

Communicate This: Signs That Kim and Kris were Doomed



By Roshini Rajkumar

Most people were taking bets on the marriage before Kim Kardashian walked down the aisle to Kris Humphries. But even Kim's most critical pundits raised eyebrows when word got out divorce papers were filed so quickly after the extravagant wedding.

THE SIGNS

You can find meaning in every visual, verbal, nonverbal, and physical cue. So I was not shocked to hear Kim and Kris would not live happily ever after. Let's start with Kris's last name, Humphries. For those who watch Kim's reality show, you

know she waffled about whether she'd take Kris's name or not. We witnessed fights she had with her mother who urged, if not demanded, her to keep her name as Kim defended her soon-to-be marriage and man. We even saw Kris acknowledging the name was Kim's tie to her late father. In the eleventh hour, Kim kept her own—much to what looked like the surprise of Kris—as the couple signed their marriage license.

BODY LANGUAGE

Body language can say a lot about what's going on inside someone. Let's investigate their on-camera communication. Even as you look at Kim and Kris together, they are a mismatch—in size, in age, and in geographic demographic. All of these elements come across subtly and obviously when you watch their body language. These body language fractures were abundant in the days leading up to the wedding. From a cold wedding rehearsal and Kim pretending to be a runaway bride; and Kris needing to check his phone and text during these important preparations, their body language did not communicate, “Til death do us part.”

VOCAL BEHAVIOR

When you listened to Kim in the days leading up to her wedding ceremony, you heard a lot of complaints about Kris and how he wasn't helping with even small tasks for the wedding.

If you focus on how Kim delivered these rubs against Kris with her vocal behavior, you get a foreboding picture of their future ahead. Subtextual messages are the messages we send beyond the words we speak. How Kim complained about Kris was just as significant as the actual content of the complaint. Recall the whininess in her voice. Then flash to Kris sharing his discontent when the couple reviewed their wedding reception seating chart. Exasperation is what you hear coming from Kris. The subtextual message there is: “Oh boy, will I ever be heard or respected in this relationship?”

He didn't have to say those words, but his vocal behavior,

backed by his facial expressions, delivered that message.

PUBLIC EYE

Though most people feel sympathy for anyone going through a divorce, it is challenging to feel sorry for this pair. Being hounded by paparazzi or having a reality show gets blamed for their eventual plight. But remember, they chose this life. Kim has built a mini empire around the visual that gets covered, photographed, Tweeted. No man or non-Kim-focused agenda is going to get in the way. Remember the cover of People magazine with Kim in a wedding dress? Where was Kris then? Now apparently, he's out of the picture for good.

Roshini Rajkumar is a communication coach and author of book Communicate That, where she shares insider tips for dynamic communication and authentic presentations. Learn more at www.communicatethatbook.com.

Kim Kardashian Files for Divorce From Kris Humphries





After just 72 days of marriage, Kim Kardashian and Kris Humphries are getting a divorce. According to *People*, Kardashian filed for divorce on Monday. The fashion forward reality star recently denied rumors that her marriage was on the rocks. Now, she's listed the reason for the divorce as the Hollywood cliché, "irreconcilable differences." So why the breakup? A source says that the couple couldn't take the demands of being a reality TV couple. Producer Ryan Seacrest announced on his show that Kardashian got caught up in all that was going on.

How do you keep from getting caught up in the fantasy of a relationship?

Cupid's Advice:

- 1. Take it slow:** If your relationship is moving fast, take the time to stop and reevaluate. Don't rush into a marriage or committed relationship.
- 2. Too good to be true:** If you and your partner are madly in love and haven't had any problems, this relationship could be too good to be true. The truth is, if it feels that way,

chances are it is. A little disagreement in a relationship can be a good thing.

3. Take some time off: Being around someone all the time can cloud up your perspective. It's okay to take some time away from each other once in a while, whether that means going out with friends or spending weekends apart. You'll come back refreshed and missing your mate.

Have you ever had to end a fantasy relationship? Share your experience below.

Rumor: J.Crew Trendsetter Jenna Lyons Leaves Husband for a Woman





Quirky J. Crew President/Creative Director, Jenna Lyons, who made headlines last spring after appearing in a J.Crew ad painting her son's toenails pink, is now fighting over custody and finances during a divorce from her husband of nine years, Vincent Mazeau. With her \$5 million yearly salary and coveted townhouse in Brooklyn, it's no wonder finances are such an issue in this split. According to [People](#), Lyons is currently seeing Courtney Crangi, who runs the business side of her brother, Philip Crangi's, jewelry line.

What are some ways to compromise on finances and custody during a divorce?

Cupid's Advice:

Hurt feelings are one thing, but finances can really make a divorce nasty. Here are some ways to deal with the money issue:

- 1. Work with the kids:** No matter what you do, work out your finances in a way that is best for the kids.
- 2. Getting the house:** It might be a good idea to sell the

house and split the money evenly if you can't compromise about who gets it in the divorce agreement.

3. Personal wealth: Don't make a divorce any messier than it has to be by going after the bank account and assets that are only in your partner's name. Only split up the wealth you share jointly.

Should finances be split up evenly if one partner makes significantly less? Share your thoughts below.

Demi Moore Proves There's Hope After Divorce



By Amy Osmond Cook, Ph.D.

It's unclear as to whether Demi Moore is going to file for divorce from Ashton Kutcher after he allegedly cheated on their sixth wedding anniversary. At least, that's what the *Vancouver Sun* and other media outlets are reporting. Though both parties have declined to confirm the split, it's certainly apparent that this is a difficult time for both of them.

It's no surprise that many marriages crumble when there is a serious betrayal. For most Americans, marriage remains the highest expression of commitment that they can imagine. Most also believe it's unacceptable to cheat, lie, or keep secrets in a marriage—and that number has continued to fall over the past 40 years, according to Stephanie Coontz, the author of the article *The Origins of Modern Divorce*.

While the difficulty of this situation cannot be overstated, Demi has navigated this terrain before with grace and poise.

If she handles a divorce from Ashton like she did her divorce from Bruce Willis, we can expect the couple to stay friends and find happiness amidst the devastation. So, what can we learn from this actress?

1. Keep it classy. Demi has yet to talk about her situation with Ashton in a public way. Until a final decision is made, she's probably going to keep quiet about it. She and Bruce were models of restraint during their divorce and continued to build each other up even as they separated.

2. Remember that love conquers all. Somehow, Demi and Bruce continued to love each other while no longer remaining "in love" with each other. Bruce told *Vanity Fair Magazine* in 2007: "It's hard to understand, but we go on holidays together. We still raise our kids together—we still have that bond. . . . I love Demi, and I know she loves me." We can expect Demi to go through a grieving process, but then come

out on top—choosing love and forgiveness over bitterness and acrimony.

3. Put the kids first. In 2007, Demi stated: “I’m the product of divorced parents, and my brother and I were the pawns in my parents’ game. I never wanted that for my kids.” She explained, saying: “You know, I didn’t get married and have children so I could get a divorce, get remarried, and get along with my ex-husband. But since that is what happened, I am grateful it turned out this way.” Ashton has been a father figure to Demi’s children for years, so Demi will most likely continue to support that relationship.

Divorce is certainly difficult. Many of us know that from personal experience. But if anyone can handle a public divorce in a classy way and continue to find the good in her relationships, it’s Demi Moore.

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.

Paul McCartney Ties the Knot with Nancy Shevell





Singer Paul McCartney has said “I do” for the third time with New York businesswoman Nancy Shevell, according to [People](#). The duo exchanged vows in London over the weekend in an afternoon ceremony. They had been dating since 2007 and were greeted with cheers as they arrived at the Old Marylebone Town Hall, which was closed especially for the event. McCartney joked with the mass of photographers standing by, saying, “What’s going on? What are you all doing here?” Shevell has also been married before and is celebrating her second marriage.

If your partner has been married before, what are some things of which to be cautious?

Cupid’s Advice:

Having been married and divorced once before isn’t necessarily a bad thing, but there are certain things you need to consider before entering into a marriage with someone who has experienced a union like this before. Cupid has some advice:

1. Being hasty: If your partner seems in a rush to tie the knot, you may want to put on the brakes for a while and take things slowly. You need to make sure the marriage is going to

last before you jump into it.

2. Commitment: Make sure your significant other is completely committed and ready to be in a marriage for the long haul. Let him or her know that divorce is not an easy out in your view.

3. Prior obligations: Be aware of the obligations your potential new spouse has to his or her former partner. If they had kids, then they may have financial responsibilities. Get the facts before you tie the knot.

What are some other things to consider about a previously married partner? Share your ideas below.

‘DWTS’ Pro Mark Ballas and ‘Idol’ Alum Pia Toscano Split





The party is over for Mark Ballas and Pia Toscano. After a long heartfelt talk, the singer and the ballroom dancer have decided to call it quits. According to [People](#), the split was a mutual decision. “They both decided with everything going on that they couldn’t give each other what would be fair,” said a source close to the former couple. Though the relationship is over, Ballas and Toscano are both experiencing great career success. Ballas is rehearsing for the next season of *Dancing with the Stars* and Toscano is finishing up a successful *American Idol* tour.

How do you keep career demands from ruining your relationship?

Cupid’s Pulse:

With the right person and the right attitude, you can be successful in both love and your career. Here’s how:

1. Be understanding: Everyone wants to get ahead at work. If your partner cancels a date with you because they have to stay late at the office, don’t give them a hard time about it. You will want them to do the same when you get caught up at work.

2. Be willing to say no: If you've been planning something big like an anniversary trip with your partner and something comes up at work on that date, you may need to put your foot down and kindly say that they need to pick a different date or get someone else. If you pull this off in the right way, it can also make you look more assertive and more of a leader at work, which can help your career.

3. Show your support: If you know your partner spent a long night at work, take the initiative to get things done around the house so they can finally relax when they get home.

Would you be able to date someone who works long hours at work? Share your experiences below.

Maria Shriver Discusses Support Received After Divorce Announcement





Maria Shriver endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying, 'You're my best friend Maria and you will never be left out,' " she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

1. Express your feelings: In order to heal, you must speak

about your feelings with someone you trust, instead of keeping them bottled up.

2. Activities: Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.

3. Travel: Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.

Marc Anthony Opens Up About Split with Jennifer Lopez





Marc Anthony finally took a chance to tell his side of the divorce story between he and Jennifer Lopez. The singer opened up about the split in an interview with [ABC News](#), according to [People](#). "I'll tell you that it wasn't something sensationalistic happening," said Anthony. And when he was confronted with questions about rumors of infidelity, he shot them down immediately, saying "absolutely not." He explained, "It was a realization on both our parts. So you know it wasn't shocking. These things happen. It was a decision that we made jointly."

What are some tell-tale signs that a marriage is nearing the end?

Cupid's Advice:

Sometimes no matter how hard you try, a marriage simply isn't meant-to-be, and you're better off calling it quits. Here are some signs that you're heading that way:

1. Lack of communication: If you find yourself rarely talking anymore, and you feel indifferent about what your spouse is or isn't doing, that's a very bad sign. It most likely means

you've given up on the relationship.

2. Common fights: If your fights are about the same thing over and over again and they never seem to get resolved, it may be time to try a marriage counselor. Continuous fighting can tear a partnership apart.

3. You've moved on: Sometimes you can check out of a marriage before it's actually over. If you already feel a sense of freedom and find yourself doing things alone the majority of the time, it's probably time to rethink your union.

How do you know when a marriage is nearing the end? Share your thoughts below.

Olivia Wilde and Ex-Husband Reunite





Olivia Wilde has been seen lunching with ex-husband Tao Ruspoli. According to [People](#), the couple who filed for divorce in March looked happy together on Tuesday while doing some afternoon shopping in Venice, CA. This isn't just a one-time occurrence; in fact, the hot divorcees who were married for eight years were also seen together at the end of July. As the *Cowboys & Aliens* star told *Marie Claire*, "We're friends. His family is my family."

How do you keep a cordial relationship with your ex?

Cupid's Advice:

When a relationship doesn't work out many couples end up splitting up without a friendly parting. In Hollywood, multiple that by ten as the news hits the tabloids. It isn't too often that ex-lovers find friendship where there was once intimacy but it does happen. It's definitely a much better place to be than full of hate and negativity. Here are some ways to have a healthy relationship with your ex:

1. Bond over the kids: If you have kids with your ex, chances are you both love them unconditionally. So, don't focus on

your issues as a couple, center your attention on being a good mother and father for your kids. Be there as a team and your relationship may have the chance of being less bitter.

2. Avoid drama: If you aren't going to rekindle your relationship anytime soon, there is no reason to revive the drama. Leave the past in the past.

3. Get in touch with your feelings: Whether it's yoga, mediation or therapy, get in touch with your feelings in order to heal and wash away the negativity that could be destroying you inside.

Have you ever been just friends with an ex? Tell us your story...

Kate Gosselin Says She's Glad to Be Divorced





Kate Gosselin has shown us the good, the bad and the ugly parts of her life and now she wants everyone to see she's doing just fine as a divorced woman taking care of her 8 kids. "I wouldn't change my marriage because I have eight awesome kids that I would not change, but people change and they're not who you thought they were and if they're not for you, move on. And I have," she said, according to [People](#). That's a winning attitude! Her show *Kate Plus 8* has recently been canceled, but Gosselin continues to maintain that positive attitude and focus on what's most important, her kids.

Divorce can be tough, but what are its advantages after the fact?

Cupid's Advice:

Divorce is a difficult thing to go through, but there's always a light at the end of the tunnel, and Cupid has come up with a few advantages:

1. Happiness: Yes, initially you may be heartbroken, but in the end it's important to realize that the two of you weren't

happy. Once you move on, you'll be happy knowing you ended something that wasn't going anywhere.

2. Find yourself: One of the best parts of life after divorce is rediscovering what makes you, you. Whether it's going back to the hobbies you used to love or jumping back into the dating pool, keeping yourself busy with things you enjoy will remind you that you're self sufficient.

3. Open to new love: Maybe your idea of a picture perfect marriage didn't work out as planned, but that doesn't mean you have to give up. Now that you're single, you can find your true soul mate.

What do you think are some advantages of life after divorce? Share your thoughts below.

Jennifer Lopez Isn't Sitting Around Crying After Split





Jennifer Lopez could not be more relieved to be out of her seven-year marriage with Marc Anthony. According to [People](#), while Anthony called the split “painful,” J. Lo is at peace and moving on with her career. The singer/actress’ two current major projects are shooting the movie *What to Expect When You’re Expecting* and renewing her contract as a judge on *American Idol*.

How do you deal with going back to work after a tough break-up?

Cupid’s Advice:

After a break-up, you may not be ready to date again or even have a night out on the town with friends, but you usually don’t have a choice about going back to work. Here are some ways to make it through the work day post-break-up.

1. Focus on the task at hand: Going to work can actually be a positive thing after a split. Dive into your work. Not only will you be more productive than ever, but you’ll forget all about your ex.

2. Get a new outfit: Break-ups may mark the end of a relationship, but they're really all about new beginnings. Show up to the office on Monday feeling fresh in a new outfit and hairstyle.

3. After-work drinks: Invite your co-workers out for drinks after work. Who knows? You may find your next love interest by getting out there.

How else can you manage life at the office after a break-up? Share your thoughts below.

Jennifer Lopez Says She Walked Away Because She Loves Herself





Jennifer Lopez decided to open up about her decision to end her seven year marriage to Marc Anthony. According to [People](#), she said she loved herself too much to continue living in the marriage. Lopez told Vanity Fair, “It’s not that I didn’t love myself before. Sometimes we don’t realize that we are compromising ourselves. To understand that a person is not good for you, or that that person is not treating you in the right way, or that he is not doing the right thing for himself – if I stay, then I am not doing the right thing for me.” Looks like she’s definitely come to terms with the split!

How do you know when it’s time to walk away from a marriage?

Cupid’s Advice:

It’s difficult to come to grips with the end of a marriage or to know when it’s time for you to walk away. Cupid has some advice:

1. You’re losing yourself: If you feel like you’re losing your sense of self in your marriage, it’s a sign that maybe the marriage was never meant to be. Just like Jennifer Lopez, you should stay true to who you are.

2. You're no longer happy: If you no longer feel that happy spark you originally felt for your partner, it may mean it's time to call it quits. If you're not excited to see him or her after you've been apart, it's time to start re-evaluating.

3. You start making excuses: If you find yourself coming up with reasons you should stay in your marriage instead of just taking it for what it is, that's a bad sign. It's most likely the beginning of the end.

A chicken wing gets hot when you turn it on

How did you know it was time to end your marriage? Share your experiences below.

Maria Shriver Spends Arnold Schwarzenegger's Birthday With Him





For Maria Shriver and Arnold Schwarzenegger, the children come first. A source close to the family told [People](#) that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two broken bones.

How do you establish independence after a divorce?

Cupid's Advice:

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

- 1. Family:** There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to help provide support until you get past the toughest points in

your life.

2. Friends: Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.

3. Yourself: Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

How did you move on after your divorce? Share your advice below.

How Marc Anthony Handled His Split With Jennifer Lopez





Though Marc Anthony was all smiles, kisses, and jokes during a recent performance in Bogotá, Colombia, sources close to the performer say that he has been incredibly aloof after splitting from his wife of seven years, Jennifer Lopez. As Spanish TV presenter, Eva Rey, told [People](#), “I saw him when he was passing through the stage, but I think because he split up the day before, he didn’t allow anyone to talk to him or anyone to come to his dressing room.” Rey was planning on introducing Anthony at a pre-show party, but the heartbroken singer never showed. Lately, Anthony has been spending a significant amount of time alone. He’s been distant, spending much time in his hotel room ordering room service. In spite of the fact that Anthony has been withdrawn in his personal life, like a true performer, he was as confident and charismatic as ever on stage.

Is alone time important after a split?

Cupid’s Advice:

Though breakups are sad, it’s always good to think about them as an opportunity to rediscover yourself. If alone time is what you need, don’t be afraid to embrace it. Here are some

great ideas on how to spend your alone time post breakup:

1. Meditation and massage: These are two very liberating and therapeutic options for the heartbroken.

2. Catch up on your favorite TV shows: After all of those late nights you spent out with your partner, you probably missed your share of valuable TV time. Now is your chance to catch up.

3. Get away for a while: Who says you can't go on vacation alone? Get away to some place quiet and scenic.

How did you spend alone time post-breakup? Share your experiences below.

Real Housewives Stars Taylor Armstrong and Husband File for Divorce





It may come as no surprise to *Real Housewives* fans that Taylor and Russell Armstrong have called it quits. After all, the Armstrong couple likened their marriage to a business agreement. The two were going through “huge martial problems related to finances,” an inside source reported to UsMagazine.com in May. Although they have a five-year-old daughter named Kennedy, they decided that the best decision would be to split. On Friday, they filed for divorce.

What are ways to work on your marriage before calling it quits?

Cupid's Advice:

It seems like the Hollywood-inspired trend today is to file for divorce when things don't work out. The roles of husbands and wives in our society has changed over the centuries. Although most of us do make an effort to resolve marital turbulence, it can be tough. Cupid has some tips on how to work out your martial issues:

1. Communicate: Often times, communication is at the heart of relationship problems. The next time you and your spouse start

arguing, try to verbalize your points effectively before things get heated. Always focus on the particular situation and, by all means, avoid using phrases like “you always do this.” Stay calm, and try to get to the heart of the issue that’s troubling you.

2. Listen: We often complain that our partners don’t really listen to us, but we could all probably make an effort to be better listeners. When your spouse is mad at you, don’t get defensive or show contempt. Although this may sound silly, take turns rephrasing each other’s points. This will ensure that you both understand where each other’s anger is coming from and allow you to better work through your problems.

3. Consult a counselor: Seeking external help is always a wise step to take before calling it quits. It can be really hard to work through your issues without the aid of a third party. A marital therapist can really help you gain awareness of your communicative difficulties as a couple and give you valuable advice on how to work through your marriage.

Got any tips on alternatives to marital counseling? Share your suggestions below.

Jennifer Lopez May Have Hinted at Split With Marc Anthony in Songs





He's the father of her twins and the man she decided to marry.

However, Jennifer Lopez may have been singing subliminal lyrics about marriage troubles between she and Marc Anthony on her album *Love?* The title alone questions the stability of their marriage, but to supplement that, in one of the songs on the album, *One Love*, which Lopez co-wrote, the singer names off three previous loves before she gets to "number four."

This one "sang to me, but I'm not sure, so worn out, but ... made me wanna try once more," she sings. According to [People](#), Lopez may be referring to her previous romances between Sean "P Diddy" Combs, Chris Judd and Ben Affleck, followed by "number four," who is presumably Marc Anthony.

What are some ways to get your pain out in order to heal after a breakup?

Cupid's Advice:

Lopez has been in the entertainment industry for a number of years, so it only makes sense that she takes to singing as an outlet. But there are many other ways to let off intangible steam. What are some ways to get the pressure of emotional

pain off of your chest? Cupid has some advice.

1. Wash your sorrows away: No one can ever go wrong with a nice, warm shower. We all know that standing underneath steamy water pouring over our bodies can feel like the best thing ever. Let the water seep into your pores and calm your emotions.

2. Adrenaline: This might be the only appropriate time it's OK for you to "run away from your problems." If you're feeling pain, taking a quick jog can work wonders. Releasing endorphins can definitely help with the anger and hurt. It makes you happy, while keeping you in tip top shape.

3. Creativity: Get creative! Whether you write poetry, make collages out of magazine scraps, build or write music like Jennifer Lopez, getting creative is a great way to clear your mind of unwanted problems. Pouring your emotions into something hands-on can relieve some of the pressure.

What is your outlet for releasing negative energy? Share your thoughts below.

Jennifer Lopez and Marc Anthony Are Ending Their Marriage





Singer and actress Jennifer Lopez, and husband, Marc Anthony, also a singer and actor, have split after seven years of marriage, according to [People](#). “We have decided to end our marriage,” they said in a joint statement. Lopez, 41, and Anthony, 42, married in June 2004 in a private ceremony at Lopez’s Beverly Hills home. They have 3-year-old twins, Max and Emme.

How do you announce your divorce to family and friends?

Cupid’s Advice:

When divorcing, it’s always better to tell your family and friends right away rather than procrastinating. Here are some ways to break the news:

1. All at once: To avoid telling the same story time and time again, round everyone up at once. Invite your soon-to-be ex-husband or ex-wife, and just as you announced your marriage to them, announce your divorce.

2. Don’t mind judgment: Divorce is frowned upon by many people, and this may happen once you break the news to the

important people in your life. However, you should overlook any negativity, because at the end of the day, you are doing what's best for you.

3. Keep it cordial: No matter what the reason for the divorce may be, let your family and friends know that you will be mature about the situation. Keep it civil with your old lover. This should release a lot of the tension in the room and prevent any misunderstandings between your ex-husband or ex-wife and your family and friends.

How did you announce your divorce to your family and friends? Share in a comment below.

Olivia Wilde Says She Feels 'Wobbly' After Divorce





Olivia Wilde is back on the market after a painful divorce from Italian prince Tao Ruspoli, reports [People](#). The couple eloped when Wilde was just 18, separated last winter and officially divorced in March. The 27-year-old actress told *Marie Claire*, “The trauma of the whole thing has been humbling, and for the first time, I’m a little bit wobbly.” Although Wilde has been spotted out and about with Bradley Cooper, Justin Timberlake, Ryan Reynolds and Jake Gyllenhaal, she says she’s still single.

How do you get your confidence back after a divorce?

Cupid’s Advice:

Going through a divorce can be so traumatic, it’s easy to lose your confidence. Cupid has some tips on how to get your swagger back after a split:

1. One is the loneliest number: Being by yourself after being part of a couple for so long is one of the hardest parts of a divorce. But it’s important to relish the time alone to figure out who you are without another person to define you.

2. No regrets: When you think back on your marriage, remember the love you had for each other and everything you learned. This will give you hope that you can find love again.

3. Bounce back: After you've spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

How do you get back to your old self after a divorce? Share your comments below.

Arnold Schwarzenegger to Give Maria Shriver Generous Settlement





Looks like Arnold Schwarzenegger still feels guilty over the end of his 25 year marriage to ex Maria Shriver. According to [RadarOnline](#), the ex-governor is prepared to give his ex a hefty settlement in the divorce, much more than is required under California state law. Both Schwarzenegger and Shriver's lawyers seem to be getting along and are working together to come to a joint settlement. Schwarzenegger said he is the one to blame for the collapse of his marriage, and he is willing to give Shriver whatever she needs. He's also filing for joint custody of the couple's sons, which is a decision Shriver agrees with because she still wants her ex to remain a major part of their children's lives. It's so sad to see the end of such a seemingly perfect marriage, but at least the pair are putting their differences aside to do what is best for their children and themselves.

How do you show your ex that you still care?

Cupid's Advice:

It's tough to show your ex that you still care about him or her whether you went through a rough break-up or even a major divorce. Luckily, Cupid has some tips on how to show your ex

that you still care:

1. Admit you're wrong: By standing up and realizing you messed up and taking responsibility for what happened, you show your partner that you not only feel horrible for what you did, but also that you do care about him or her and his or her feelings. If you and your ex aren't on speaking terms, take a tip from "Mr. Big" in Sex and the City the movie and write a letter to your ex to express how you feel.

2. Make it up: You can't fix what's already broken, but you can do the next best thing and try to make the best out of the situation. Take a tip from Arnold Schwarzenegger and be willing to give a little extra in the divorce settlement.

3. Be happy for your ex: Don't try to get in the way of your ex's happiness. Allow him or her to move on. By doing this, it shows you care and there are no hard feelings between the two of you.

How do you show your ex that you still care? Tell us your thoughts below!

'Teen Mom 2' Star Leah Messer Rekindles Romance With Ex- Boyfriend





It looks like *Teen Mom 2* star Leah Messer has patched things up with her ex-boyfriend Robbie Kidd just days after finalizing her divorce from Corey Simms in mid-June, according to UsMagazine.com. Following their ups and downs of parenting on the show, Messer, 19, and her ex-hubby Simms, 20, share custody of their 18-month-old twins, Aliannah and Aleeah. However, Simms doesn't seem to care much about having a family life with Messer. A source claims that Simms isn't fazed by his ex's new love and is "not interested in reconciling."

What are some things to think about when deciding whether to go back to your ex?

Cupid's Advice:

Sometimes you have to forget what you want and remember what you deserve. Cupid has some things to consider before going back to an ex:

1. Make a list: Take a stroll down memory lane. Jot down a list of all the good you and your ex had, and then do the same for the bad. Obviously if the bad outweighs the good, you shouldn't want to go back.

2. Talk to them: Get the heaviest things on your chest off of it. Without playing the "Blame Game," tell him or her how you feel about the break-up and see if he or she is on the same

page as you.

3. Decision time: Put yourself first. How did your ex make you feel? How did he or she treat you? Before you make that choice, do some soul searching. Just because you love him or her, that doesn't necessarily mean that's who you're meant to be with. Stop. Think. Know your worth.

How did you decide to get back together with your ex? Share your experiences below.

Halle Berry Accuses Gabriel Aubry of Child Neglect



Halle Berry and ex Gabriel Aubry are involved in what is sure to turn into a nasty custody battle. Berry has accused Aubry of endangering their daughter's life and violating their

custody agreement. Her rep told UsMagazine.com, "Halle has serious concerns for her daughter's well-being while in the care of her father for any extended period of time and is prepared to take all necessary steps to protect her."

What do you do if your mate's parenting values don't match your own?

Cupid's Advice:

Everyone is brought up differently so it's possible that you'll fall in love with someone who doesn't have the same parenting values as you do. How do you deal? Cupid has some tips:

1. Compromise: Whether you're single or in a relationship with someone, parenting is a two-way street. You need to set aside your differences and think about what's in the best interests of your child. It can't always be one parent making the tough decisions.

2. Make a schedule: Adhere to a strict set of rules for co-parenting. Set up a schedule and have a set plan that details how the two of you will make changes to that schedule without getting into an argument.

3. Be discreet: Inevitably, as parents, the two of you will have disagreements. However, the key is to *never* argue in front of your child. This not only affects the child emotionally, but it will add negativity to your relationship as well.

What are some ways you have dealt with the issues that come along with co-parenting? Share your experiences with a comment below.

Denise Richards Says She Had a Beautiful Love Story With Charlie Sheen



Break ups are never easy, especially when your ex is someone like Charlie Sheen. But Denise Richards wants us all to know her relationship wasn't completely bad. When discussing her marriage to the former *Two and a Half Men* star with UsMagazine.com, she says, "people have only gotten the rotten stuff. There was a beautiful love story between he and I and I know that it went the way it went, but I talk more about how I felt during that time because I feel like a lot of women can relate to that."

How do you keep your breakup in a positive light?

Cupid's Advice:

Maintianing a relationship with your ex is never easy. After all the pain that comes with a split, we often find ourselves bad mouthing one another and continuing to fight. Here are some helpful tips on how to stay positive about a breakup:

1. Take time: It's impossible to part from someone and instantly go back to being 'just friends' after a serious relationship. Take some time to get back to your old self before seeking a friendship with your ex. Blow off some steam with your close friends and get back into the swing of being single.

2. Don't talk about new relationships: Talking about your new love lives without your ex is uncomfortable. No good can come of it. Avoid the topic as much as possible.

3. Focus on the good: The best way to keep your breakup positive is to remember all of the good times that the two of you had. You were happy once. Cherish those memories and keep them close to your heart, but realize the breakup was for the best, just as Denise Richards feels about the end of her marriage with Charlie Sheen.

What some ways you have mantained a friendly relationship with your ex? Share your comments below.

RHONJ 's Teresa Giudice

Debunks Divorce Rumors



The Kardashian's aren't the only one's who've been hit hard with rumors this month, as Teresa Giudice of *Real Housewives of New Jersey* also found herself on the gossip train yesterday. The author confronted the media about her marriage with Joe in a statement to [Celebuzz](#). Here's what the reality star said:

"Joe and I are not getting a divorce. We aren't separated; never have been. We are happily married. I love him as much as the day we got married. My kids are wonderful. Yes, Gia cried in school one day, but everyone's been really sweet to her since then and she's tough, like her mom. I'm so blessed to have my beautiful family!

"Even Perez Hilton wrote about me being nice to a person on

Twitter who was making fun of me, wondering if did it on purpose of if I'm just stupid. Sorry, Perez, I knew they were making fun of me (I read people's Twitter streams before I respond to them so I know where they're coming from. And that person makes fun of everyone!) And I was still nice. That's how I am. I just think you can catch more flies with honey... I have never once in over 6,000 tweets engaged with a hater on Twitter (or Facebook). I know my other cast mates get into online wars with people, but I just don't. Never have. Never will. You have the right to your opinion, and I have the right to hit the delete button and not read it. Done, done, done."

On a positive note, Giudice has a reason to celebrate, as *Fabulicious* recently made it on the New York Times bestseller list. For more, including her response regarding her brother's actions on Monday night's episode, check out Celebuzz.

How do you handle public conflicts with your partner? Share your thoughts with us below!

Adrienne Curry and Christopher Knight Split





It looks as if Father Brady is back on the market, ladies!

Former *Brady Bunch* star Christopher Knight and former *America's Next Top Model* contestant Adrienne Curry have decided to call it quits, according to UsMagazine.com. "After starting a relationship with what seemed to be irreconcilable differences, the couple has reached a period where those differences are no longer appreciated," said Phil Viardo, the couples' manager. The pair met when they were housemates on the VH1 series *The Surreal Life* and then married in 2006.

Earlier this month, Curry admitted that she wasn't satisfied with her home life and turned to Twitter for attention.

Another Hollywood romance is now a part of history!

When you grow apart, what are some steps you can take to reconnect?

Cupid's Advice:

Like Adrienne Curry and Christopher Knights, differences can grow to be a bigger and bigger issue as your relationship lasts longer and longer. Cupid has some ideas on how to reconnect:

1. Be open: The best thing you can do in a relationship is communicate. Stay open and accepting about your differences. If you start to feel annoyed by something your partner is doing, make sure to let him or her know instead of blowing up when it gets really bad.

2. Go back to the beginning: One of the best ways to reconnect in a relationship is to take a look at the happy times you've had in the past. Open up the photo albums, and make reservations at the place you had your first date. Thinking about good memories may remind you why you started dating your partner in the first place.

3. Carve out time: Make sure you're spending quality time together on a weekly basis. Lives get busy and it's easy to forget to schedule in time alone with your partner, but it's an important part of your relationship. Simply spending more time together is a good way to reconnect.

How did you reconnect with your partner in order to avoid divorce? Share your comments below.