at

work, you will be more focused and not on your ex. Focusing all of your negative energy on something positive can certainly do no harm to the healing process.

**2. You can focus all of your energy on work:** Your ex probably took up a lot of your time and energy. With him in the past, you can accomplish all of your career goals easily. No distractions and plenty of free time will allow you to achieve more.

**3. A promotion could be headed your way:** With all this new focus and motivation, a promotion might be the next exciting and needed change in your life. Working towards becoming number one in the office is a great way to distract yourself from a break up and an excellent way to boost your confidence.

**How did your career help you after a breakup? Share your stories below.**

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## **Mel Gibson's Ex Takes Half of His Fortune in Divorce**





Mel Gibson's divorce came with a price. Gibson's divorce from wife Robyn Moore was finalized Friday in Los Angeles, reports [People](#). Moore, Gibson's ex-wife of nearly 30 years and mother of their seven children, was awarded half of Mel Gibson's near \$850 million fortune. The couple had no prenuptial agreement, so Moore is legally entitled to half of what Gibson earned during their marriage. Gibson's divorce payout is considered to be one of the biggest in Hollywood history.

**How do you decide whether a prenuptial agreement is necessary?**

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

It's possible to ask for a prenuptial agreement without offending your partner. Here are a few reasons to ask for a prenuptial agreement:

**1. Career differences:** Most people are married when they are young, and before they start to earn serious amounts of money. If you feel that either you or your partner has high earning potential, then ask for a prenuptial agreement.

**2. Salary differences:** If you currently earn much more or much less than your partner, a prenuptial agreement is in your best interest. The agreement will protect your monetary well-being



in any future fall-outs.

**3. Previous marriages:** If you have been married and divorced before, it may be a good idea to ask for a prenuptial agreement. Learning from past mistakes and taking precautions in case your new marriage also ends poorly is a reasonable and wise decision.

**If necessary, should you ask for a prenuptial agreement? Feel free to leave a comment with your thoughts below!**