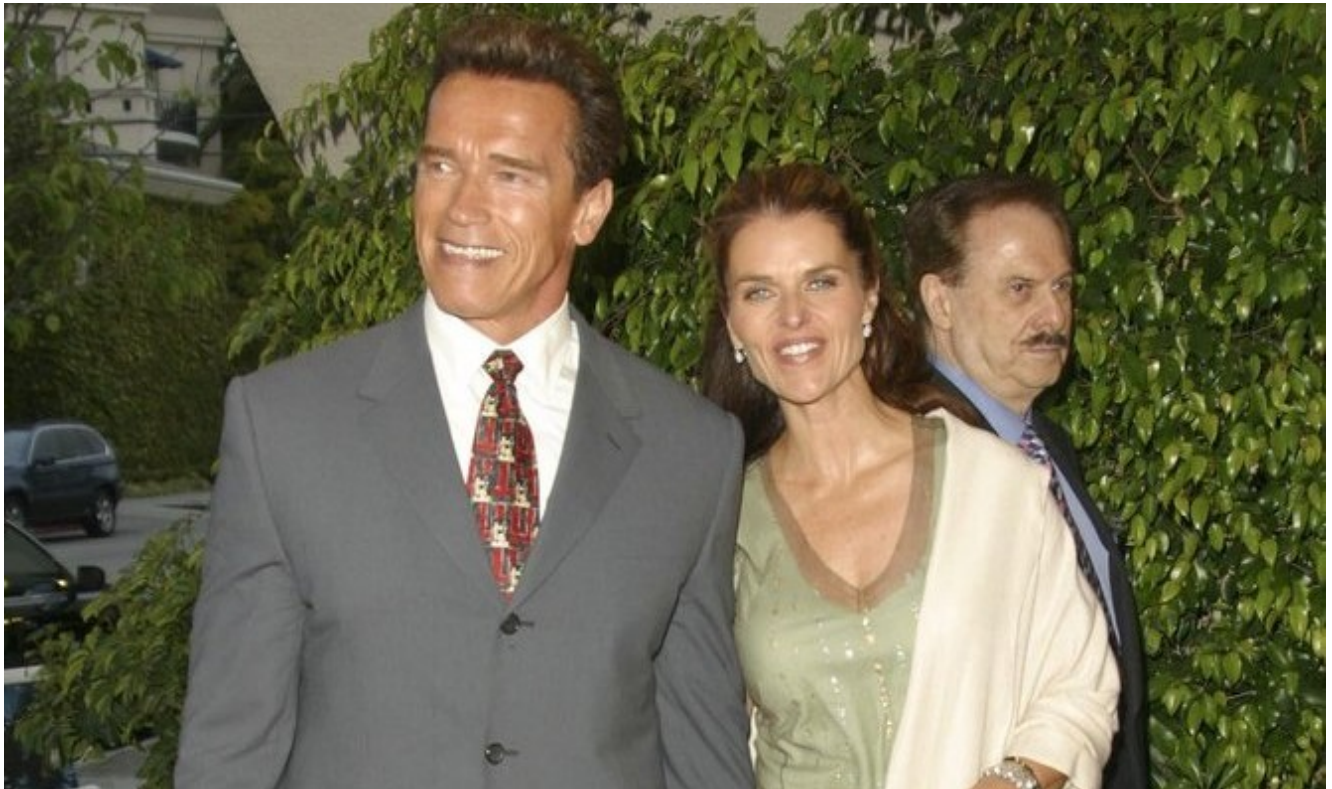


Maria Shriver Spends Memorial Day With Kids In Malibu



If she's upset, she sure isn't showing it! Maria Shriver looked happier than ever when she visited Tra Di Noi restaurant with her kids Katherine, Christina and Christopher; a few friends; and her bodyguard on Sunday night. [RadarOnline](#) reported that Shriver hired a high-profile divorce attorney, Laura Wasser, to represent her against ex-spouse Arnold Schwarzenegger. Schwarzenegger admitted to fathering a child by his and Shriver's former housewife.

What are some life changes you can make after a divorce?

Cupid's Pulse:

Going through a divorce is tough, but moving on with your life

afterward is tougher. Cupid offers suggestions on some life changes you can make after a divorce:

1. Move forward slowly: It takes time getting used to being single. Letting others know how you feel will help you move on with your life slowly and steadily.

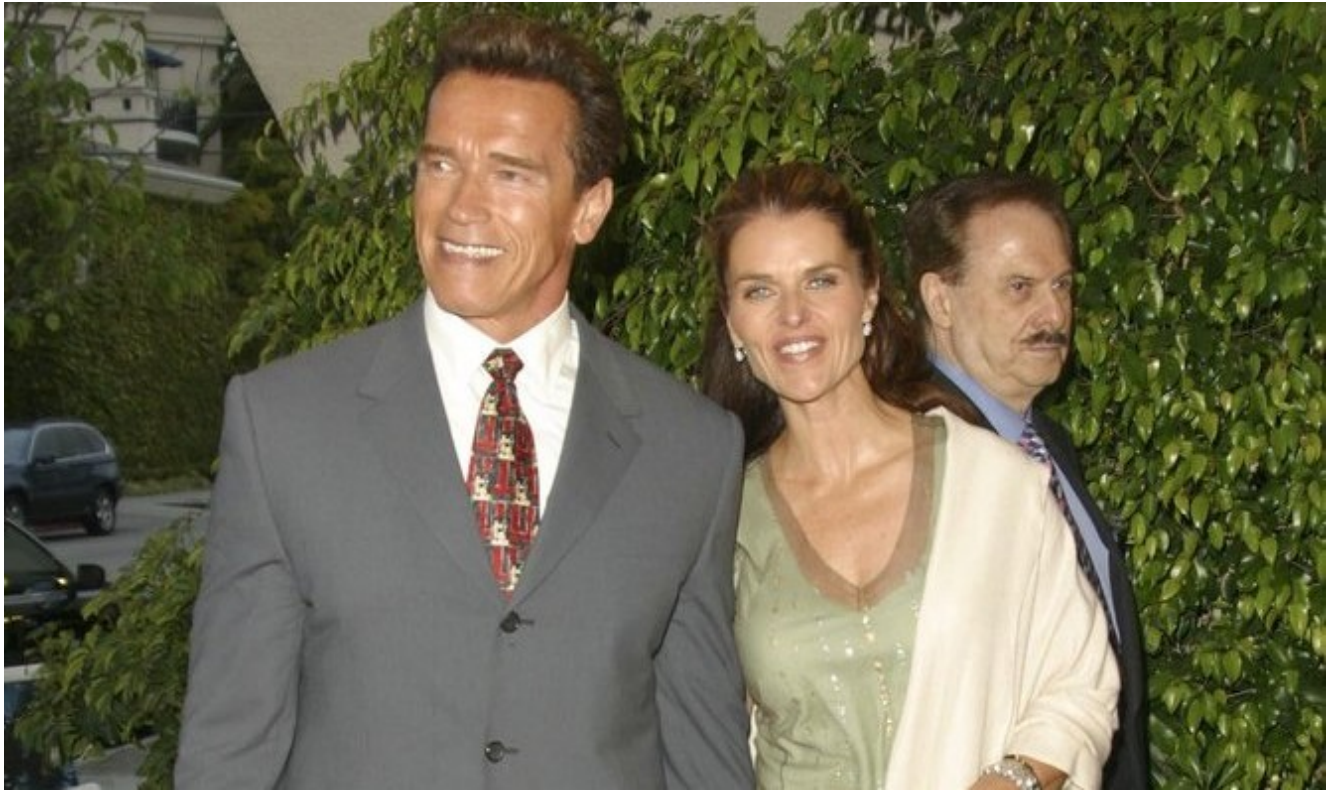
2. Meet others: It might take some time, but go out of your comfort zone and mingle with others when you're ready. You'll meet new friends and possibly the person who is truly right for you.

3. Embrace new opportunities: With all the time you'll have on your hands, get involved in extra-curricular activities. You'll be surprised when you discover new hobbies and talents.

What did you do after your divorce? Share your experiences below.

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair





By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria says, “As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing.”

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil.

Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

- Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

- Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write down all of the suggestions.

- Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

Arnold Schwarzenegger's Love Child: Did He Break Up Housekeeper's Marriage?



Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

How do you get over the trauma of an affair?

Cupid's Advice:

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:

1. Two affairs don't make a marriage: If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

2. Restore trust: Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

3. Don't ask about the details: If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

If you have ever been with a partner who had an affair, we want to hear your story. Comment below.

Kelsey Grammer Files for Sole Custody of Kids



Kelsey and Camille Grammer have been through rough times lately, and now there are even more issues to resolve. Court records reveal that Kelsey, 56, has filed for sole custody of their children, Mason and Jude. “Any statement would be inappropriate,” Kelsey’s rep told [People](#). “The filing speaks for itself.” Papers were filed in LA County Superior Court, which states the *Real Housewives* star would have her children half of their summer and winter breaks.

What are some things to consider about your ex in the midst of a custody battle?

Cupid’s Advice:

When going through divorce, or even getting separated, the children are always the top priority. However, it's easy to get possessive. This can be for selfish reasons, or it may be because the former partner is not prepared for joint or sole parenting. Cupid has some things to consider:

1. Economic standing: Can your ex afford to support the children? You need to make sure your children have everything that they need to receive a good education and live a healthy lifestyle. If your former partner can't provide these elements, they probably should not have custody.

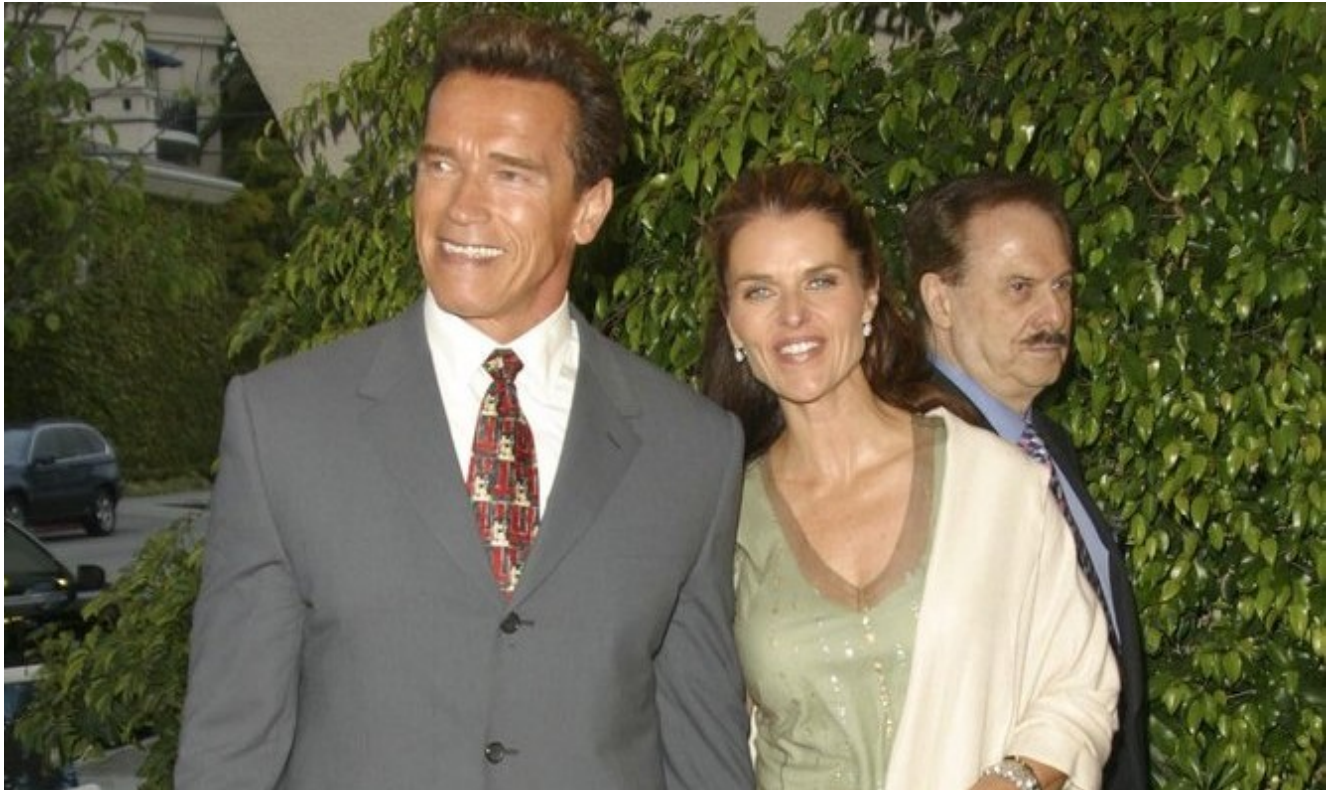
2. The ultimate downfall: What was the final straw? If your relationship ended on bad terms and if you feel threatened, you should be cautious about letting the kids around him or her. True colors really come out during breakups, and there may be a sick, crazy side to which you have been blind.

3. Lifestyle: If your former partner suffers from alcoholism or any other addiction, they cannot be a role model for the children. If you want joint custody, you need to make sure you're on the same page and each doing your part.

Have you or someone you know been through a rough custody battle? Share your comments below.

Jesse James Says That

Millions of Married Men Cheat



Famed serial cheater Jesse James recently defended his bad behavior by pointing out that he's not the only one, reports UsMagazine.com. The *Monster Garage* star told *Men's Journal*, "I never shied away from anything I did. I took full responsibility. I cheated on my wife. Guess what? So do millions of other men." The 42-year-old, who divorced Sandra Bullock last year, is currently engaged to Kat Von D.

How do you know if you can trust your partner after past indiscretions?

Cupid's Advice:

After your mate is unfaithful, it's hard to trust them completely again. Cupid has some tips on how to know if your

partner really has changed for good:

1. Accept the apology: If your partner made one mistake and is truly sorry, think before throwing away your entire relationship. Give your mate another shot if you feel they are being genuine.

2. Don't forgive multiple affairs: If your significant other has had multiple indiscretions in the past and doesn't seem fully committed to your relationship, you probably can't trust them to stay faithful in the future.

3. Have faith: The bottom line is, you'll never know for sure if your partner is going to cheat again. But if you decide to give them another chance, give them your complete trust. There's no point in starting over and giving the relationship a shot if you're not fully trustful.

Would you trust a partner who cheated in the past? Share your comments below.

5 Celebrity Couples We Want to Reunite





By Tanni Deb

We've all had a moment when we've stared wide eyed in utter shock at the TV screen after finding out our favorite celebrity couple has split, trying to figure out what went wrong. After all, this pair seemed to be in such a happy relationship!

There will always be famous duos that we think about months (or even years!) down the line, wondering if they'll ever reconcile. While the possibility may be a long shot, no one can help wishful thinking. With that said, here are five celebrity couples we would like to reunite:

1. Britney Spears and Justin Timberlake: The famous singers first met in 1993 on the sets of *The Mickey Mouse Club* and began dating five years later. They were everyone's favorite celebrity couple in the late 90's, but their relationship ended in 2002. After their breakup, Timberlake released 'Cry Me A River,' a revenge song for Ms. Spears herself. As much as everyone loved this musical duo it doesn't seem like they'll ever get back together – romantically, at least. We

can hope for a musical collaboration, right?

2. Jessica Simpson and Nick Lachey: Although wedding bells are ringing for both performers, who wouldn't like this aesthetically pleasing couple to reunite? The pair met in 1998 and within weeks of meeting each other, Lachey told his 98 Degrees band members Simpson would be his future bride. He proposed in 2002 and the marriage lasted for three years. Could *Newlyweds*, MTV's reality show which aired the couple's married life, be to blame?

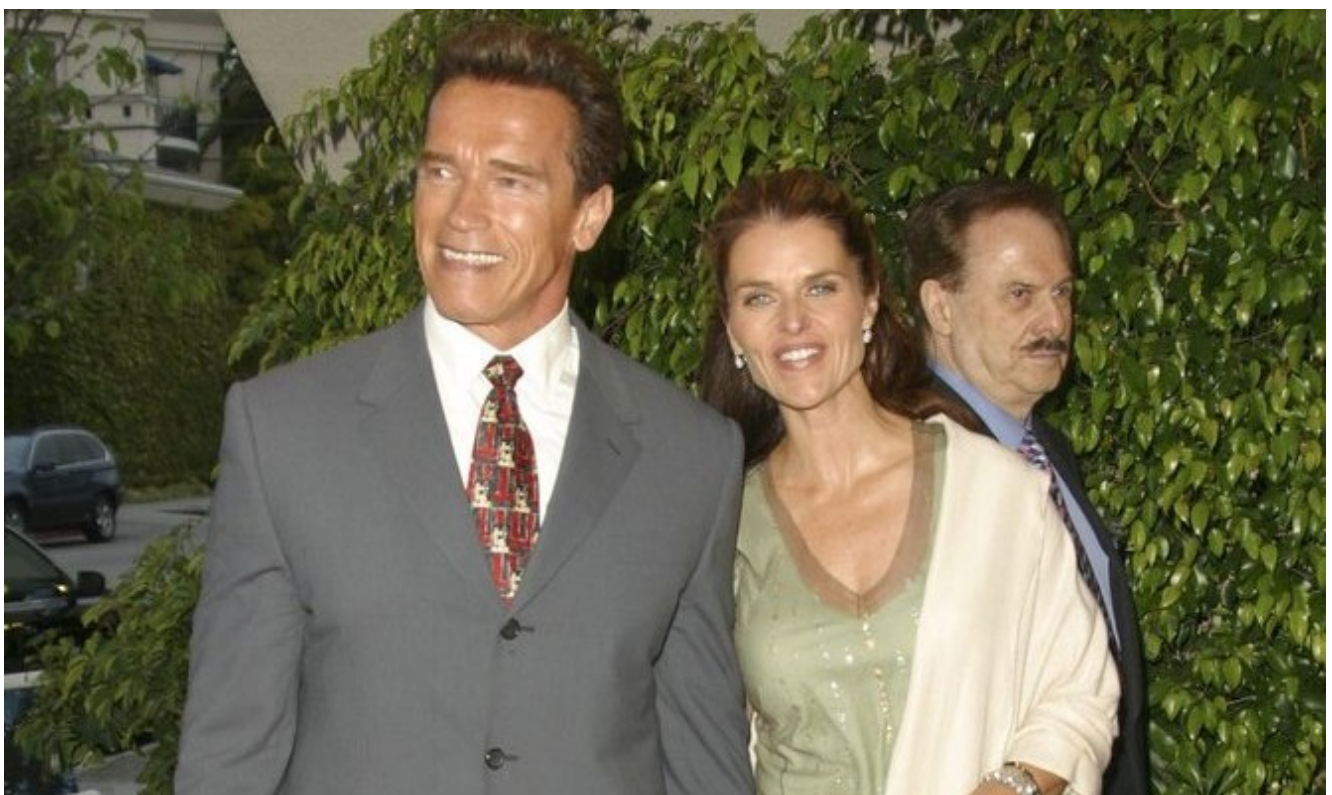
3. Reese Witherspoon and Ryan Phillippe: This blonde coupling were married for seven year when they split in 2006. While they seemed to have a successful relationship, they spoke openly about having to work on their marriage, and underwent couples therapy in 2002. Despite Witherspoon's recent nuptials, we can't stop thinking of what a beautiful couple she and Phillippe made.

4. Scarlett Johansson and Ryan Reynolds: After only two years of marriage, the pair called it quits in 2010. Rumor had it that Reynolds had an affair with *Gossip Girl* star Blake Lively, and *Us Weekly* reported that he told friends Johansson "treated him badly." Though the *Lost in Translation* actress has certainly moved on, we wonder if she and her ex-husband will ever reconcile.

5. Courteney Cox and David Arquette: They fell in love on the set of *Scream* in the mid-90s, tied the knot in 1999, had their first child in 2004 and then shocked the world when they announced their separation in 2010. However, the couple isn't giving up, as they're currently undergoing marriage counseling. We wish these two the best of luck!

These are just a few of the many celebrity couples we'd love to see together again. Which celebrity do *you* want to see back with their ex? Let us know in a comment below!

Arnold Schwarzenegger and Maria Shriver Call It Quits



Arnold Schwarzenegger and Maria Shriver are parting ways after 25 years of marriage. [People](#) reports that the power couple, who have four children together, consider the split a mutual decision. “After a great deal of thought, reflection, discussion, and prayer, we came to this decision together,” they say in a statement. “At this time, we are living apart, while we work on the future of our relationship.” Shriver, 55, a TV journalist and a Kennedy, and Schwarzenegger, 63, a bodybuilder-turned-actor-turned-governor, were an unlikely pair from the start, but managed to stay committed to each

other despite their differences.

Is it important to be with someone who is different from you?

Cupid's Advice:

Sometimes opposites attract, but is dating someone who is different from you a good idea? Cupid has some ideas on whether two people with differing interests can find love:

1. Keep it interesting: Being with someone with contrasting interests can make your relationship more fun. Your mate can introduce you to new things and vice versa.

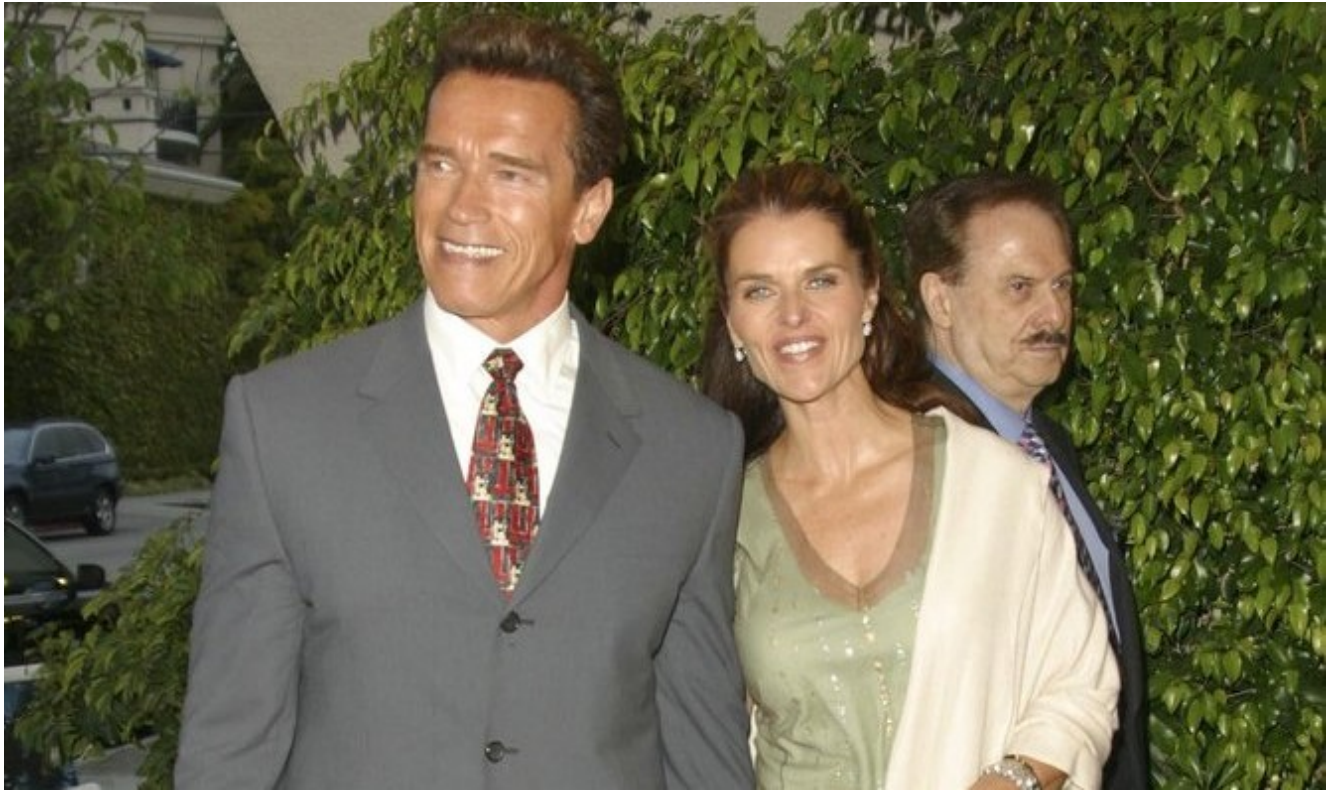
2. Mismatched: While it may work for some, dating someone who has a completely opposite personality can also just mean you're incompatible.

3. Same old, same old: The bottom line is, you should be with someone who makes life fun and exciting. If you date someone who is exactly like you, you may get a little bored.

Do you think it's better to date someone similar or different to yourself? Share your comments below.

Donna Estes Antebi Talks 'The Real Secrets Women Only Whisper'





By Kari Arneson

When it comes to dating and relationships, do you ever feel confused and unsure how to maneuver around the often bumpy terrain? If so, Donna Estes Antebi is here to help. The entrepreneur, patent holder, business consultant, author, blogger and life coach has made it her mission to help women from all walks of life navigate modern-day relationships. Her latest book, *The Real Secrets Women Only Whisper* has a warning: “Keep this book away from men!” because of her real insight into the nature of men’s minds. She gives women brutally honest advice about sex, love, dating, money, marriage, divorce, cheating, children and everything in between. According to Antebi, “Every single woman who reads it will absolutely utilize one piece of information in there that will change her life for the better.”

We spoke with Antebi via phone last month. Take a look at what she had to say:

What inspired you to write such an honest book about

relationships?

I originally wrote the book because I was asked to speak to my friends' daughters who were moving out on their own. My friends wanted me to talk to them about what it's like being a grown-up woman in the world, the kind of things mothers feel uncomfortable doing. I started putting my thoughts together, and then I thought, *Oh my goodness – if I knew at their age what I know now...*and off to the races I went.

This is the right book at the right time. It's for all the women trying to play a new game by old rules. Women no longer have the luxury of learning from their mistakes. I would continually loan it out to women who were dealing with some sort of crisis. Then we wanted to make it available to all women simply because the stakes are so high.

Where did your knowledge and advice about love, marriage and men come from?

The Real Secrets is a culmination of my life experience as an entrepreneur, a life coach, a wife, a stepmother, a mother. I found a way to humorously pass on insight into easy-to-remember segments. Between myself and my husband, we have eight children. Five of his, one of mine and two of ours. We've been together 20 years. This book is about my experience and things that I've observed from the women around me.

Why is it important that women keep this book away from men?

I reveal to women the secrets that allow them to fully understand the nature of men. And there are so many secrets about understanding human nature that we really don't need to give men any ideas. For example, I share with women the 21st century high-tech ways men are deceiving 21st century women.

But the interesting thing about my book is men can't keep their hands off it. My book gives them anxiety. But then

when they read it, they find it valuable. They feel like it's eavesdropping on a conversation they want to hear. I think it's good to have secrets. Men can't resist anything that comes with a warning: "Keep away from men." It gives women an understanding of the nature of men and insight on how to leverage that knowledge.

If women take away one piece of advice or life lesson from your book, what should it be?

This book helps woman change the domino effect of her choices. The book shortcuts the learning curve for women so they don't have to learn every lesson the hard way. The single most important decision a woman will make is who to have a child with. It really will determine the rest of your life. You can have a starter marriage, but not a starter family. I have very counter-intuitive advice to help women save their marriage. There's an infidelity crisis in America. For women with marriages in crisis, I give advice on how to save it.

Do you have any upcoming projects we should know about?

I'm still in the middle of doing a book tour, radio and television interviews and I have a couple of speaking engagements coming up. I'm an entrepreneurial mentor in the Founder Institute, an entrepreneurial incubator for small businesses. I do a lot of life coaching and work with women in business. I'm good with helping women get to where they want to go.

Cupid thanks Donna Estes Antebi for her time! For more information, visit her website at www.TheRealSecretsWomenOnlyWhisper.com, Facebook page, or follow her on Twitter: @donnaantebi. To purchase a copy of *The Real Secrets Women Only Whisper* go to Amazon.

4 Celebrity Couples That Sailed Past Stormy Weather



By Tanni Deb and Molly Jacob

Did you ever hear the phrase, “April showers bring May flowers”? Believe it or not, it means something deeper than just storms and blossoming blooms. In life, dark clouds always eventually pass, allowing the sun to shine through. Focusing on the bright side when you’re down can be difficult, but these five famous couples have gone through rough times (in the public eye, no less!) and these celebs are currently doing exceptionally well.

Cupid takes a look to see what celebrity couples made it through stormy times:

1. Prince William and Kate Middleton: The royal newlyweds dated for eight years, but they had an off-and-on relationship. 'Inside Edition' reported that the pair broke up in 2007 after five years of dating, stating William's "immaturity" was a major factor for their break. However, this famous couple soon got back together and had the wedding of the decade in April 2011, which more than two billion people watched worldwide.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

2. Cash Warren and Jessica Alba: The duo began dating in 2005, but called it quits two years later because Alba was ready for marriage and Warren wouldn't commit. The celebs reconciled in 2008, announcing that they were expecting their first child, and married in May 2008.

3. Carey Hart and Pink: This celebrity couple has had a tumultuous relationship. They met in 2001 and briefly split in 2003. The pair then got married in January 2006 but separated two years later. They began seeing each other again in 2009 and went through martial counseling since their divorce was never finalized. Carey even got an image of Pink's face tattooed on his leg.

Related Link: [Pink Says the Key to Marriage Is Only Half Listening](#)

4. Jessica Biel and Justin Timberlake: This famous couple finally seems to have found peace with their relationship. Their relationship was on again, off again for years until

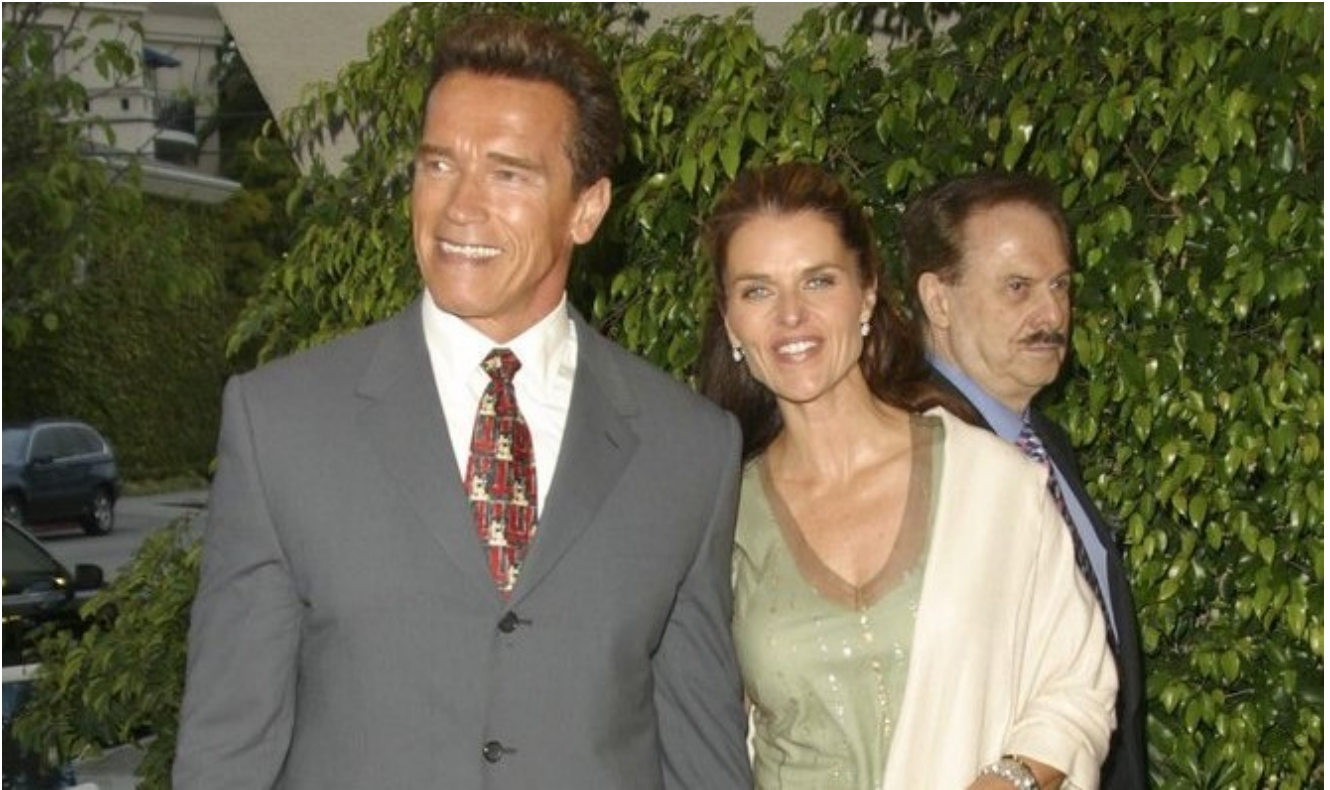
they finally got married in 2012. While they've been at the center of celebrity gossip for rumors of cheating and divorce, they seem happily married now and their first child was born this past April.

It might have taken these celebrity couples some years and plenty of time to reconcile their relationship, but if they were able to sail past their own storms, so can you. Look at the positive side of your relationship with your significant other, and soon you will also be happier than ever.

What other celebs do you know of that have gotten through tough times? Let us know in the comments section below!

Brandi Glanville and Elin Nordegren Are Bouncing Back





Brandi Glanville and Elin Nordegren are finally moving on from their bitter breakups. Glanville, 38, divorced actor Eddie Cibrian after UsMagazine.com broke the news that he was having an affair with LeAnn Rimes. Elin Nordegren also knows a thing or two about infidelity. After finding out that her husband, pro golfer Tiger Woods, cheated on her with multiple women, the 31-year-old Swedish supermodel also filed for divorce. Glanville is trying to move on by making an appearance on Bravo's *The Real Housewives of Beverly Hills*, while Nordegren has been playing the field, most recently dating a banker in Florida.

What are some ways to show you've moved on after a bitter divorce?

Cupid's Advice:

After a breakup, everyone finds a different way to move forward. Cupid has some ideas on how to show your ex you're over it:

1. Dating: Seeing someone new is one of the surest ways to

start moving on from a past relationship. It's also a good way to let your ex know that you're officially over him or her.

2. Revenge: Getting revenge on an ex-partner who broke your heart can give you a lot of satisfaction and the feeling that you're even. Just be careful that you don't go too far and end up regretting it.

3. Change: After a painful divorce, sometimes you just need a change. By getting a makeover, moving to a new city or getting a new job, you'll show your ex that you have a new life that doesn't involve him or her.

After your last breakup, how did you show your ex you were over it? Share your comments below.

'Saved By the Bell' Star Mark-Paul Gosselaar's Ex Seeking Joint Custody of Kids





In the midst of a painful divorce, Mark-Paul Gosselaar and his estranged wife have found some common ground, according to [People](#). The former *Saved By the Bell* star filed for divorce from wife Lisa Ann Russell in June, citing “irreconcilable differences.” The couple, who were married for 14 years, both filed for joint custody of their children, Michael Charles, 7, and Ava Lorenn, 5.

What are some ways to compromise during a divorce?

Cupid’s Advice:

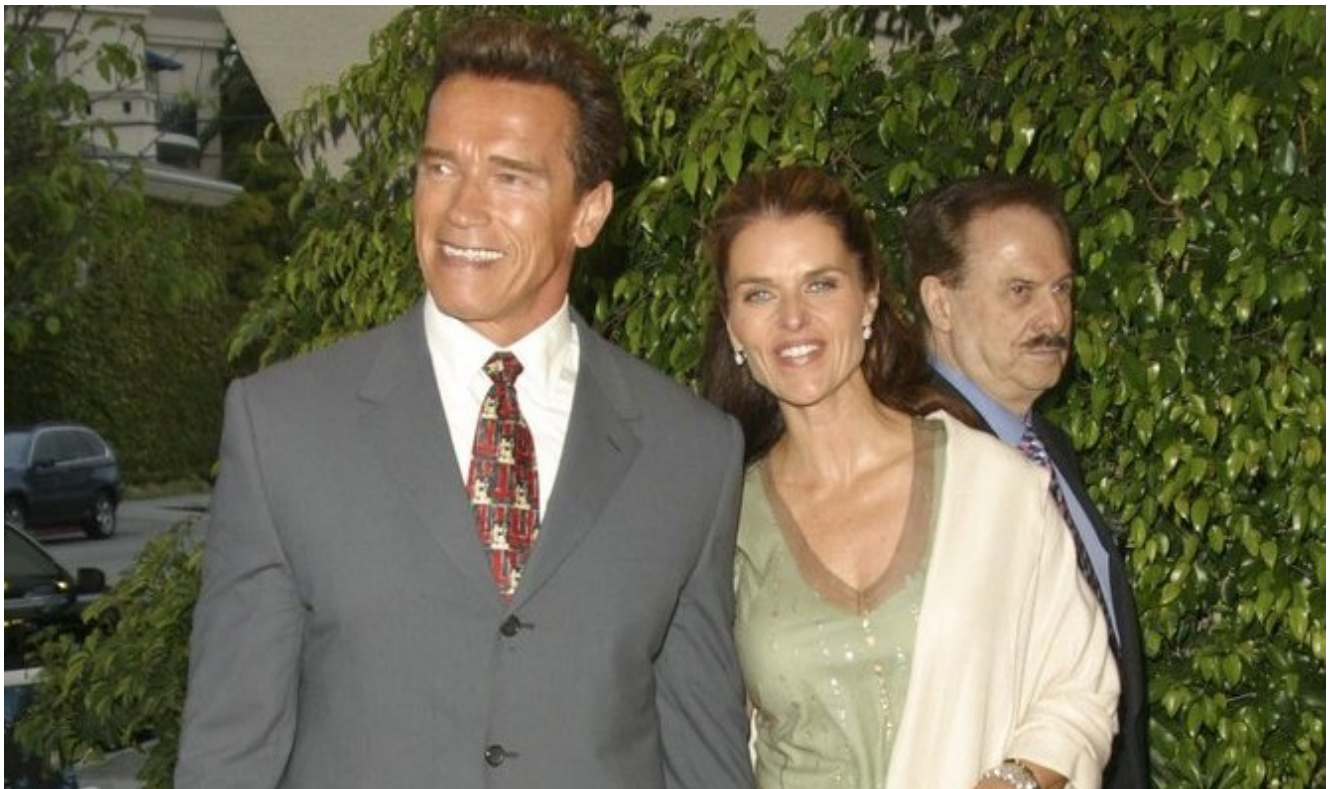
Divorce is difficult, but if you can meet each other halfway, it can be made a little easier. Cupid has some tips on how to compromise:

- 1. Think about the kids:** For your children’s sake, try to find some middle ground. Try to come to a custody agreement sooner rather than later to spare your kids some heartache.
- 2. Remember:** There can be a lot of hostility during a divorce, but if you remember you were in love once, maybe you’ll be easier on each other.

3. Take the high road: As much as you want to stand your ground and fight to the bitter end, don't. Consider solutions that work for everyone, not just yourself.

What are some other ways to make a divorce easier? Share your comments below.

Charlie Sheen and Brooke Mueller Are Officially Divorced



They're no longer hitched! Charlie Sheen's divorce was

finalized Monday, reports [RadarOnline](#). Charlie Sheen and ex-wife Brooke Mueller married in 2008, and share two children together: 2 year-old twins Max and Bob. The pair's marriage began to crumble after Sheen was arrested for domestic violence charges after attacking Mueller with a knife. Sheen filed for divorce on November 1st, and after waiting the mandatory six months, is happy to be released from his marriage.

How can you tell if your partner is keeping secrets from you?

Cupid's Advice:

Paranoia is not the most welcome approach to uncovering your partner's secrets. Here are a few more rational ways to find the truth:

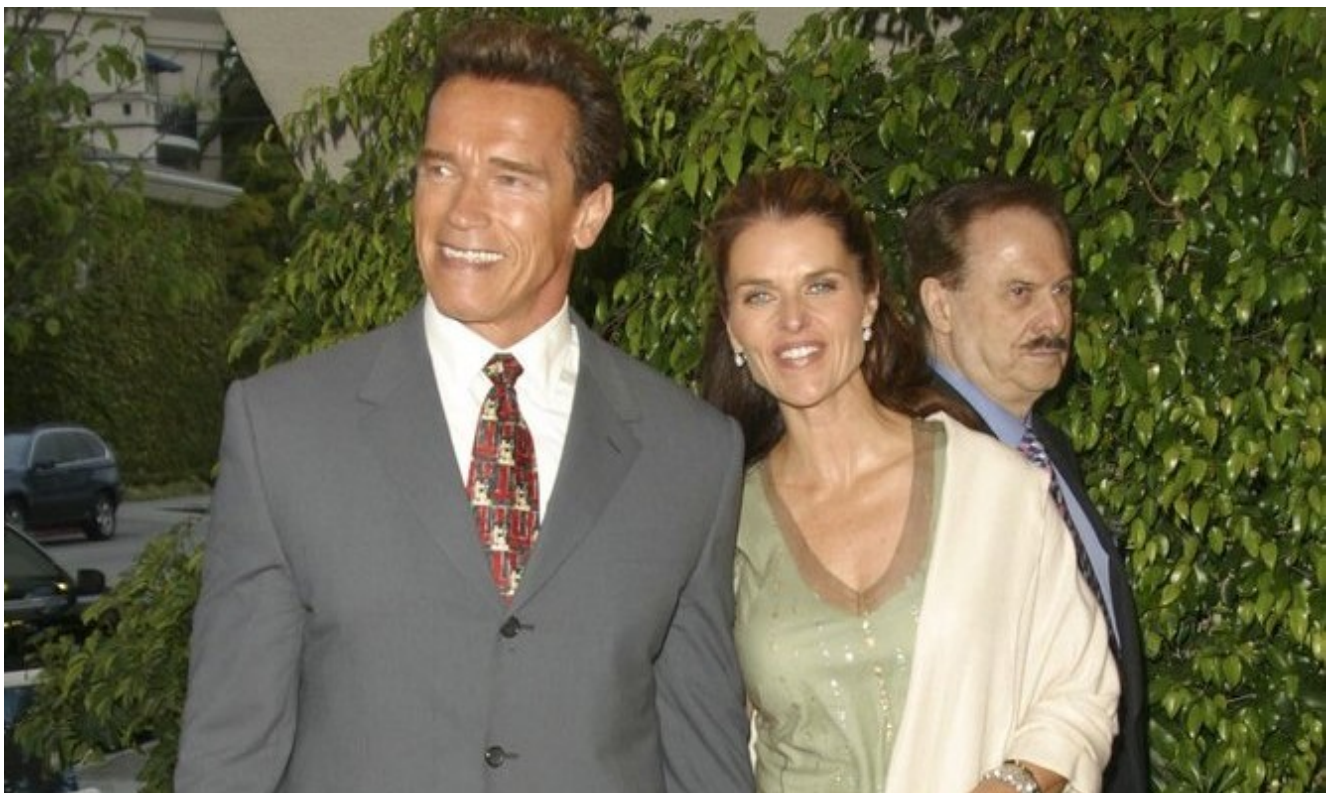
1. Notice his behavior: Pay attention to your partner's behavior. If he ever appears uncharacteristically jumpy, anxious or nervous, it may be because he's keeping something from you.

2. Observe his friends: If your partner has shared his secrets with his friends, you will most likely be able to learn something from them. No matter the strength of the friendship, your partner's friends will not keep his secrets as closely guarded as he will.

3. Ask him: If you've tried to covertly uncover secrets and nothing has come of it, then he's probably not keeping anything from you. However, if you still feel worried, politely ask your partner. He will not be expecting such a calm approach, and will most likely give you the truth.

Has your partner ever kept secrets from you? Feel free to leave a comment below.

Newly Married LeAnn Rimes Talks First Easter As a Wife



LeAnn Rimes celebrated Easter as a new wife after marrying beau Eddie Cibrian last weekend, according to UsMagazine.com. The 28-year-old actress and singer gushed about her new hubby and his two kids when she tweeted, “Brunch w/my husband on the beach, massages and an impromptu Easter Egg hunt w/ 2 special boys! Perfect day, perfect weekend!” Cibrian, 38, and Rimes met in 2008 on a movie set and famously started dating while married to other people.

How do holidays change after you get married?

Cupid's Advice:

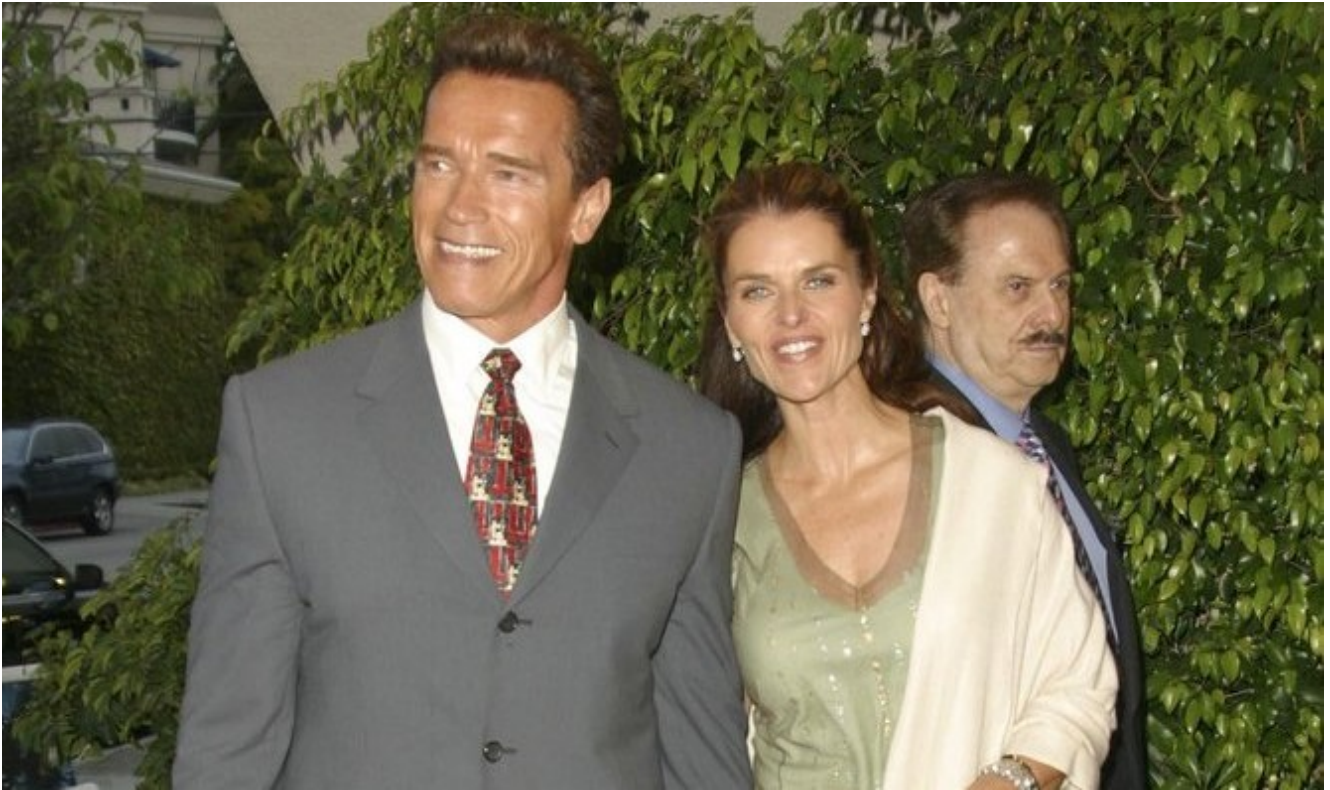
When you're part of a couple, holidays change completely. Cupid has some insights on what to expect:

- 1. Share time:** After you get married, for better or worse, you'll get to know your in-laws well. When a big holiday rolls around, you may find yourself splitting time between your mate's family and your own.
- 2. Split holidays:** Some couples divide up holidays so that you spend Christmas with one family and Easter with another, for example. Decide with your partner what works best.
- 3. Get more presents:** When you have a spouse, your family doubles! Now you'll have more people to cook and shop for ... but the more the merrier, right?

How did you celebrate Easter with your significant other? Share your comments below.

Halle Berry Speaks Out About Custody Battle with Gabriel Aubry





The rumored custody battle between Halle Berry and Gabriel Aubry might be coming to a close, reports [People](#). The duo, who split last April, have been recently engaging the court's help to solve their issues revolving around their daughter, Nahla, 3. "When there's a child involved, it's a relief when you can resolve things in a good way," says Berry, who also mentioned that the court proceedings have gone well. "Our issues were never about fighting for her. We both know a child needs both her parents. But what I want to say about it is sometimes, as a couple, you reach an impasse. We needed a court and a judge to help us work out some of the delicate issues, and I'm so happy we've arrived at that place – because for her sake, this is the best way. We both love her more than life."

What things should you consider when deciding on custody issues after a divorce?

Cupid's Advice:

Divorces are tough enough without the added turmoil revolving around kids from the relationship. Cupid has some things to

consider about custody after a split:

1. What the child wants: Perhaps the most important thing to think about in the midst of a separation is how the child is thinking and feeling. Before fighting over the best interests of the child, make sure to listen to what your children have to say about the situation. They might shed some much-needed light.

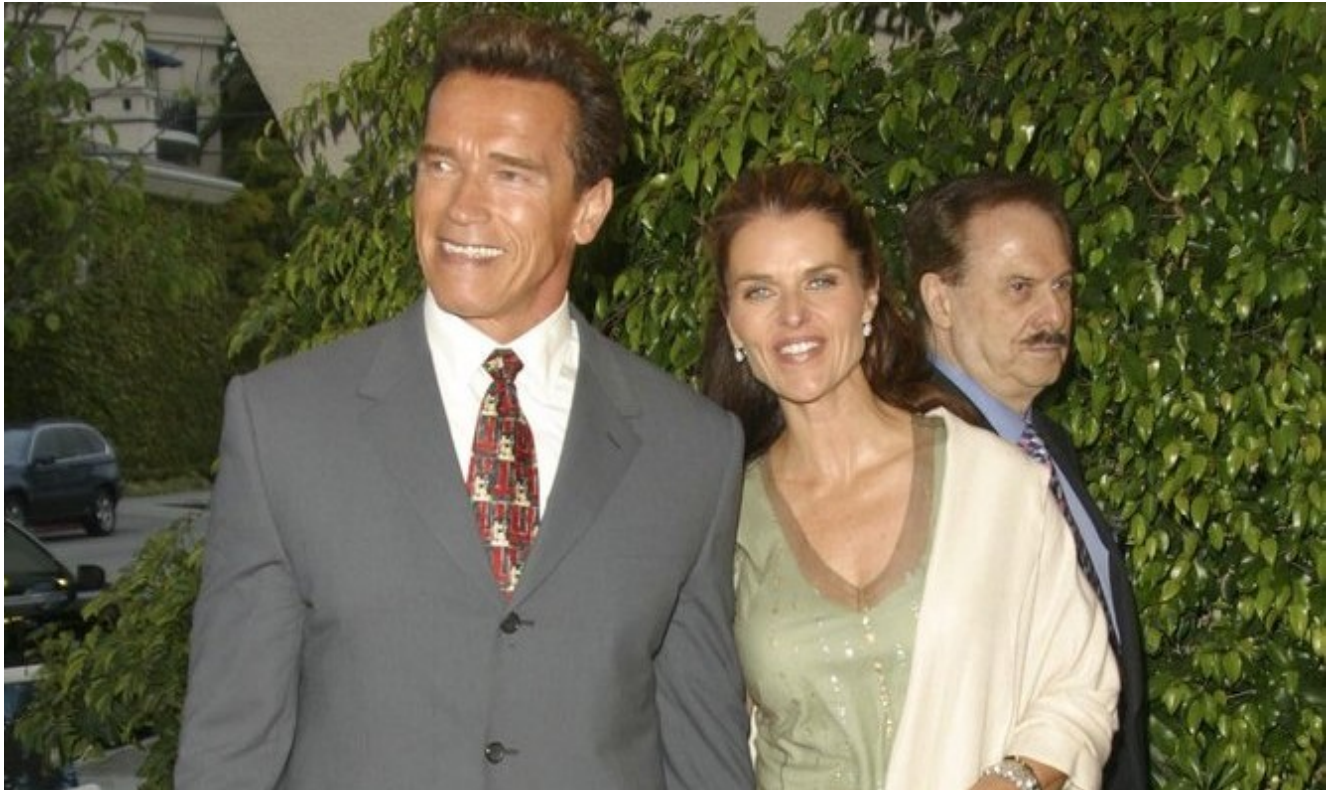
2. The child's best interests: Try to think about who is best equipped to have a child in his or her life post-split. If you're both completely willing and able, consider joint custody and split the time with your child down the middle. If one of you has a demanding career, perhaps full custody should go to the parent with a less time-consuming job ... with visiting rights for the other of course.

3. What's best for you: Although it's true that your child's interests should most likely come first, don't ignore what would be best for you in your situation. If raising a child will prove difficult for you, perhaps you should consider giving up custody. If you can't imagine your life without your child, voice that opinion, too.

What would you do in a custody battle? Share your experiences below.

'Teen Mom 2' Star Leah Messer Files for Divorce After 6

Months



Just six months after the wedding of *Teen Mom* stars Leah Messer and Corey Simms, the two are filing for divorce. According to UsMagazine.com, the couple had just decided that everything was moving way too fast, especially considering their ages (16). Pre-marriage, Messer said, "I didn't want to jump into something else and be like, 'Oh, s**t! What did we do?'. Three years ago, back before I was pregnant, I never thought I'd be married now. I was scared because a lot of people who marry young end up divorcing within a year." Although the two are now in the middle of their divorce, their friends hope that they can work it out.

How do you know when your relationship is over for good?

Cupid's Advice:

The more in love we are, the more we try not to see the flaws in our relationships. But how do you know when it's really time to call it quits? Cupid has some guidelines:

1. Nothing to talk about: If you find yourself scrounging for good conversation with your boyfriend/girlfriend, there may just be nothing left there for the two of you to discuss.

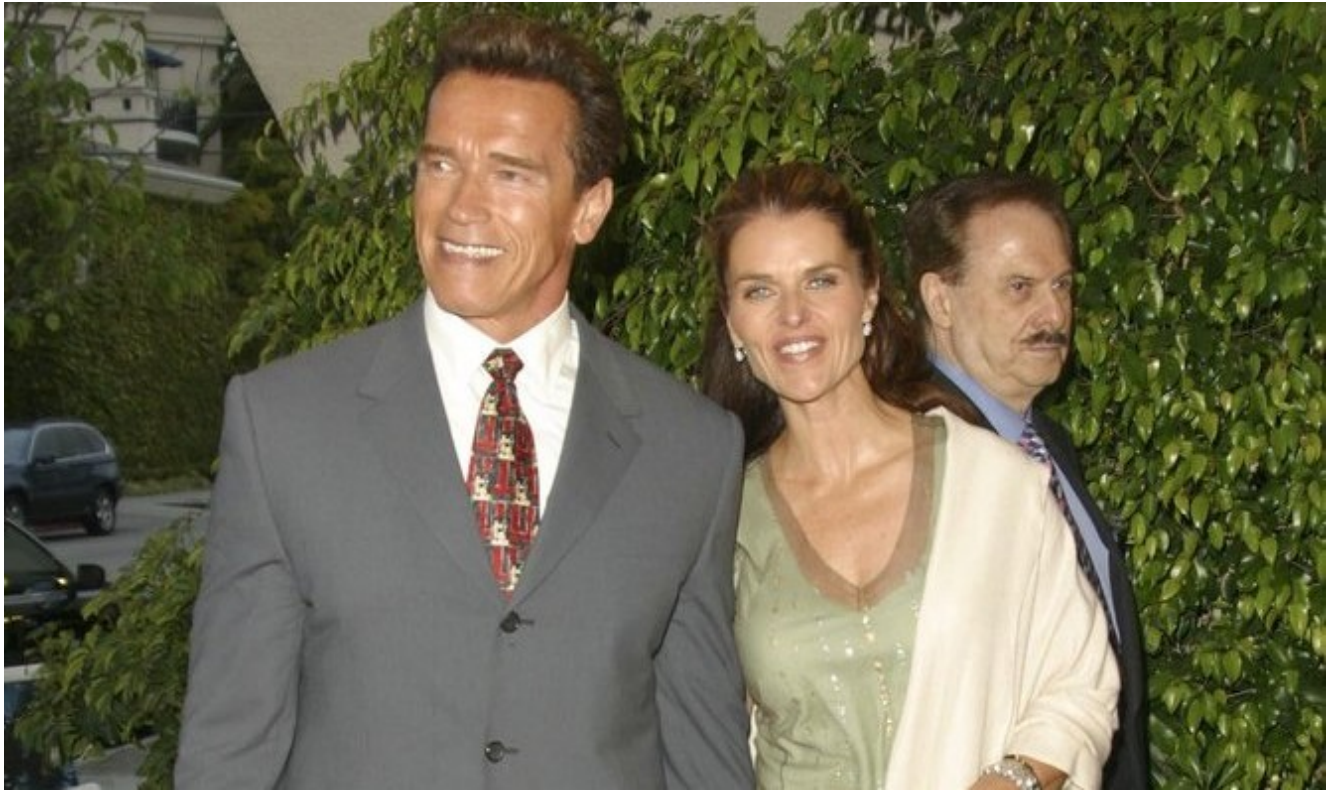
2. Butterflies: Of course every couple has their good and bad days, but if you don't feel in love at least every once in a while, that's a bad sign. If that happy/excited feeling is no longer there, it may be time to reevaluate your relationship.

3. Fighting: It's human nature to disagree with people at times, but if the two of you not getting along is happening more often than not, it may be time to let it go.

How did you know it was over in your last relationship? Share with our readers below.

David Arquette Says He Had to Act Childishly After Separation





David Arquette's chaotic months are behind him. Arquette thoroughly explained his new outlook on life to [People](#) at Hollywood Bites Back on Saturday. "I went through a really hard time, and my way of dealing with it was just to blow it all up," said Arquette. "I did act childish[ly], but at the same time I had to – I was really hurt. It was hard for me to deal with this, but what I had to do ultimately was step back and take a look at myself." The *Scream 4* actor went on to say, "I'm really getting in touch with my feelings, and trying to process them in a more appropriate way."

What are some ways to cope with a separation?

Cupid's Advice:

After a tough breakup, it's all too easy to fall into depression. Here are a few ways to cope:

- 1. Visit friends and family:** Family and friends are the best support system. A few afternoons with the people who care about you most can do wonders for your attitude.
- 2. Resolve issues:** Especially after an emotionally rough

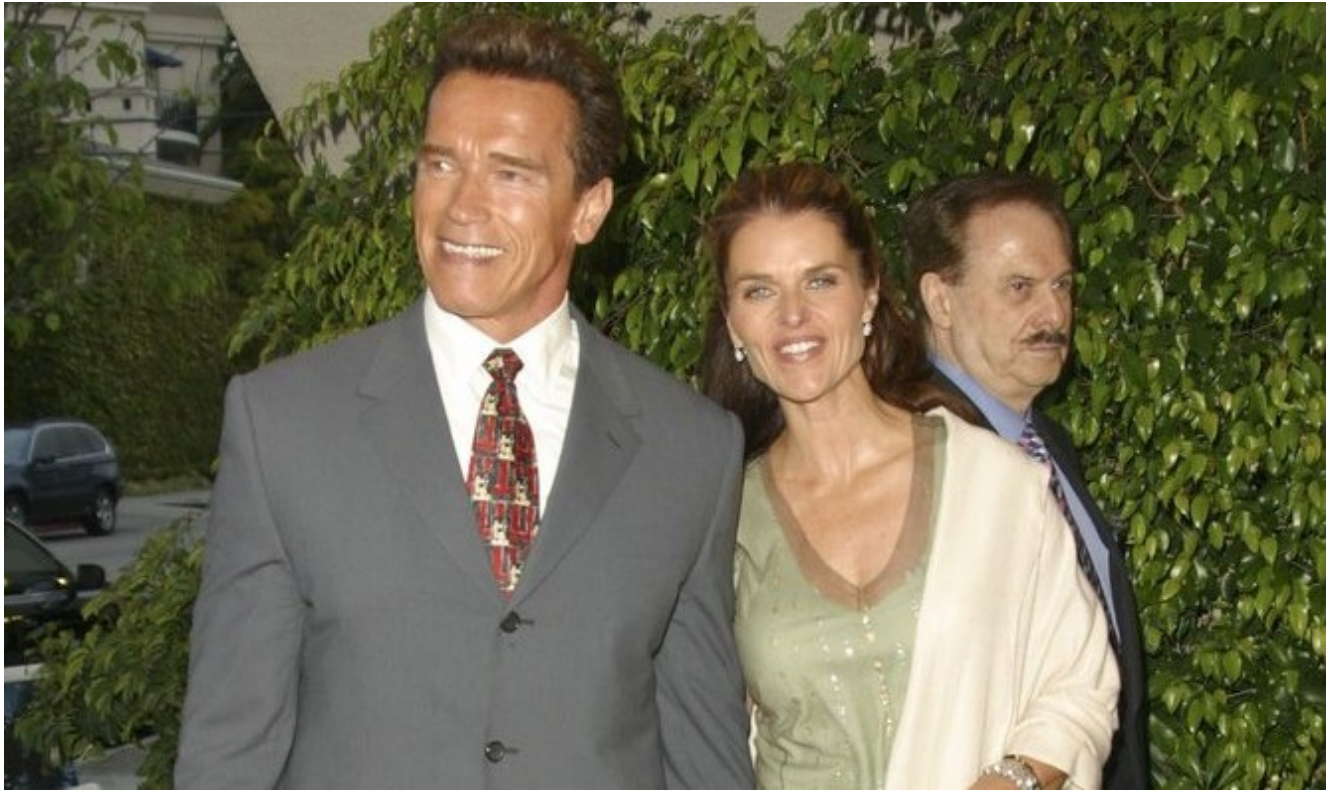
split, it's difficult to let the relationship go. If possible, contact your ex and make amends. While your relationship may not be saved, your partner's friendship can be secured.

3. Keep moving forward: Accept the past and move forward with your life by trying new things. Pick up a few new hobbies or pursue an old goal. The refreshing new beginning will help you heal.

Have your own breakup advice? Leave a comment below!

Cupid Exclusive: 'Divorce Court' Judge Lynn Toler Talks Divorce, Domestic Violence and Hollywood Couples





By [Lori Bizzoco](#)

The celebrity lens can make relationships look frivolous. Two year courtships disintegrate as easily as a pair of worn-out running shoes, and headlines of “Betrayed,” “Cheating,” and the big “D” – Divorce – along with paparazzi shots of miserable stars fill the newsstands daily. Divorce is an issue Cupid’s Pulse takes seriously, and who better to talk about it than Judge Lynn Toler from the popular TV series *Divorce Court*? As a celebrity divorce expert, she has more than enough experience to offer solid, real-world advice for our readers.

For the past five years, Judge Toler has been the host of television’s longest running court program. A Harvard graduate, she has written two books, including *My Mother’s Rules* – which not only shares the wisdom of her mother, but takes an honest look at her childhood as the daughter of a man who struggled with both mental illness and alcoholism. She has seen divorce firsthand countless times and has been part of the messy situations that can arise when two people who took vows of love are now each other’s worst enemies. We

asked Judge Toler for her perspective on divorce, relationships and Hollywood couples. Take a look at what she had to say:

What's the number one reason people get divorced?

It's hard to say, but people who marry young have the most number of divorces. They don't know how to manage the marriage. You think if you get married the relationship will just handle itself. You need to decide how to argue, you need to make plans about the money, or that mother-in-law that you don't like. You need to manage your relationship, and I think most people don't end up doing that.

How can people who marry young sustain their relationship when divorce statistics are so high?

Marriage counseling before marriage. Don't wait until the boat is swamped. Get somebody who is older, who has been there and done that. You don't have to have any problems, but problems will arise. You have to be mature and in a position to respond appropriately. The first thing I would do is get marriage counseling.

Are there signs that suggest a relationship is heading for a breakup or divorce?

Yes, there are signs:

1. Withdrawal: When somebody is non-responsive, not engaging. When the fighting has stopped, and this person is like, "whatever." That's usually what they call one of The Four Horsemen of the Apocalypse.

2. Globalizing: When "You don't take the garbage out," becomes, "You never do anything I want you to do." You're adding pieces to the "I'm getting ready to go" pie.

You can tell when people make that shift. It's either everything or nothing bothers them. Of course, infidelity is

always a big one too.

Are there red flags that women should be aware of before heading into marriage with the wrong man?

Yes, I think this is important for women who are attracted to controlling men. I call this the “Widdled Away Women” and I see them on *Divorce Court* a lot. These are the folks who really want to get married and tend to overlook stuff. Some of the things you cannot overlook:

1. Needs you too much too soon: If he met you on Tuesday and can't live without you on Friday. That's a possessive personality; it's not romance.

2. Gets angry easily: If he gets mad easily with other people, or about other things, it's only a matter of time before he's comfortable enough to get angry with you.

3. Always check out the family: How do the women in the family get treated? What is the script that he is reading off of? Is his pops mean to his mom?

These are some of the signs that this guy may not be the guy that you want. When speaking in general when you are talking non-gender, always remember that this is as good as it gets. Don't get married and think that your problems will be over. If it's not good now, imagine it half as good – and can you live that way? Remember: In the beginning, everyone is looking good and compromising. So if it's not good now, don't even bother.

Who would you say had the messiest Hollywood divorce?

I think the LA Dodgers McCourt divorce in my opinion right now is the messiest. Others would include Alec Baldwin because of the children, and of course, Britney Spears and Kevin Federline.

Do you think that celebrity couples in some way contribute or

play a factor in real-life relationships?

Yes, absolutely. The quintessential example of that is the royal wedding: "Some day your prince will come." It's the dream of all women to find their soul mate. Kate (Middleton) and Prince William are on every cover, and this news feeds the fairy tale that so many women want.

What are some lessons we can learn from reading about celebrity relationships?

Again, it's a fairy tale. Celebrities have a lot of problems with the fairy tale belief of love. They are used to getting what they need and want. They have the elaborate wedding, the vacation, and then they are off for six months making a movie and they don't see one another. Their partner is lonely and temptation sets in. Or, they wake up next to a spouse and the fantasy is over when they realize someone has to take out the garbage. They realize it's not the person they thought they married.

Which celebrity couple has surprised you most?

I would have to say Angelina Jolie and Brad Pitt really surprised me, even more so that they have stayed together. It was concerning when they started having all of these kids, but they are doing so well. Raising these kids is probably keeping them together.

So many single women feel at a loss because they haven't found someone. Is there a message that you can share with them?

Our primitive minds or emotions want us to hook up with a guy, because in the prehistoric times, your chances for survival increased dramatically when you were with a guy. Don't let that hereditary desire define how you feel about wherever your life is; it's not as necessary as you may think it is, even if you might feel that way. Single is OK. If you just live fully, and not in anticipation and not looking for someone, you

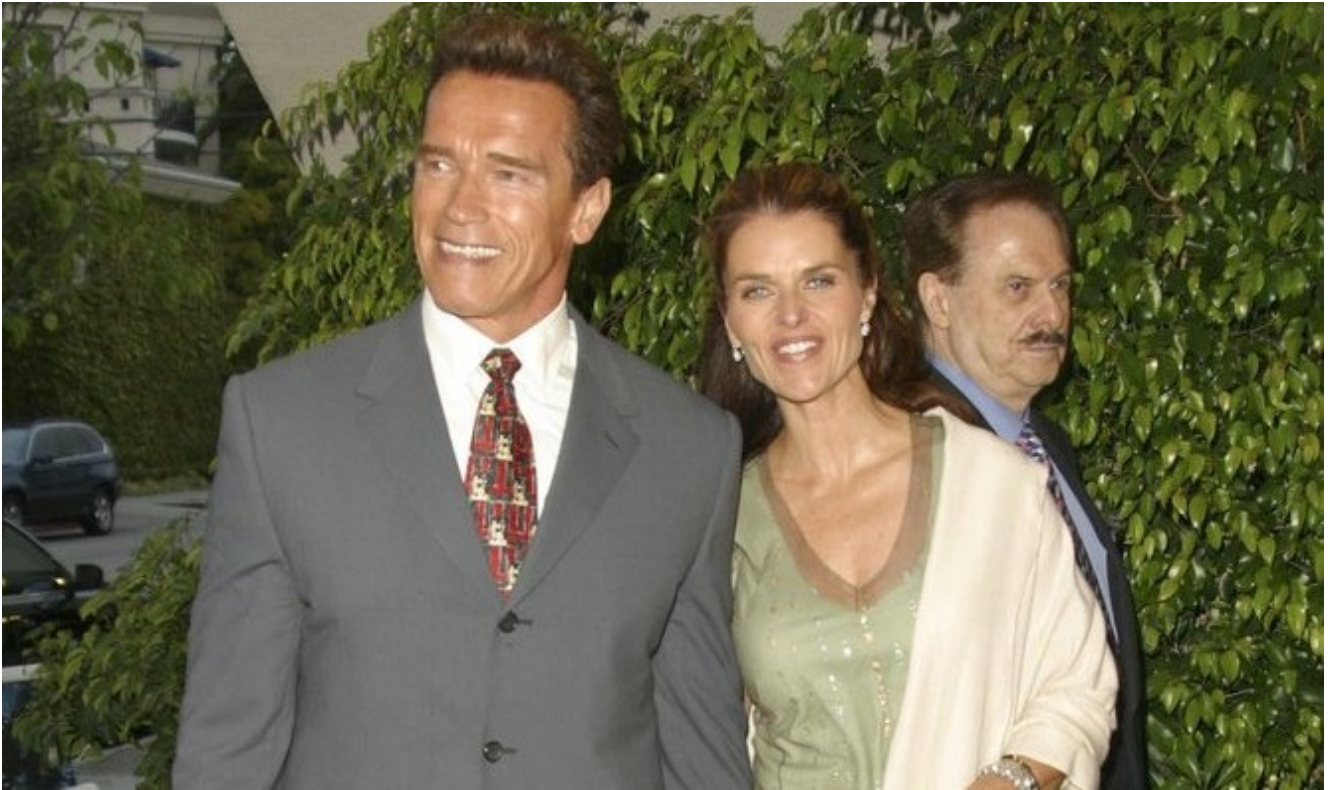
actually become more desirable, and half the time that's when you end up finding someone.

Judge Toler also raised the issue of domestic violence and how that issue weighs deep in her heart. It's something that she sees far too often, and even among the famous, she says love can blind you, as she noted with successful women like Marlee Matlin or Tina Turner. For more information on domestic violence, check out her appearance in Rock the Purple Campaign 2011's Public Service Announcement.

Cupid thanks Judge Toler for her time! For more information, you can visit her Facebook pages, Judge Lynn Toler of "Divorce Court" and Divorce Court, or follow her Twitter handles, @judgelynnntoler and @divorcecourt.

Elizabeth Hurley Files for Divorce





This past Friday, Elizabeth Hurley filed for divorce from her husband Arun Nayar. According to [People](#), Hurley blames the divorce on husband, Nayar's "unreasonable behavior." What seems to be confusing to the public, however, are the photos that surfaced in December of Hurley kissing an Australian cricket star, Shane Warne, outside a restaurant in London. Hurley took the opportunity to explain herself via Twitter, saying, "For the record, my husband Arun and I seperated a few months ago. Our close friends & family were aware of this."

If you're separated from a spouse, is it okay to stray?

Cupid's Advice:

Divorces are messy and can take months or even years to clear through the legal system. Some couples find it easier or less hassle to have a separation. Cupid has some things to think about when deciding what's acceptable to do during a separation:

1. Reasoning for the separation: If youe separation is the first step in a divorce, it may be okay to begin to start your new life. If the two of you separated in hopes that the time

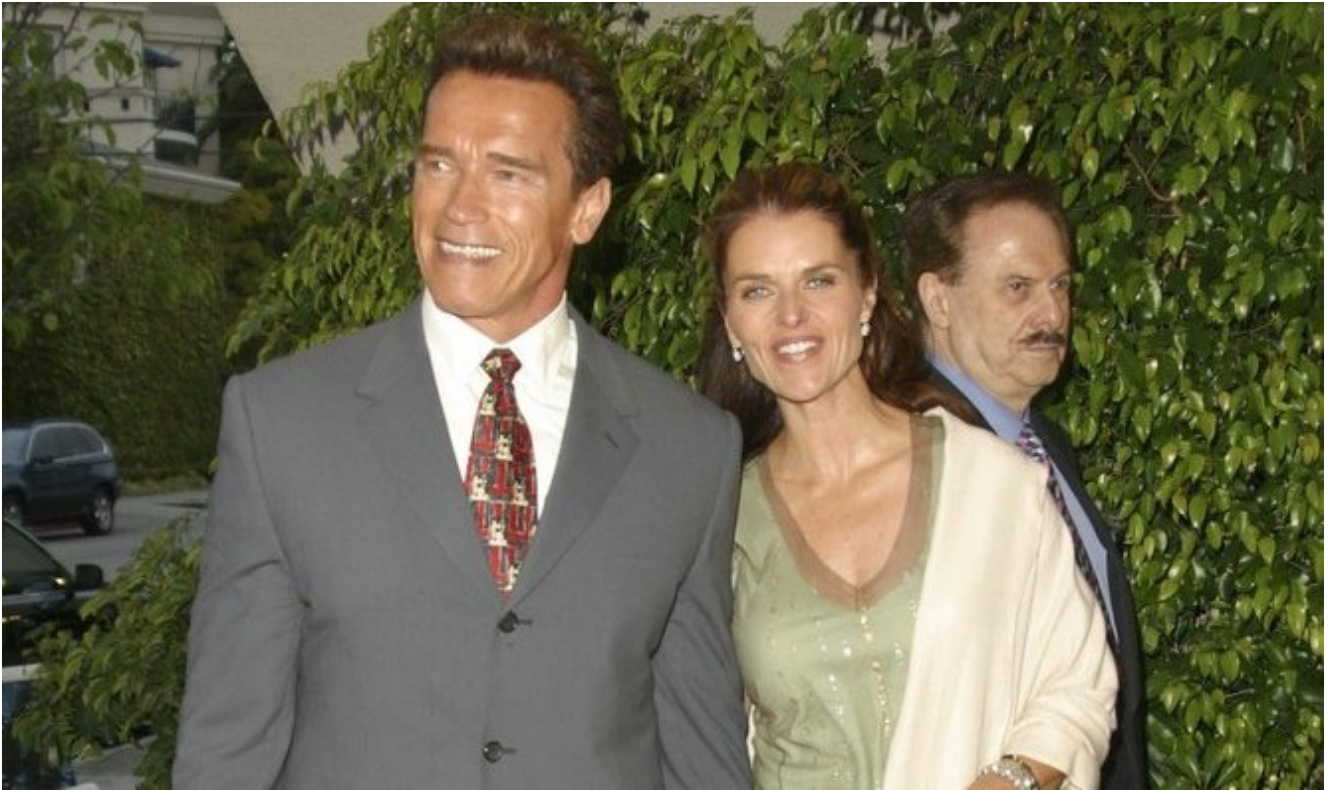
apart will bring you closer together, then you still owe your time to your current spouse.

2. What you decide: When you and your significant other decide to separate, a conversation about what is appropriate during the time apart is necessary to avoid any confusion.

3. The other person's behavior: If your spouse is still attempting to work on things in your relationship and you're already on to the next one, you should let him or her know before you begin moving on.

Charlie Sheen and Brooke Mueller Reach Custody Agreement





Sometimes it's easy to forget that in the middle of the media frenzy, Charlie Sheen and wife Brooke Mueller have two young boys to worry about. [E! Online](#) reports that the soon-to be divorced couple have finally reached a custody agreement for their 2-year-old twin sons, Bob and Max. According to a source, Sheen gets the twins every other weekend and after four months, if he passes a drug test, he gets to see them up to four days a week. In addition, both parents must have nannies present at all times.

Should you fight for custody of your children?

Cupid's Advice:

A divorce is hard enough, but when there are children involved, things get a lot tougher. Cupid has some tips on what to do during a custody battle:

- 1. Fight for your children:** If you love your kids and want to be in their lives, you should fight to have custody. Showing you are a responsible parent will help your case.
- 2. Wait awhile:** When you go through a rough patch like Charlie

Sheen, sometimes it's best to let your spouse take custody of the children. Once you're back on your feet, you can fight for more time with your kids.

3. Comfort them: Reassure your child that no matter what happens, you will always be in their lives. Even if you don't see each other every day, let them know that you'll always be there for them.

'Jackass' Star Chris Pontius' Wife Files for Divorce



Jackass star Chris Pontius has split with his wife of nearly

seven years, Claire Nolan, reports [UsMagazine.com](https://www.usmagazine.com). Nolan filed for divorce last week in L.A. County Superior Court. The couple share no children.

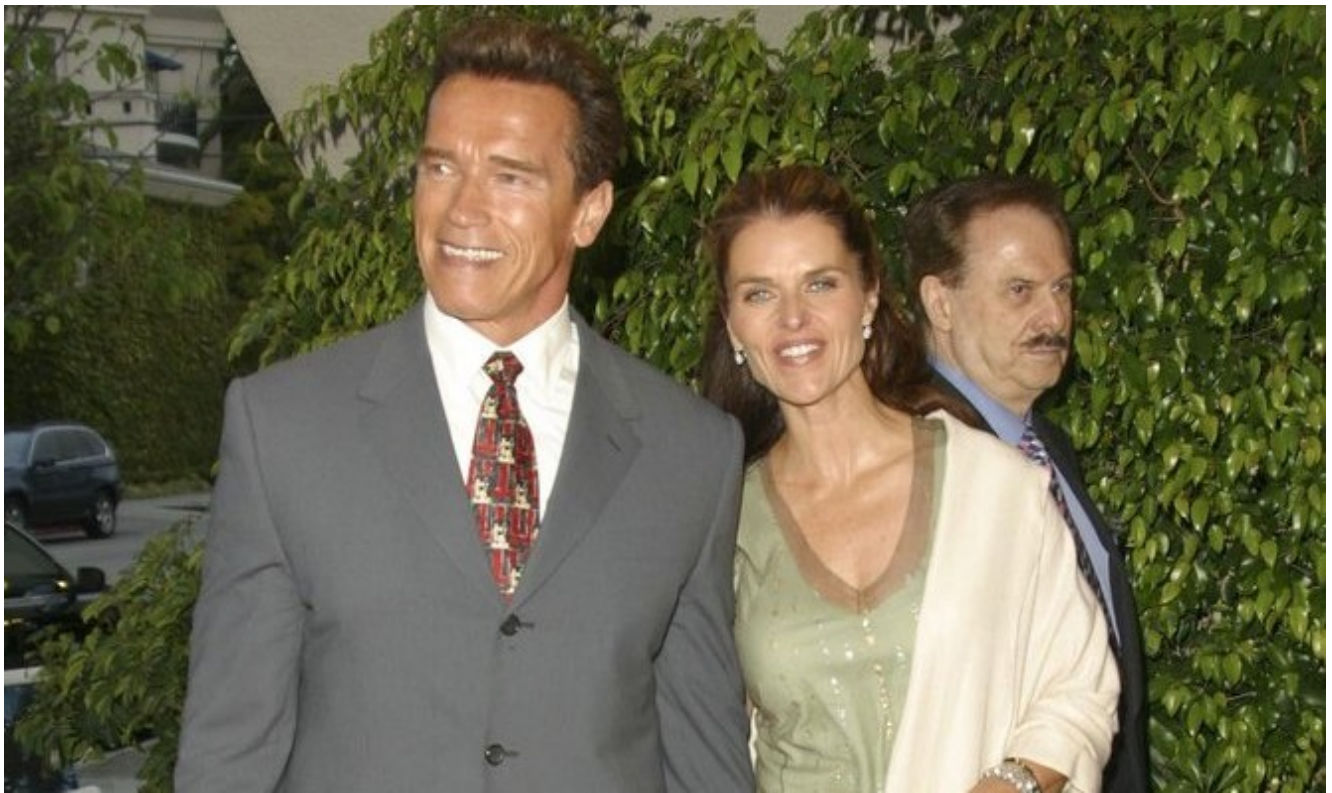
If your partner files for divorce, how should you react?

Cupid's Advice:

While most people are aware if their spouse files for a divorce, there are occasions where one is caught by surprise. Here's how to handle being caught off-guard:

- 1. Confront your spouse:** Ask your spouse what made him or her file for divorce. Make sure you know and understand your partner's reasoning. Talk until you do.
- 2. Try to work out issues:** If a sudden call for a divorce has caught you off-guard, chances are that there are issues you and your spouse have not addressed. Take some time to talk about the problems at hand and see if there's any way to repair the marriage.
- 3. Contact a lawyer:** If your issues cannot be resolved, your divorce will most likely need to be settled in court. Take some time to find a good lawyer, as good lawyers can make the divorce proceedings much less painful.

Billy Ray Cyrus Calls Off Divorce From Wife Tish



In a shocking announcement last week, Billy Ray Cyrus told the ladies of *The View* that he had decided to drop the much-publicized divorce between himself and wife, Tish. The 17-year marriage that spawned teen sensation Miley Cyrus was in danger of dissolving last year when the Cyruses filed for divorce, citing “irreconcilable differences.” After seeing how much the divorce was hurting the family, Billy Ray decided to call it off, reports [RadarOnline](#). “I dropped the divorce. I wanted to put my family back together,” he says. He also cited communication as one of the their biggest problems, and added, “I think for the first time me and my entire family are finally communicating with each other.”

What are some ways to work on your rocky relationship?

Cupid's Advice:

If you and your mate are headed toward a breakup, it's not too

late to try to save the relationship. Cupid has some ideas on how to work on a troubled relationship:

1. Make the grand gesture: When you or your partner just can't get what you want from the other person, it's time to make the grand gesture. For example, if your mate thinks you're afraid of commitment, maybe it's time to ask him to move in.

2. Communicate: Lack of communication is one of the most common reasons for a breakup. Make sure you are both comfortable sharing your thoughts and feelings with each other.

3. Do little things: Sure, the big things are important, but a little goes a long way. Try doing small things like cooking dinner or buying your mate flowers. They'll appreciate it more than you know.

Bradley Cooper Explains Brief Marriage to Jennifer Esposito





Hangover 2 hottie Bradley Cooper came clean last week about his four month marriage to Jennifer Esposito during a Howard Stern interview, reports UsMagazine.com. Cooper, who has been linked most recently with Renee Zellweger, tied the knot with Esposito back in December 2006 and, according to Cooper, the two decided amicably to divorce in March of 2007. Cooper told Stern, "The good thing is, we both realized it...Sometimes you just realize it."

Why does a marriage sometimes not work out the first time?

Cupid's Advice:

Unlike getting a license to drive or taking the SATs to get into college, getting married does not require a well thought out plan of action:

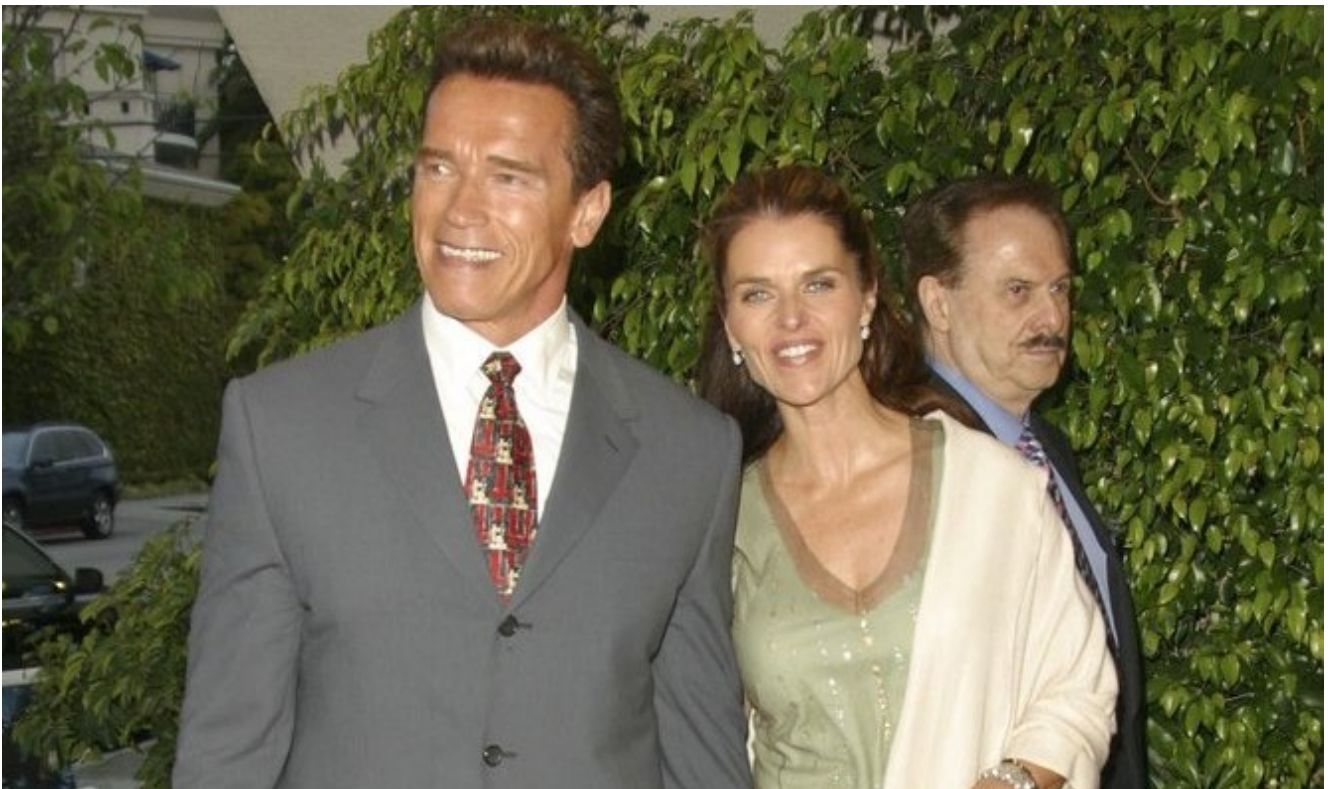
1. You were young: If your first marriage followed a quick engagement and an even quicker courtship, you may have never gotten the chance to think things through rationally.

2. You didn't understand: In today's society with TV shows rushing everyone to the alter and Las Vegas offering one-stop

shops for weddings, the actuality and sanctity of marriage can be easily forgotten.

3. You didn't know yourself: Before a relationship with someone else will work, you need to be in a good relationship with yourself.

Eva Longoria and New Boyfriend Eduardo Cruz Make Out at Lunch



It's official: Eva Longoria is over Tony Parker. The

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

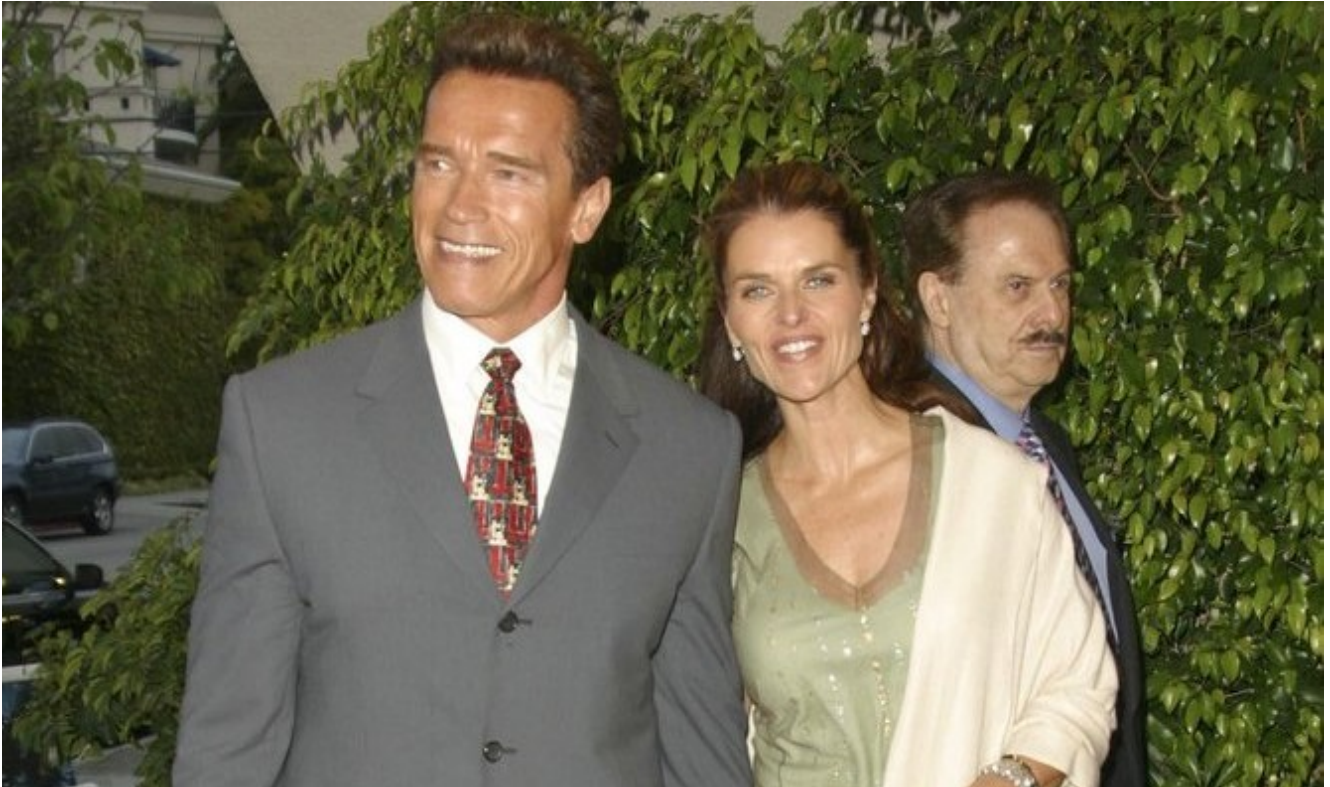
After a divorce, how do you start over?

Cupid's Advice:

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

- 1. Date:** Starting over is as simple as this: start dating for fun. Don't expect (and don't look for) a serious relationship right after your divorce, but go out just so you remember there are options out there.
 - 2. Get by with a little help from your friends:** Lean on your friends to help you recover after a divorce. Make sure to not spend too much time alone, and you'll be ready to start your new life with the help of your buddies.
 - 3. Try something new:** Sometimes you need to do something meaningful to signal a change. It can be anything from a new haircut to a new job to a new city. Making a significant change will help begin the process of starting over.
-

Pete Wenz and Ashlee Simpson: Custody Fight in the Works?



A simple divorce may be easier said than done when it comes to Ashlee Simpson and Pete Wentz, reports [People](#). The pair announced the end of their two year marriage last month when Simpson filed for divorce. Initially, the couple made a joint statement saying, "We remain friends and deeply committed and loving parents to our son Bronx, whose happiness and well-being remains our No. 1 priority." Now, Wentz has filed a divorce response in Los Angeles. Simpson had originally filed for divorce requesting sole custody of their two-year-old son. Wentz's request seeks joint custody. Since the divorce proceedings still fairly fresh, it's difficult to say whether or not a custody battle is in the works.

Who should your kids live with after a split?

Cupid's Advice:

One of the most difficult and important decisions parents can make when going through a divorce is where the children are placed following. Cupid's got some things to consider:

1. If they're young: So much is changing in their lives right now, so it's important to keep as much the same as possible. If they don't have to change schools, don't make them. Have the children stay with the parent who can keep them in the same district.

2. If they're older: Let them choose. If both parents are capable and willing, there is no reason why the child(ren) in question can't make the decision.

3. Best of both worlds: If at all possible, file a joint custody arrangement so that both parents would live with the child(ren) at different times.