

Notoriously Private Couple Jessica Lange and Sam Shepard Have Split



Actress Jessica

Lange and her partner of almost thirty years Sam Shepard kept ended their relationship. In fact, the couple, who kept their relationship very private, decided to split almost two years ago, according to [People](#). “They both are pursuing independent lives,” says a source. A rep for Lange confirmed the split, but the *American Horror Story* actress has no further comment.

How do you keep your breakup from making a splash?

Cupid’s Advice:

Breakups can be dramatic, but if you can get out of a relationship without causing a scene, you’ll be better off in the long run and in the healing process. Cupid has some tips to keep your split low key:

1. Don't tell everyone: Your business isn't the world's business. Once everyone knows, they're going to want to put in their two cents, which will become overwhelming and annoying.

2. Wait: Take some time to figure out your own emotions and to face the reality of your new life without your partner, so that you're ready to face family and friends once they find out.

3. Stay busy: Keep your routine as normal as possible, and get out of the house when you can. Don't keep yourself cooped up wallowing, but instead embrace your new found independence.

How did you keep your breakup quiet? Share your comments below.

Jennifer Lopez Reportedly Brings Her New Man to 'Idol' Set





Friday was bring your boyfriend to work day, or at least it was for Jennifer Lopez. Lopez's new boy toy, Casper Smart, was seen arriving to the *American Idol* set in Lopez's Bentley as he stopped by to visit his new lady. The new couple have been inseparable, having recently spent Thanksgiving in Hawaii with Lopez's twins before jetting off to Morocco. While the singer seems to be wearing divorce well, her ex-husband Marc Anthony, isn't quite complimenting her style. According to various sources, not only does Anthony not want Smart to drive his kids around due to his arrest for drag racing, but he apparently doesn't want Smart around his kids at all, according to [Hollyscoop](#).

In the meantime, Lopez and Anthony have continued working together in their Latin-American talent show venture, *Q'Viva!*

What do you do if your ex is upset with your new relationship?

Cupid's Advice:

Unfortunately, when you move on from your last relationship, it's not always going to be a smooth transition. Cupid has some advice:

1. Give space and time: It's always best to allow both you and your ex time to heal and get your emotions together after a breakup.

2. Be understanding: Understand that while it may have been easy for you to let your previous relationship go, depending on the circumstances, it may not be as simple for your former love.

3. Minimize contact: While cutting off ties to a past relationship is an easy solution, it may not be a quick fix when you have kids, work or share the same friends. If this is the case, minimize contact to a speak-only-when-necessary basis until you can interact normally with each other again.

How did you handle your ex being upset with your new relationship? Share your comments below.

Kobe Bryant's Wife Files for Divorce



NBA star Kobe Bryant

is heading towards divorce, reports [People](#). Vanessa Laine, Bryant's wife of 10 years, filed for divorce on Friday, citing irreconcilable differences. Laine is also seeking spousal support and shared custody of daughters Natalia, 8, and Gianna, 5. Bryant's marriage was also tried in 2003, when he was accused of allegedly raping a 19-year-old hotel employee in Colorado. "I sit here in front of you guys, furious at myself, disgusted at myself for making the mistake of adultery," said Bryant at a press conference that year. "And I love my wife with all my heart."

What are some ways to regain trust in your relationship after a betrayal?

Cupid's Advice:

Betrayal shakes up a relationship, but it's possible to get back on track. Here are a few ways to regain trust after a betrayal:

- 1. Spend time together:** In order to rebuild trust in your relationship, you'll have to put in more effort than you usually do. Go on vacation or play hooky and spend the day at a park to get some quality time together.
- 2. Get counseling:** If you feel that your relationship is troubled, but ultimately worth fixing, try counseling. It's expensive, but it could save your relationship.
- 3. Give it time:** Sometimes the best medicine is time. After a while, the betrayal will fade and your trust in your partner will gradually return.

Have you ever been betrayed in a relationship? Feel free to leave a comment below.

How to Get Over a Broken Heart During the Holidays



By Abbi Comphele

and [Whitney Johnson](#)

There are so many things to be excited about during the holidays: fun-filled family time, delicious home-cooked meals, presents waiting to be unwrapped and perhaps a much-deserved vacation. However, if you're nursing a broken heart, this festive time of year may seem burdened with only cold and lonely days. You may never forget your heartache, but someday, you will be healed and happy again. Just make sure to get some solid [relationship advice](#) in the meantime.

Until then, the ten tips below may make your holidays seem a bit more bearable and that damaged heart feel a little less painful:

1. Volunteer: No matter the time of year, giving to others can mend a hurt soul and fix any frown. During the holidays, the opportunities to volunteer seem to multiply, making it extra easy for you to make a difference in someone else's life.

Related Link: [Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'](#)

2. Listen to holiday music: There's something so innocent and child-like about holiday music. It'll take you back to those days when your biggest worry was whether or not the item at the top of your wish list would be waiting for you to unwrap it. Although Nick Cannon and Mariah Carey had a rough [celebrity divorce](#), Carey still is positive and puts out beautiful holiday music that you can listen to!

3. Take up a new hobby: Attend a cooking class (Whole Foods offers great options) or take a knitting course and make a homemade gift for someone special. If you live in a snow-filled spot, give snow skiing a try. By being outside of your comfort zone, you'll not only distract yourself from your heartbreak, but you'll also regain your confidence.

Related Link: [Nicole Porter Discusses "The Break-Up Cookbook"](#)

4. Enjoy hot cocoa by the fire: A cozy spot and delicious drink are sure to warm your heart during this holiday season. Snuggle up with a good book or have some girl-bonding time with your mother, sister or best friend. When [Taylor Swift](#) broke up with celebrity ex Harry Styles, she spent time with her best friends during the holidays to make her feel better.

5. Watch a feel-good holiday movie: It's important to remember that you *will* find love again, and a holiday movie is the perfect way to do just that. The options are endless: *The Holiday*, *Four Christmases*, *Miracle on 34th Street* and more. As Hugh Grant's dreamy voice tells us in *Love Actually*, "If you look for it, I've got a sneaking suspicion....love actually is all around."

6. Reconnect with old friends: Re-establishing a friendship that was lost due to distance or busy lives will boost your spirits and remind you that there are plenty of people who love and support you. When former celebrity couple Selena Gomez and Justin Bieber split, Gomez surrounded herself with her closest friends again.

7. Book a quick getaway: Whether it's a snowy vacation in the mountains or a relaxing weekend on the beach, pick a place that makes you feel like yourself again. Most of the time when a hollywood relationship ends badly, the two in the relationship probably end up taking a quick trip to themselves. It can be very relaxing.

8. Buy yourself something special: Yes, it *is* the season of giving, but sometimes that giving needs to be self-directed. Use the money that you would've spent on your ex to buy yourself that much-desired handbag or new pair of shoes.

9. Cook a new dish for your family's annual holiday get-together: Tackling a challenging recipe will surely keep you busy – from picking out the dish to shopping for the ingredients to pulling it all together, you'll hardly have any time to think about that broken heart.

10. Meditate. It sounds so simple, but closing your eyes and paying attention to each breath allows you to shut out the rest of the world and focus on yourself. You can let go of those negative thoughts and sad memories and be ready for your next adventure (in love or otherwise) by New Year's Eve!

How did you recover from a broken heart? Share your thoughts below.

Kris Humphries Says He 'Doesn't Play Into the Gossip' Surrounding Ex Kim Kardashian



Their quick marriage and much-talked-about divorce may be making the headlines still, but Kris Humphries says he doesn't pay the gossip about his situation with Kim Kardashian much mind. "I think that if people know me they know who I am and what I stand for," he said, according to [Hollyscoop](#). "I'm a fun guy and I don't play into the gossip. That's life." There's also much speculation

that the couple's relationship deteriorated as a result of it being plastered all over reality TV. To those assumptions, Humphries says, "'I can't say for sure. It's the only time I've been married. [But] I've been in front of cameras on the NBA since I was 19.'"

How do you keep from participating in drama after a breakup?

Cupid's Advice:

After a breakup, you're no doubt hurt and sometimes angry. However, it's important to keep those feelings in check instead of unleashing them in a wave of drama. Cupid has some tips:

1. Count to 10: When you're about to say something mean-spirited directly to your ex or behind his or her back, take a minute to think about it first. Spur of the moment comments are often times regretted.

2. Take a step back: Right after a split, it's important to take a breather for a while. Avoid going to the places you know your ex or their friends hang out, and surround yourself with close friends and family.

3. Institute a checks and balances: Give your friends the job of watching your every move. If they see you're about to text your ex, have them stop you. Make them the angel on your shoulder.

**How did you keep from participating in drama after a breakup?
Share your ideas below.**

Top Five Ski Destinations for Celebrity Couples



By Abbi Comphele

and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what's not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local nightlife make for a perfect wintery holiday.

When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:

1. Aspen, Colorado: The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they're covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver and [Kate Hudson](#) and their families to join them.

Related Link: [Have Winter Fun In The Sun](#)

2. Park City, Utah: Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

3. Whistler, British Columbia, Canada: Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

Related Link: [Date Idea- Go Ice Skating](#)

4. Telluride, Colorado: This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her "log cabin" here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

5. Chamonix, France: Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy village atmosphere. David and Victoria Beckham often choose this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.

Rumor: Are Ashton Kutcher and Lea Michele Dating?



Co-stars Lea Michele and Ashton Kutcher were very friendly and hands on at a red carpet premiere of their new holiday film, *New Year's Eve*.

According to [Hollyscoop](#), the two had nothing, but admiration for each other. Although, Michele may have been a little more star-struck than newly divorced Kutcher, as the *Glee* actress said her co-star was out of her league. Will Michele and Kutcher will be kissing at the stroke of midnight on New Year's Eve?

What are some ways to attract the attention of someone “out of your league”?

Cupid's Advice:

Sometimes we may feel that someone is out of our league because of money, status, age or education. The truth is, you can make anyone fall in love with the real you. If these steps don't work, then you may be dating someone who doesn't appreciate the genuine you:

- 1. Smarts:** There is nothing sexier and equalizing than a person's brains. Show off your smarts, but don't be cocky.
- 2. Conversate:** A person who has a lot to say can win over anyone. Just be sure that you know what you're talking about! Communication is key to any relationship.
- 3. Be yourself:** Since we don't have gene altering machines like Steve Urkel, be yourself. Lies will just lead to a break-up even before your relationship starts.

Have you ever changed to get the attention of someone you liked? Share your thoughts below.

Marc Anthony Threatens to Quit Latin TV Show After Fight with Jennifer Lopez



The split between Jennifer Lopez and Marc Anthony has been a rocky road, and after six months, Anthony still struggles to face Lopez, who has recently started a new relationship with 24-year-old backup dancer Casper Smart. In fact, Anthony refused to travel to Peru and Chile to host and executive produce the latest auditions on his reality show *Q'Viva: The Chosen* after a fight with Lopez. It was reported that Anthony spoke to creator Simon Fuller and told him he was considering quitting for good. His reason was "quite simply, J.Lo. I can't work with her," an insider told [Star Magazine](#). The couple was married for seven years, and after the split, working together as business partners may be next to impossible.

How do you keep your ex partner's new relationship from affecting your life?

Cupid's Advice:

It's hard to see your ex start a relationship with someone else. Cupid has some tips to help you deal with those feelings:

- 1. Move on:** Venting is one step, but the ultimate goal is to move forward with your life. Don't get trapped in negative thoughts or dwell in the past.
- 2. Accept reality:** You and your ex are no longer together, and the sooner you realize this, the sooner you will be able to pursue new relationships of your own.
- 3. Avoid them:** If seeing your ex in a new relationship is too hard for you to handle, try your best to avoid bumping into them and block them from your thoughts.

How did you avoid being affected by your ex's new relationship? Share your comments below.

Kim Kardashian 'Doesn't Want a Battle' with Kris Humphries





Despite the fact that Kim Kardashian had considered getting an annulment herself, it still came as a surprise when Kris Humphries filed for one himself. According to [People](#), “Kim doesn’t want a battle.” She wants to part ways with her ex amicably. Humphries requested the annulment this past Wednesday on the grounds of fraud, and if he receives the annulment, it will be as if their wedding never took place. Kardashian had wanted an annulment, but was told it would be too difficult to prove and decided to go with a divorce petition instead. According to sources, “the split was devastating” for the reality starlet.

How do you keep your divorce proceedings peaceful?

Cupid’s Advice:

When you decide to get a divorce, it can often lead to a bitter parting of ways. Cupid has some ways to keep it peaceful:

- 1. Understand that it will be hard:** Although it’s never easy, the end result is best for you and your former spouse. Try to be friendly with each other, but understand that there will be some hurt feelings on both ends.
- 2. Cooperate:** Don’t butt heads with lawyers during the divorce

process. If your lawyer or your spouse's lawyer requests information, don't dawdle. It's best to get things out in the open early on.

3. Keep stability: Find a new residence and surround yourself with a close group of friends. Try to go about your normal routine as much as possible in order to maintain stability. This will prevent you from lashing out.

What are some ways to keep divorce proceedings peaceful? Share your ideas below.

Kris Humphries Wants to Dismiss Prenup with Kim Kardashian



The public hasn't

heard much from Kris Humphries since Kim Kardashian filed for divorce, but his plan to annul their marriage could change that, reported Hollyscoop.com. The annulment would dismiss their pre-nup, which includes a strict confidentiality clause that forbids either party from discussing intimate details of their relationship to the media. No pre-nup would mean no rules to follow, and Humphries could finally speak out. "Kris wants to be able to talk about the relationship without fear of being sued," a source close to Humphries told RadarOnline.com. He filed the annulment under claims that the marriage was a "fraud." He believes Kardashian deceived him as a tactic to benefit her success as a reality TV star.

What parts of your breakup are best to keep private?

Cupid's Advice:

After a breakup, your emotions often take a roller coaster ride, but venting excessively to your peers is not the way to handle the situation. Here are a few things you should consider before blabbing your troubles to the world:

1. Private information: First and foremost, keep private information private. You may have intimate details and information about your ex, but they have the same information on you. Save yourself the stress and embarrassment, and respect each other's privacy.

2. Details: It's ok to talk to close family and friends, but don't become an open book, because you could possibly make yourself look bad. If you're going through a divorce, wait for the final court decision before you start spilling all the details.

3. Negativity: You're going to want to talk badly about your ex, but resist if you can. You loved this person at one point, but things didn't work out. Although all you can focus on right now are the negative characteristics of the

relationship, dwelling on it isn't good for your image or theirs.

Did you reveal things about your ex you wish you would have kept private? Share your comments below.

Kim Kardashian Wears Love-Themed Hoodie Mid-Divorce



Going through a divorce isn't stopping Kim Kardashian from still believing in love. According to [People](#), the reality star was spotted strolling through L.A. on Friday wearing a Peace Love World hoodie. In addition to featuring a heart on the back, the hoodie read, "I am love," and "Love is not something you are looking for, love is something you become!"

How do you keep faith in love in the midst of a split?

Cupid's Advice:

Keeping faith in love in the midst of a split is difficult, but possible. Here are a few ways:

- 1. Keep an open mind:** Understand that not all men are alike, and the reason it didn't work out with your ex is because there is someone better out there for you.
- 2. Talk to family and friends:** Speak with those you trust and see how they made their relationship work, as well as get advice on how to deal with your split.
- 3. Join support groups:** Interact with others and see how they are or have overcome their split in order to fall in love again.

How did you keep faith in love during your split? Share your experiences below.

Kris Humphries Files to Annul Marriage with Kim Kardashian





Kris Humphries is finally taking action. Ex-wife Kim Kardashian filed for divorce on October 31st, but Humphries wishes to bypass divorce proceedings by getting the marriage annulled, reports [UsMagazine.com](https://www.usmagazine.com). Humphries is crediting “fraud” as the reason behind the couple’s split, but only because the other options were unfitting. “The whole ‘fraud’ thing is ridiculous. If the marriage was a sham, he was in on it,” said a source. “Did he not see the cameras or get a cut of whatever money was made? The marriage was real. It was just a terrible and unhappy one.”

What are some reasons to annul a marriage?

Cupid’s Pulse:

Annuling a marriage is often much easier and quicker than getting a divorce. Here are a few reasons to do so:

- 1. Infidelity:** If your new spouse is unfaithful within the first few months of your marriage, an annulment will most likely be granted by the Superior Court.
- 2. Bigamy:** If your spouse is married to another person at the time of the marriage, the marriage can be annulled.
- 3. Force:** A marriage will most likely be annulled if one

partner forced the other into the marriage, either by making threats, abduction or physical force.

Have you had a marriage annulled? Feel free to share your thoughts in a comment below.

Olympic Skier Lindsey Von and Husband File for Divorce



Olympic gold medalist Lindsey Vonn and her husband of four years Thomas Vonn have filed for divorce, according to [People](#). Thomas is not only a former Olympic skier, but he is also Lindsey's coach. "It is with great sadness that I announce that Thomas and I have begun divorce proceedings," she said in a statement to *The Denver Post*. "This is an extremely difficult time in my personal life and I hope the media and my fans can respect

my need for privacy on this matter. I will continue to be coached by the U.S. Ski Team and look forward to competing the rest of the season.”

Should you keep your spouse as a business partner if you decide to end your marriage?

Cupid’s Advice:

You should only continue to be business partners if you can both agree that remaining partners is what’s best for the success of the business. Here are three things you’ll need to apply:

- 1. Trust:** If your divorce has caused a lack of trust between the two of you, it may be a struggle to trust each other as business partners.
- 2. Understanding:** It’s important that you both realize your relationship is now strictly business. Don’t budge on this or it will inevitably cause problems.
- 3. Maturity:** You’re going to want to get under each others’ skin, but you need to act like adults so you can make the best decisions for the business.

Are you business partners with your ex? Share your comments below.

Demi Moore Tweets Cryptic Messages



It looks like the drama hasn't ended now that a divorce is imminent. Despite a calm public statement, Demi Moore has been sending out seemingly cryptic tweets, under her handle which still reads '@mrskutcher'. According to [Hollyscoop](#), her ex Ashton Kutcher has been sending "passive aggressive jabs" at Moore in retaliation perhaps. Even though they've split, the ex duo have still been going to counseling. They have even been seen leaving a Kabbalah house together, despite arriving separately. According to sources, Demi Moore has been on a "positive swing" despite the negative backlash that can often result from a divorce.

Cupid's Advice:

Going through a breakup or divorce can be really difficult, and you may want to complain to anyone who will listen. That's probably not the best idea. Cupid has some ways to grieve privately:

1. Surround yourself with family and friends: This is an

important time to remember that though one relationship is ending, you still have many healthy relationships in your life remaining. Ask your friends and family for support and let them know how they can support you through this difficult time.

2. Take time: It's crucial to take some time to yourself to heal. Don't make any important life decisions right after a breakup. Instead, take the time to pamper yourself and keep up with a healthy lifestyle.

3. Remember it's okay to feel: Recognize that your feelings are normal. Whether you're sad, frustrated, annoyed or confused, those are all normal feelings that you're allowed to experience. These feelings will lessen over time as you begin to move on.

How have you dealt with a previous break up? Share your experience below.

What Kim Kardashian Taught Me About Marriage





By Liz from

WeLoveDates.com

I finally caught Kim Kardashian's wedding special while I was home sick one day, and now there are two hours of my life I wish I could get back. Three days later, when news of her impending divorce broke, I wasn't surprised at all. I mean, anyone who tuned in to her wedding special could tell that the couple barely liked each other. I was originally ready for Kim to go away, but Lord knows I love a great reality show train wreck. So, I couldn't look away.

While Ms. Kardashian and I couldn't be more different, we also have a few things in common. We're the same age, in love with being in love and have a particular affinity for high heels and hair extensions. I then came to the conclusion that Kim Kardashian could teach me a thing or two about marriage:

Related Link: [How to Make Your Marriage 'Easy Breezy'](#)

Womens Intuition Is Real: There is a small part of me that actually feels bad for KK. I have to believe that beneath all the makeup, the spanx, and the money, there's a real person with actual feelings. Putting myself in her very expensive shoes, I wonder what I would have done if I had that "this isn't right" feeling in the pit of my stomach. Knowing that when I called off the wedding it would affect so many people

and would make me feel bad.

Money and Marriage Don't Mix: By Kim selling out her wedding, getting married became part of her job description. This is where it gets tricky, because marriage should be about love between you and your partner ... and that's it. I highly doubt that anyone wants to pay me to film my wedding (if you do, call me!), but this was a reminder to keep my eyes and mind on what matters, and to keep it sacred. The more you treasure it, the more you should protect it.

Eloping may be the way to go: I've always wanted a fairytale wedding, but watching this Kardashian sh*t show has really forced me to re-evaluate my priorities. It seems as if we forget that marriage is not about the wedding day, the dress and the registry. It's about joining your life with someone else's, whether he lives in Minnesota or not, and whether there is an NBA lock-out or not. There's simply too much emphasis placed on the wedding, and not on your future life together.

Related Link: [Advantages of Eloping](#)

And, ladies and gentlemen, I want the life. I want that happily ever after.

Charlize Theron Tries To Rekindle an Old Flame in 'Young Adult'



In *Young Adult*, a fiction writer, Mavis Gary (Charlize Theron), has just finalized her divorce and is heading back to her hometown in Minnesota. When she reconnects with her ex, Buddy Slade (Patrick Wilson), she wonders if they can rekindle the relationship they use to have in high school. The problem? Her ex is married with children! This is going to be a good one, and we can't wait to see Theron back in action on December 9th.

How do you know when to rekindle an old flame?

Cupid's Advice:

Ending a long term relationship can cause you to start reminiscing about past loves. Bumping into an ex after breaking up with your partner can cause you to think fate is at play. Be careful! Here's when you should rethink those thoughts:

1. He's happily married: This should be an obvious one, but

you would be surprised. Even though you want to give the relationship another try, it's probably not worth breaking up a happy home.

2. He shows no interest: If you're doing all the work to make old memories a reality, move on.

3. You just feel lonely: Feeling lonely doesn't mean you should try to get an ex back. Move on with someone new, and don't look back. If it's meant to be, it will be.

Have you ever tried to get an ex back that was spoken for? Share your experiences below.

Kris Humphries Mocks Kim Kardashian's Weight Pre-Split



The marriage may be

over, but the season has yet to air. New footage from the upcoming season of *Kourtney & Kim Take New York* showed then-newlyweds Kris Humphries and Kim Kardashian flirting around in a negative light, reports [UsMagazine](#). In the clip, Humphries picks up Kardashian and says, “God, you ate a *lot* of wedding cake!” Though joking, a source says that Humphries frequently criticized his wife. “He belittled her in front of people,” said the source. “He’d call her stupid. It was truly sickening.”

What are some ways to deal with your partner’s criticism?

Cupid’s Advice:

When your partner wants to make a change, they may not go about it in the most polite way possible. Here are a few ways to deal with your partner’s criticism:

- 1. Take their advice:** Often times your partner’s criticism is just poorly phrased advice. Tell your partner that their tone is offensive, but take their advice into consideration.
- 2. Ignore them:** If you feel your partner’s criticism is irrelevant, then ignore it. If the criticism has no effect on you, then your partner may stop trying to make a change.
- 3. Confront them:** When criticism becomes frequent, it is time to confront your partner. Tell them that their criticism is hurtful, and ask them to stop.

Have you ever had a critical partner? Feel free to share your experiences in a comment below.

Jeremy London Is Called for Questioning About Girlfriend's Assault



According to [People](#),

Party of Five actor Jeremy London's girlfriend called the Palm Springs Police Department on Friday saying he assaulted her after an argument over the custody of their child. London's rep, Dominic Friesen, stated, "This is a false allegation and we understand that the police have to follow protocol in issuing and arrest warrant – standard when any woman files a complaint of domestic abuse. However, no such abuse occurred and these allegations will soon be proven false." Further, Friesen said, "Jeremy's legal counsel is cooperating with authorities and a factual account of the incident is on record. We anticipate Jeremy to be cleared of any wrongdoing as he continues to enjoy fatherhood and embrace sobriety."

What are the first three steps to take if you've been assaulted by your partner?

Cupid's Advice:

- 1. Tell someone:** Don't keep the information to yourself; it'll make you vulnerable. Tell someone you trust.
- 2. Get help:** Call the police and/or a domestic violence agency to get help.
- 3. Leave:** If you're assaulted by your partner, that means they don't respect you. The best thing you can do for yourself is to leave the relationship.

Let us know other steps to take if someone is assaulted by their partner by commenting below.

Charlie Sheen Reunites with Denise Richards for Kid's Soccer Game





According to [RadarOnline](#), Charlie Sheen spent Saturday in Calabasas, Calif. with his ex-wife Denise Richards while attending his daughter's soccer game. Sheen and Richards watched from the sidelines with daughters Lola and Sam and were seen laughing and joking with each other. Although Sam's team lost, Charlie announced on Twitter afterward, "Saturday is soccer! Here's three great reasons why I love my weekends!" and posted a picture of himself, Richards and his daughters.

How do you remain civil with your ex after a bitter falling out?

Cupid's Advice:

After a divorce, it's difficult to remain civil with your ex, although it's not entirely impossible. Here are three ways:

1. Be understanding: After a bitter break-up, you both will experience different emotions toward one another. When interacting, stay calm and try to understand each other, especially if you are at one of your child's events.

2. Arrive single: While at a joint celebration, never arrive with a date unless it has been many years since the divorce took place. Introducing your new partner might upset not only your ex, but also your children.

3. Have rules: Work things out and speak with your ex about how you can both remain civil at functions so that you don't upset those around you.

How you do remain civil with your ex? Share your ideas below.

Ruben Studdard Files for Divorce From Wife Surata Zuri McCants



American Idol Season

2 winner Ruben Studdard is divorcing his wife of three years, reports [UsMagazine](#). "Ruben and Zuri have gone their separate ways," said Studdard's rep. Studdard, 33, married Surata Zuri McCants in Mountain Brook, Alabama on June 28th, 2008. The couple shares no children.

What are three things to consider before filing for divorce?

Cupid's Advice:

Even when a relationship seems over, it may still have some redeeming qualities. Here are a few things to consider before filing for divorce:

1. Your emotions: Many relationships go through rough patches. Make sure that your relationship is beyond repair and that you have absolutely no feelings left for your partner when you file for divorce.

2. Children: If you and your partner share children, you may want to consider extensive couple's therapy. Your decision will affect not only you and your partner's lives, but your children's lives as well.

3. Financial stability: Going through a split can be very expensive. If you and your partner can't afford to pay for lawyers, it might be best to hold off for a time when the divorce settlements can be handled properly.

Have you gone through a divorce? Feel free to leave a comment with your thoughts below.

Kim Kardashian: Starring in Her Own Life Story





By Amy Beth O'Brien

Regardless of what you may think of the Kim Kardashian/Kris Humphries whirlwind marriage, you have to admire a woman who knows how to play to her strengths. Ever since Kim's life became the subject of an E! reality TV show, her life became a business. Like any good businesswoman, she knew when to cut her losses.

Whereas most women in the non-reality world may have ignored the inner voice that told us we were [making a mistake](#) with our marriage and then spent years trying to make it work, Kim called it quits before anyone invested any more time or money.

Related Link: [Kim K's Divorce A Reminder About Relationship Mistakes to Avoid](#)

How many of us would have stuck it out because our parents spent a ton of money on the wedding and 400 guests bought us presents? How many would have been embarrassed to admit they made a mistake? Maybe we would have let it go on for years, had an affair, or brought a child or two into the equation in an effort to do what we thought was the right thing.

After it ended, we'd tell our friends how we knew it wasn't right from the beginning. We just got so caught up in the wedding preparations and the desire for a fairy tale ending

that we ignored the nagging inner voice of wisdom that told us we were on a road to nowhere with Mr. Wrong.

Related Link: [Kim Kardashian Files for Divorce From Kris Humphries](#)

It's a given that allowing your life to be put on display is probably not the best idea if you want your marriage to succeed, but for Kim Kardashian and Kris Humphries, I suspect they're no different from the thousands of other people who get married every year without enough forethought, only to wind up divorced. It's just that most of us would tie ourselves in knots trying to make it work and spend years in therapy avoiding the inevitable. We'd continue putting on a show for the sake of everyone around us, instead of acknowledging the reality of our lives. After a respectable amount of time passed, we'd finally give in and end it—an undefined amount of time that told society we at least gave it a shot.

Instead of judging Kim's 72-day marriage, perhaps we should admire her for being a little more real than the rest of us, having the savvy and the courage to play a starring role in her own life, and writing a script where the happy ending isn't the marriage, but in this case, a divorce.

Amy Beth O'Brien is the author of four-time-award winning book Stuck with Mr. Wrong? Ten Steps to Starring in your own Life Story. Visit her web site at www.amybethobrien.com.

Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'



According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

What are some ways to cope in the midst of a stressful

divorce?

Cupid's Advice:

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

1. Give yourself a break: Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.

2. Don't isolate yourself: Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feelings and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.

3. Remember things will get easier: You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

How did you cope during your divorce? Share your experiences below.

Why Kim Kardashian and Kris Humphries Are Calling It Quits



It was just a few weeks ago when over four million viewers tuned into E! to watch *Kim's Fairytale Wedding*, but it only took until the end of the month for the couple to split. They may have been newlyweds, but they were already bickering like an old married couple on the set of *Kourtney and Kim Take New York*. The fighting may have been too much for Kardashian, 31, who filed for divorce from Humphries, 26. After rushing their relationship with a quick engagement and wedding ceremony, along with the added pressures of filming the show, dealing with the media, and attempting to manage their busy conflicting schedules, their 72-day marriage has come to an end. "She rushed into it too fast," a source close to Kardashian told [People](#). "She's holding it together. It's insanely troubling and heartbreaking, but it's a decision she knew had to be made."

How do you know when to call it quits in a marriage?

Cupid's Advice:

Has staying true to your vows become a struggle? Here are

some signs that it may be over:

1. You're beyond annoyed: If everything about your spouse irritates you and just the sight or sound of him makes you want to leave a room, it's not a good sign. If you find that all attraction has been lost emotionally and physically, you have to consider that you're no longer in a healthy relationship.

2. You verbally assault each other: As husband and wife, it is your job to support each other, but it can be difficult when every conversation turns into a fight. If you're frequently being critical and attacking each other's self-esteem with the goal to make your spouse feel dejected, then you've clearly lost respect for one another.

3. You're miserable: If you're unhappy with your spouse, and you feel like your life has hit rock bottom, it's time to move on. Get rid of the negative energy that's dragging you down, and don't let yourself become a prisoner to your own marriage. Regaining your independence may be the key to finding happiness again.

Having thoughts of divorce? Share your comments below.

Ashlee Simpson and New Beau Spend PDA-Filled Night on the Town





After her divorce from Pete Wentz in February, Ashlee Simpson is now in a new hollywood relationship with *Boardwalk Empire* star, Vincent Piazza. On a recent date, the two attended a charity event and then a prohibition party for the the television show. While Piazza's castmates mingled, the duo was busy cuddling up in the VIP area. An observer told [People](#) that the new couple were kissing and flirting until the early hours of the morning.

What are some unique ways to spend a night out with a new crush?

Cupid's Advice:

- 1. Comedy club:** Laughter relaxes everyone. A night at a comedy club will bring the two of you closer and will ease any nerves.
- 2. Jazz club:** Jazz clubs are full of romantic candlelight and music. Beyond feeling romantic, if you say something dumb or run out of things to talk about, the music will save you. It beats going to an embarrassing karaoke bar.
- 3. Cooking class:** Pick a dish that you're both clueless about cooking. If you're learning something new, then the date will be fun and full of bonding.

What did you do on your first date with a crush? Share your experiences below.