

Celebrity News: Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad

By [Rachel Sparks](#)

According to [E!Online.com](#), the [celebrity news](#) is that [Brad Pitt](#) is slowly dipping his toes into the [celebrity dating](#) pool. The 46-year old actor is adapting to being single and seeing his family. Pitt stays busy by meeting with his large group of guy friends, none of them in the business, riding his motorcycle, and having regular dinner and lunch meetings. Though Pitt doesn't see his six kids as much as he wants, he has been filling his time with family, including going back to his Missouri and Oklahoma roots. As far as dating? This recently [divorced celebrity](#) says it's complicated and not a priority.

This celebrity news shows us celebs aren't immune to having to adjust. What are some ways to know you're ready to get back into the dating scene when you have kids?

Cupid's Advice:

Balance is key when you're a single parent. You have to make sure you balance the demands of your career with the demands of your family. Maintaining a house, both the operations and finances, alone can be a challenge. Somewhere in there, of course, you need to be able to take care of yourself. Here's Cupid's [dating advice](#) to help you get ready for dating again:

1. Balance career: If you were the main bread-winner, maintaining the house and investing in your family was on the back burner because you had someone else helping you. When suddenly your support is gone, having the mental and physical energy to still invest in your career in addition to your new responsibilities can be daunting. Make sure your career is in a place where you can take some focus away and instead invest in yourself and a relationship.

Related Link: [Former Celebrity Couple Angelina Jolie and Brad Pitt Agree to Seal Divorce Documents](#)

2. Are your kids ready: With a large brood of kids like Brad Pitt, getting back into dating can be a lot harder. Each age range of childhood processes divorce differently, so each child will vary on their resistance to a parent returning to dating. As a parent, be ready for that resistance, but make sure you're caring for your children, too.

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3. Length of relationship: Depending on the length of your marriage, you may need more time to cope post-divorce. Shared affairs, such as mortgages and finances, can be hard to unravel and separate. Aside from that, the emotional aspect of becoming suddenly single can be a shock. As fun as dating can be again, if you're looking for something more serious, consider giving yourself the adequate amount of time to heal and the appropriate length of courting before claiming a relationship is serious.

As a single parent, how have you decided when it was the right time to start dating again? Share your dating advice below!

Celebrity Divorce: 'Vanderpump Rules' Star LaLa Kent's Married Boyfriend Is Officially Divorced

By [Jessica Gomez](#)

In [celebrity news](#), LaLa Kent's boyfriend Randall Emmett is no longer married to Ambyr Childers, his wife of eight years. The divorce was finalized on December 22, according to [EOnline.com](#). The former [celebrity couple](#) tied the knot in 2009, then separated a couple of years ago, finally filing for divorce earlier this year. The former couple has two daughters together. As for Kent and Emmett, it looks like they intended on keeping their relationship on the down-low until the divorce was final – but sometimes in life, we don't always get what we intend.

This celebrity divorce is probably coming at a good time, given that LaLa would more than likely want an unmarried boyfriend. What are some ways to recover after a bitter divorce?

Cupid's Advice:

Most divorces aren't pretty. Although our emotions can be running wild at a time of bitterness, we must try not to become bitter ourselves. Cupid has some tips:

1. Learn from the experience: Learn the lesson. Many times, it's hard to stay rational during a very emotional time, but we must try our very best. There is no point in dwelling on the past because we cannot change it. However, looking back in order to learn and move on is a different story – that you should do! It's easier said than done, but time does heal and you need to give it a little push as well.

Related Link: [Taylor Swift's Ex Turned Her Into 'Quasimodo,' According to BFF Todrick Hall](#)

2. Invest in yourself: It's time to be selfish. It's time to be about you. Do what you have to, and do what you want to. Learn something, pamper yourself, do the things you enjoy! It's all about what's best for you. Enrich yourself, grow into an even better person. Strive toward becoming the best version of yourself.

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3. Look forward to a bright future: Be positive and know that there will be better days. Positive thinking really does go a long way. Think about what you have accomplished so far and be proud. Then think about what you want to accomplish – the thought of your dreams should get you excited and going!

What are some ways you moved on from a hard divorce? Share with us, comment below!

Relationship Advice: Keys to

Growing a Business When the Marriage is Over

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

Hollywood certainly has its share of dramatic endings – relationship endings, that is. Stars like Laurence Fishburne, Fergie, Chris Pratt, Jennifer Hudson, and Danica Patrick, to name a few, were invested in a long-term [celebrity relationship](#) and either personally or professionally called it quits. But what happens when a couple's livelihood relies on maintaining a relationship after the marriage is over?

Christina and Tarek El Moussa can relate. After becoming household names as co-hosts of HGTV's hit reality TV show *Flip or Flop*, they publicly announced their [celebrity divorce](#) just over a year ago. Despite moving on in their personal lives, both are committed to working together to make their successful business grow.

Related Link: [Celebrity Divorce: Christina & Tarek El Moussa Announce Break-Up](#)

It's not uncommon for former partners to maintain a business relationship. There are an estimated [3.3 million businesses](#) in the U.S. that are jointly owned by spouses. In some cases, a partner buys out the remaining portion of the business. But in a growing number of cases, the former married couple opt to remain invested in the business long after the divorce is final.

"I worked with one business where, actually, [the ex-spouses] were better business partners and got along better after the divorce and stayed together within the business for a while," says [Dann Van Der Vliet](#), executive director of the Smith Family Business Initiative at the Samuel Curtis Johnson Graduate School of Management at Cornell University. Van Der

Vliet believes that, when the divorce relieves the anxiety in a relationship, the partners can focus on the strengths they contribute to the business.

Reality TV Stars Open Up About Celebrity Divorce & Share Relationship Advice

I talked with Christina and Tarek about their transition from a blended life to one that is now exclusively professional. They shared five rules they follow to maintain a positive and supportive professional relationship, even though they now lead separate personal lives:

1. Be professional: Part of their success derives from their ability to separate professional obligations from personal responsibilities. “We believe in this company, and that means keeping our personal lives separate,” Tarek explains. “When we’re on set, it’s like a different life than what we live outside of the set. When we’re doing our job, we’re doing our job.”

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2. Focus on the ultimate goal: Whether it’s personal or business, staying focused on your goals can help minimize distractions. “Every day that we film, I remember why I’m there,” says Tarek. He says his priority is to support his kids and family. “Second, I remember how I worked my entire life to build this thing. I don’t want to throw it away because of a divorce. We are good at what we do,” he adds. “We love flipping houses, and we enjoy delivering a great TV show that helps change people’s lives.”

3. Put kids first: Tarek and Christina understand that it is in everyone’s best interest to get along. “Children come

first, and that means doing things that are best for them,” says Christina. “In our children’s case, it was in their best interest to do things together.” Often that decision requires some sacrifice and adjustments on the parent’s part.

4. Don’t sweat the small stuff: When tensions are high, it seems everything is a big deal. Immediately after a divorce, no matter how amicable, there is going to be a transition period. “Take time apart in all areas to better understand what you want,” says [Kate Taylor](#). “As you redefine your relationship, you should draw clear lines around your roles and responsibilities at work.”

Christina quickly discovered that not everything is worth fighting about. “When you’re not with that person, you’re not entitled to have those disagreements anymore,” she shares. “When Tarek and I first separated, if there was a disagreement, it was important that we walk away from it.” When disagreements happen, her rule is: Don’t react, because that is the moment when you need to think more clearly.

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5. Keep it fun: Tarek and Christina make sure to contribute to a positive work environment. Their professionalism means everyone feels happy and comfortable when they are at work. “We have a great crew,” says Christina. “We’ve been friends with all of them for a long time. Because of that, it makes everything much easier because it’s such a great workplace.”

There are those who are skeptical that this type of relationship can work, but Christina is unfazed by the criticism. “Business is what we’ve always done best together. Tarek and I both agree that we work great together regardless of whether or not we are married,” she explains. “We make a great co-parenting team as well. There is nothing I would have done differently.”

For more information about and articles by our relationship expert Dr. Amy Osmond Cook, click [here](#).

Latest Celebrity News: Jennifer Garner Says She Is 'Not Interested in Dating' After Split From Ben Affleck

By [Rachel Sparks](#)

Former [celebrity couple Jennifer Garner](#) and [Ben Affleck](#) have been apart for nearly two years, but these [celebrity exes](#) are setting a new standard for co-parenting and remaining amicable exes. Garner told [UsMagazine.com](#) that she and Affleck do have plans for a family Thanksgiving together. An insider told the magazine that Garner even helped Affleck get into a rehab center as his alcoholism took a spiral downward. The latest [celebrity news](#) is that despite, or maybe because of, the sincerity of their friendship, Garner has been on one date in the past two years since her [celebrity divorce](#), but she's still not ready to start dating again.

In this celebrity news, it looks like Jennifer Garner's break-up from Ben Affleck is affecting her long-term. What are some ways to

cope with a break-up so you can move on?

Cupid's Advice:

Accepting the loss of someone meaningful in your life is painful at best and near-impossible at worse. When you've been with someone for as long as Garner and Affleck were together, what does life look like without that person? Moving on is hard, but at some point you want to accept the change so that your life can move forward. Here's Cupid's [relationship advice](#) to get you through a break-up:

1. Burn, bury, block: Sounds harsh? Unless you and your ex have kids together, moving on means letting go. Do whatever it takes for you to cut those ties with your ex. Burn the love letters, bury the stuffed zebra your ex won at the carnival, and block any way that they can get in contact with you. Doing so doesn't mean you never loved them, it just means you love yourself enough to know you deserve happiness. Being stuck with the pain of a relationship at its end is not happiness.

Related Link: [Dating Advice for Dealing with the break-Up Blues](#)

2. Give happiness, get happiness: Have you ever been in a Starbucks line and been at the receiving end of pay it forward? Yeah, it's pretty great. It also feels good to know you've made someone's day better. We know it's hard when you're feeling down to even consider bringing joy to other people, but the proof in the facts is this: helping others creates fulfillment and happiness. If you don't feel like dealing with people, find a way to volunteer behind the scenes; you'll still reap the emotional rewards.

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3. Focus on you: In a relationship, we often think about what the other person wants. Ever been asked where you wanted to eat and said, "What do you feel like?" Couples form a group identity, so being on your own is terrifying, but it can be exciting. Try something new, start a diet, exercise, start a new hobby, go to a concert of a band your ex hated...the list of things you can do alone is literally endless. Rock out the single status. Learning to enjoy time alone is attractive, but it also makes any future relationships that much more meaningful.

How have you gotten past a break-up? Share your relationship advice below!

Celebrity Divorce: Mel B & Stephen Belafonte Reach Partial Divorce Settlement

By [Karley Kemble](#)

[Celebrity exes](#) Mel B and Stephen Belafonte have reached a partial divorce settlement. While the exact terms have not been disclosed, [UsMagazine.com](#) has confirmed that they have also agreed to a partial custody settlement of their six-year-old daughter Madison. Mel B announced her [celebrity divorce](#) in March, with allegations that Belafonte had an affair with their nanny. In a heartbreaking statement, Mel B stated, "I am in fear of my safety, and I am in fear of being irreparably harmed." She was allowed a temporary restraining in May, and still awaits a domestic violence restraining order to be finalized.

This celebrity divorce is partially settled, but not all the way. What are some ways to make your divorce proceedings more efficient and civil?

Cupid's Advice:

Sometimes when it comes down to it, divorce is the right decision for you and your partner. There certainly is potential for drama to fester within divorce proceedings, but if you want to avoid the added stress of a long and messy battle, check out these tips from Cupid:

1. Don't be defensive: When you're going through a rough divorce, a defensive guard might be your first instinct. Emotions are high, and maybe things aren't going your way. You are entitled to your feelings, though it is important to refrain from a "you started it" mentality. Be as mature as you can – it will make your divorce run a lot smoother.

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2. Nix the disses: While it's okay to vent to a close friend or your immediate family, you shouldn't let the hostility saturate. Don't trash talk your ex to everyone you meet. When you do that, you're making your private business a public ordeal. If you only have negative thoughts about your ex, consider keeping them out of the conversation. As hard as that may be, you'll find a positive mindset is beneficial to your mental well-being.

Related Link: [Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims](#)

3. Stay out of court: If you two can manage, try and come to an agreement without the help of lawyers. Not only is it easier on your bank accounts, it'll save you both a lot of time. It also will prevent a load of drama – we've all seen how messy divorce proceedings can get on T.V.!

Have you or has somebody you know gone through a rough divorce? How did you cope? Let us know below.

Celebrity Divorce: 'Real Housewives' Shannon & David Bador's Split is Still on Despite Reunion

By [Rachel Sparks](#)

Real Housewives of Orange County stars Shannon and David Bador are still going through with their [celebrity divorce](#), which was announced a week ago. [EOnline.com](#) reports that the ex [celebrity couple](#) were seen reuniting on Saturday at USC for their daughter Sophie Baedor. Though the couple are splitting after 17 years of marriage, both Shannon and David remain committed to regular reunions, claiming that co-parenting amicably for the sake of their children remains their goal.

This celebrity divorce is still happening after 17 years of

marriage. What are some things to try to heal your relationship before resorting to a divorce?

Cupid's Advice:

Long-term relationships are a lot of work, but we often forget it. That initial falling in love feeling disappears but we're still optimistic about our futures. Routine, monotony, stress, and hardships challenge the relationship and it's natural when we feel down from life to let those feelings translate to our relationships. How do we know, then, when we've done everything we can for our marriage? Check out Cupid's [relationship advice](#):

1. Decide if you want to fix your marriage: You would think this would be obvious for most people: you know either way if you want to save your relationship. But it's much easier to say you do want to make things work than it is to take the actions to do so. When you realize you want to do the hard work it takes to repair a relationship, that means you have to stop complaining and start taking action.

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2. Take responsibility: Unfortunately, working on a relationship isn't comfortable. Then again, it was awkward in the beginning, but that proved to be worth it. You'll be embarrassed and humbled, but likely, so will your spouse. Own up to your mistakes, both past and present. Your spouse will appreciate it and you'll find some closure on past pains. Your relationship will also take a giant leap forward as the two of you confront your demons together.

3. Respect and value: This is another that should seem obvious, but when you're hurting it's very easy to take out that pain on the other party. From our childhoods we all learned how easy it is to lash out at our family, and our spouses are no exception, but take a breath before you do so. Is that comment worth the damage it does to your relationship? Also keep in mind that actively paying attention and engaging your significant other shows that you value and respect them, and taking the time to listen and engage will go much further than an extravagant gift that was purchased to overcompensate for failures.

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4. Give your best: When you're hurt, you don't want to make yourself vulnerable, but you won't move forward unless you try. Keep giving your best, even when your spouse isn't. If things don't work out you will know you tried your hardest and you will have learned from the whole experience for another relationship.

Have you been in a long-term relationship that's failing? How did you try to fix it? Share your advice below!

Celebrity News: Arnold Schwarzenegger Says Cheating on Maria Shriver Was a 'Major

Screw-Up'

By [Karley Kemble](#)

Six years after announcing a shocking [celebrity divorce](#), Arnold Schwarzenegger is speaking candidly about his past decisions. According to [UsMagazine.com](#), in a preview for an upcoming television special, Schwarzenegger admits, "I know it was a major, major screw-up" when asked about his infidelity. The actor and former governor of California caused quite a stir in 2011, when he made [celebrity news](#) after cheating on his wife, Maria Shriver with their long-time housekeeper, Mildred Baena. Shortly after the revelation, news also broke that Schwarzenegger had, in fact, fathered a child with Baena. Though Schwarzenegger and Shriver have officially filed for divorce, Schwarzenegger also has revealed that the celebrity exes have not yet finalized it.

This celebrity news proves that celebrities feel regret just like us. What are some ways to come back from a fatal mistake in your relationship?

Cupid's Advice:

As humans, we are subject to error and mistakes. While it may seem like you will never be able to bounce back after something terrible happens in a relationship, it's entirely possible. Cupid has some ways to cope and move on:

1. Don't let it define you: It's normal to take blame and harness a mistake as a part of who you are. You are not your mistakes or the product of mistakes that have affected you. It

is important realize this and even more important to learn and grow from the past. Don't let it hold you back.

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2. Practice positive mental talk: A positive mind is empowering. (Say that out loud five times!) If you're stuck in a rut after making a mistake, think of a way to spin negative thoughts into positive ones. Instead of thinking "I am so stupid" reframe your thoughts "I am smart, that decision was not." This way of thinking will really help change the way you see things.

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3. Forgive and learn from it: Forgiveness isn't easy, but it is possible. It certainly does not happen overnight. In time you will find it to be freeing. Whether you need to forgive yourself or somebody else, reflect on the steps you need to take to reach that point, and do what you can to get there. Forgiveness doesn't change the past, but it can help you learn from it.

How have you bounced back after a fatal relationship mistake? Share your experience below.

Celebrity Exes Ashton Kutcher & Demi Moore Attend Same Wedding

By [Karley Kemble](#)

Running into an ex is almost always awkward, even for

celebrities! [Celebrity exes Ashton Kutcher](#) and [Demi Moore](#) attended the same vow renewal ceremony in Brazil last weekend, reports [UsMagazine.com](#). The former [celebrity couple](#) ended their relationship in 2011, and their divorce was finalized in 2013. It appears things were cordial between the two, as they left the Rio De Janeiro venue going their separate ways.

Even celebrity exes are bound to cross paths eventually! What are some ways to deal with running into your ex?

Cupid's Advice:

While your fight or flight instincts may be pushing you to run and hide, we know that's not always an option. Cupid has some [relationship advice](#) to make these awkward run-ins...less awkward:

1. Stay cool: Yes, your mind will probably be spinning a million miles a minute. That's normal – just stay as calm as you can, and be honest with them. You probably aren't the only one who feels awkward, either.

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2. Keep it polite: Your default reaction may be to list off all the reasons why your life's so much better without them. It's great to show them you've moved on, just make sure you aren't over-killing it. It could leave you looking more flustered and out of it.

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3. Maintain that confidence: Even if you aren't feeling like a

million bucks, fake it 'til you make it! Don't let a random run-in ruin your entire day, either. Allow yourself to feel the awkwardness for a little, then move on with your fabulous life.

How have you handled a run-in with an ex? Talk to us about it below!

Celebrity News: Fergie Says She Wanted to Stay Married to Josh Duhamel 'Forever'

By [Karley Kemble](#)

In the latest [celebrity news](#), Fergie has shared heart wrenching information about her recent split from husband Josh Duhamel. According to [UsMagazine.com](#), the somber Black-Eyed Peas singer confesses, "It wasn't my plan, I wanted to stay married forever," in a preview for an upcoming appearance on the *Wendy Williams Show*. The former [celebrity couple](#) formally announced their separation in September, but parted ways earlier in the spring. Fergie and Duhamel will remain on friendly terms and co-parent their four-year-old son, Axl, together.

This celebrity news has our hearts hurting. What are some ways to know you've done everything you can to

save a relationship?

Cupid's Advice:

Even celebrity couples that appear to be as strong and loving as Fergie and Josh have the potential to fizzle out. While you should almost always try and save your relationship, sometimes it's best to call it quits. How do you know when it's over? Cupid has some ideas:

1. You've talked it out: Whether you sit down together or seek help from a therapist, getting to the root of the problems are totally essential. If you two still aren't seeing eye-to-eye, maybe it just can't be saved.

Related Link: [Celebrity Divorce: Fergie and Josh Duhamel Call It Quits](#)

2. You've gone back to basics: Sometimes it's good to hit the reset button. Remember the early days of your relationship when you were still getting to know each other? If you channel those innocent times but aren't seeing changes in the way you treat each other, it may be time to end things.

Related Link: [Celebrity Break-Up: Anna Faris Is 'Fantastic' Amid Chris Pratt Divorce, Says Allison Janney](#)

3. You just aren't feeling it: Always, always, always trust your gut. If your partner doesn't make you feel as happy, strong, or content as they used to, perhaps the relationship has run dry. You know yourself better than anyone else, after all.

Cupid wants to know: How have you tried to save your relationship?

Celebrity News: Minka Kelly Shuts Down Jesse Williams Cheating Rumors

By [Ashleigh Underwood](#)

Minka Kelly is not here for anyone's rumors or gossip, as she shut down a fan's comment right away. On Thursday, someone commented on Kelly's Instagram asking if the cheating rumors surrounding her and Jesse Williams' [celebrity relationship](#) were true. Kelly responded, saying, "They're not. Hate for you to be disappointed. Glad I could clear that up for you. Now f--k off," according to [UsMagazine.com](#). The rumors come from a [celebrity news](#) break of Kelly and Williams' recent relationship. Their relationship began shortly after Williams and his estranged wife began their [celebrity divorce](#) process in April.

This celebrity news has us cheering for Minka Kelly. What are some ways to keep lies from affecting your relationship?

Cupid's Advice:

Everybody loves drama and gossip when it's not about them. People love following other people's lives and spreading rumors because it is entertaining to them. When that gossip is directed at you, here are a few ways to keep those lies from affecting your relationship:

1. Ignore it: More often than not, the rumors people spread is minor and will go away as fast as it began. When this happens, the easiest thing you can do is just ignore it. If you don't give people the satisfaction of letting it get to you, then eventually they will give up. Instead focus on your relationship and keeping it strong.

Related Link: [Celebrity Divorce: 'Grey's Anatomy' Star Jesse Williams & Wife Aryn Drake Lee Are Divorcing After 5 Years of Marriage](#)

2. Confront it: When the rumors get too bad and are starting to affect your life, then it is time to step in. Confront the source of the gossip and set the record straight. Let them know exactly what is going on and make it clear to them what the facts are. Then, they will no longer have a reason to speculate on your life and then can go back to focusing on their own.

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3. Communicate: In a relationship there are only two people who have the final say in how things play out—you and your partner. If gossip and lies are starting to creep in to your love life, then you need to have a talk together. Sit down with them and discuss the stuff being spread and be sure there are no miscommunications. As long as you and your partner know what is true, then it doesn't matter what other people say.

How do you handle rumors in your relationship? Comment below!

Celebrity News: Audrina Patridge Granted Full Custody of Daughter After Split From Corey Bohan

By [Ashleigh Underwood](#)

Sour news turns hopeful as Audrina Patridge is granted full custody of 15-month-old daughter, Kirra Max. When the [celebrity news](#) broke of Patridge's split from husband Corey Bohan, several allegations were thrown around and are continued to be discussed in court. While court proceedings are still ongoing, the ex [celebrity couple](#) have been told that Bohan can have scheduled visitations, only after picking up their daughter from the police station. A source recently told [People.com](#), that Patridge is taking extra precautions to ensure the safety of herself, and her daughter.

This celebrity news is definitely in Audrina Patridge's favor. What are some ways to deal with custody issues during a split?

Cupid's Advice:

Splitting with your partner can get messy, especially when there are children involved. It can be easy to get lost in the craziness of court and other important decisions. Here are a few ways to deal with custody issues during your split:

- 1. Put your children first:** In a custody battle, you may be tempted to take out all your anger on your ex and be spiteful.

However, you have to remember your kids and what is best for them. No matter how you feel towards your ex-partner, if they are a good parent to your child, then try and be flexible with your conditions. None of it is easy on your child, but you can do your best to keep things as normal as possible.

Related Link: [Celebrity Divorce: Audrina Patridge Files for Divorce from Corey Bohan](#)

2. Get a good lawyer: Court can be confusing especially if you have never dealt with a legal situation before. In order to make things easier on yourself, and get the outcomes you desire, hire the best lawyer you can. Let them take the brunt of the force in the legal stuff so you can focus on your family and your own well being. This will make dealing with your custody battle much easier for everyone.

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3. Focus on what you can control: When things get messy, you can feel like your world is falling apart. If you start to lose your grip on life and feel like everything is coming crashing down, take a step back and breathe. Spend your time focusing on the things you can control in your life, like your children. If your ex is doing things with the kids that you always scolded him for but you have no voice in now, focus on your own parenting. You can't control how others act, but you always have a say in your own life.

How did you deal with your custody battle? Comment below!

Celebrity Divorce: Audrina Patridge Files for Divorce from Corey Bohan

By [Ashleigh Underwood](#)

Sadly, another [celebrity divorce](#) is in the center of this week's [celebrity news](#). Audrina Patridge has filed for divorce from Corey Bohan after 10 months of marriage. While the couple wishes to keep their privacy at the moment, [UsMagazine.com](#) has learned that the relationship has been troublesome from the beginning. Even though they wanted to make it work for their infant daughter, Patridge and Bohan have already taken steps toward separating and are living apart.

This celebrity divorce seems to have come out of nowhere. What are some ways to know you've done everything you can to save your relationship?

Cupid's Advice:

When you love someone, you want to do everything you can to make the relationship work. However, sometimes you have done all you can and still nothing seems to go right. Here are a few ways to know that it's time to move on:

1. You have tried: The only way to save a relationship is to put in the work. You have to make an effort to change the dynamic between you and your partner and make serious changes. If you feel that you have put time and energy into the

relationship and nothing has changed, it may be time to move on.

Related Link: [Audrina Patridge Says Cameras Are Off and Love Life Is On](#)

2. Therapy has come and gone: Sometimes you need a third party to work out your relationship woes. If you've tried therapy or counseling and it hasn't worked for you, it's safe to say there's probably no fixing what you have, and it's time to move on.

Related Link: [Audrina Patridge Says A Guy Must Have "Loyalty, Integrity and Respect" To Get Her Attention](#)

3. The love just isn't there: You may get along okay as roommates, but the love you once had for each other is no longer there ... and you can't get it back. The fact is, sometimes people just fall out of love, and there's not much you can do about it. If that's the case for you, it's time for an amicable split and to move on with your life.

What are some other ways to know it's time to move on? Share your thoughts below.

Celebrity Divorce: Fergie and Josh Duhamel Call It Quits

By [Ashleigh Underwood](#)

The [latest celebrity news](#) has fans surprised and upset: [Celebrity couple](#) Fergie and Josh Duhamel have decided

to end their eight-year marriage. This [celebrity divorce](#) comes as a shock, especially since the pair had been talking about adding to their family just last month. However, according to [UsMagazine.com](#), the celebrity couple had been having trouble for a while, with Duhamel moving out in the early spring. While the duo have decided to part ways, they remain friends in order to care for their 4-year-old Axl.

This celebrity divorce comes as a shock, especially considering Fergie and Josh Duhamel were hoping to have another baby just months ago. How do you know when it's time to call it quits?

Cupid's Advice:

Breaking up with someone is extremely difficult, particularly when you have been together for years and years, like this celebrity couple. Check out these three ways to help you know if it's truly time to call it quits:

1. You're constantly fighting: One of the most obvious red flags in a relationship is that you're having nonstop screaming matches with each other. If every little issue turns into a huge blowout fight, you might want to rethink whether or not this is the right situation. As a couple, you should be able to work things out calmly and with understanding every single time.

Related Link: [Celebrity News: Allison Janney Reveals How Anna Faris Is Handling Celebrity Divorce from Chris Pratt](#)

2. You feel like a second choice: You should never feel like

you're not your partner's first priority. If you feel second to their friends, their coworkers, another romantic interest, or even their career, it's time to say something. Speak up about your feelings, and if nothing changes, it may be time to part ways.

Related Link: [Celebrity Couples Who Cannot Wait to Become Parents](#)

3. You just know: Gut feelings should always be trusted. While your brain may not be on the same page, the rest of your body knows what is right. Deep down, you know what is best for you and whether or not you should continue your relationship.

Cupid wants to know: How did you know it was time to end your relationship?

Celebrity Divorce: Mel B Makes Fashion Statement About Her Ex At The VMA's

By [Marissa Donovan](#)

This *America's Got Talent* judge is proud to be single and divorced from her husband. According to [People.com](#), Spice Girl singer Mel B made an appearance at the 2017 MTV's Video Music Awards wearing a dress that said "You Will Never Own Me." Many have speculated that the eye catching message alludes to her ongoing divorce and a temporary restraining order against her [celebrity ex](#) Stephen Belafonte. The single celebrity will be back in court on September 25th to make arrangements.

This [celebrity divorce](#) has inspired Mel B to make a bold [fashion statement](#). How can you empower yourself through a messy divorce?

Cupid's Advice:

Don't allow your divorce to get the best of you! Although this may be a troubling process, it's best to stay strong and keep your head up. Here are some ways you can empower yourself through a messy divorce:

1. Focus on your family and career: Let the new direction of your life to steer you in the direction of your family and your career. Focusing on your career will allow you to evaluate your current job and decide what your next move might be. Your family will also be a good outlet to help you move on from pain and give you the support to move on.

Related Link: [Mel B. Speaks Out about Husband Stephen Belafonte's Alleged Abuse](#)

2. Refresh your look: After any divorce or break up, some people feel the need to get a new hair cut or wardrobe. Embrace the changes that you desire! Making new changes will help you think positively about starting over in your life. If that means updating your fashion or hair style, then go for it!

Related Link: [Former Spice Girl Geri Halliwell Is Engaged to Formula One Boss Christian Horner](#)

3. Start reading: Brush up on your reading with books that have encouraging plot lines or read your favorite genre for comfort. Even if you're not a big reader, try finding a book at a bookstore or Amazon you could see yourself reading.

Reading through your divorce will make you become invested in something besides the problems you may be facing.

What do you think of Mel B's dress? Let us know in the comments!

Celebrity News: Robin Thicke & Paula Patton End Custody Battle Amidst News of His GF's Pregnancy

By [Marissa Donovan](#)

These [celebrity parents](#) have finally come to an agreement over the custody of their son Julian. According to [UsMagazine.com](#), Robin Thicke and Paula Patton will each have equal time with their son and share expenses such as tuition for private school. Patton filed for a [celebrity divorce](#) from Thicke back in 2014. There has been family drama that has caused custody problems in the past, including allegations of domestic and child abuse that has teared the family apart over the years. In a twist of events, Thicke and girlfriend April Love Geary recently announced they are expecting a [celebrity baby](#) soon, which may have caused the former [celebrity couple](#) to make amends.

There's no lack of drama in this

celebrity news, although maybe some of it has been put on the back burner now. What are some ways to keep personal drama from affecting your children?

Cupid's Advice:

Don't let personal drama that you are experiencing affect your children. Here are some ways to keep your kids drama-free:

1. Let them know what's happening without biases: Try giving your child an over view of what's happening without using language that allows them to pick a side. Biases will only cause them to turn on other, which will only cause more drama.

Related Link: [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

2. Let family members or friends babysit: Sometimes it's best to let family members watch your children while your flustered. Family members or friends will hopefully be understanding of your current problems and help you by watching your children while you work out your issues.

Related Link: [Robin Thicke Speaks Out About Trying to Win Back Paula Patton](#)

3. Keep them open minded: Let them know that there's a bright side to the problems that are currently happening. Keeping them open minded to the future will set a positive tone.

How can you keep your kids drama-free? Let us know in the comments!

Celebrity Break-Up: 'Flip or Flop' Star Christina El Moussa Officially Files for Divorce from Tarek

By [Marissa Donovan](#)

Famous HGTV series couple has officially split. Christina El Moussa filed for divorce from former husband and co-star Tarek El Moussa. The *Flip or Flop* real estate agents broke the news to fans last December that they were calling it quits after seven years of their [celebrity marriage](#). According to [UsMagazine.com](#), the two are staying civil and will still work together on the [Reality TV](#) show.

It looks like this estranged couple is officially having a [celebrity break-up](#). What are some ways to salvage your relationship?

Cupid's Advice:

This couple decided to end their relationship after many years together, but some couple may feel that they can still reclaim their love for each other. Here are some ways you can salvage your relationship:

1. Notice the little details: Noticing the little details while being together is important. Mention how you like their

new wardrobe or express how much you appreciate when they take out the trash. It may seem silly, but you and your partner will connect over compliments.

Related Link: [HGTV Realtor Steven Aaron Talks 'Selling LA' and Love: "You Can't Be Everything To One Person All The Time"](#)

2. Take a vacation: Sometimes getaways are needed to save a crumbling marriage. Plan a vacation that you and your partner can escape the stress of your daily lives.

Related Link: [Celebrity Video Interview: Love Advice From HGTV Host Kelly Edwards](#)

3. Seek a couples therapist: Reach out to an expert when it comes to helping others try to save marriages. A couple therapist can give you and your partner tools to help you problem-solve and help you decide if you want to save your marriage.

What do you think of this celebrity break-up? Let us know in the comments!

Celebrity News: 'Newlyweds' Producer Reveals The Truth Behind Jessica Simpson and Nick Lachey Failed Marriage

By [Marissa Donovan](#)

Fourteen years ago, [Jessica Simpson](#) and Nick Lachey were happily married and had their own show on *MTV*. In an interview

with Complex.com, producer Sue Kolinsky of *Newlyweds* spoke out about how the [celebrity exes](#) functioned as a newly married couple. The producer shared that their maturity levels contrasted and felt a sense of tension between the former [celebrity couple](#). Kolinsky also added the only thing the couple seemed to have in common was their music careers. The couple split after the show's third season and are now happy in their new marriages.

This [reality Tv](#) show exposed the differences between this celebrity couple. How can you maintain a happy relationship when you and your partner are opposite from one another?

Cupid's Advice:

Opposites can attract one another, but sometime couples who are very different from each other run into more problems than those who are alike. Here's how you can keep the spark when you and your partner are total opposites:

1. Keep finding common ground: Keep trying to find similarities in activities and special interests. If you both enjoy golfing, play a game together. Also try new activities and see if you both can enjoy it as a couple!

Related Link: [Celebrity Relationship: Jessica Simpson Celebrates 7-Year Anniversary with Eric Johnson](#)

2. Embrace your differences: Do not put negative light on your differences, instead use them to your advantage as a couple. If your partner is the outdoorsy type, let them help you love

nature. The contrasting traits you have individually can balance the relationship if you embrace them!

Related Link: [Famous Couple Nick Lachey and Vanessa Minnillo Celebrate Second Celebrity Baby Shower](#)

3. Find room to grow as a couple: See how you and your partner can grow as a couple by watching how you bring the best out of each other. Patience is key and this kind of relationship has to go slow in order for things to stay on a positive note!

Do you think a *Newlyweds* reunion is a possibility in the future? We would love to hear what you think in the comments!

New Celebrity Couple? Brad Pitt & Sienna Miller 'Spending Some Time Together'

By [Marissa Donovan](#)

Former co-stars [Brad Pitt](#) and Sienna Miller could possibly be dating! According to [UsMagazine.com](#), they seemed interested in each other in April during a cast and crew dinner for *The Lost City of Z*. The two were spotted together again at the Glastonbury Festival with celebrity pal [Bradley Cooper](#) on June 24th. Since Pitt's [celebrity divorce](#) from [Angelina Jolie](#), he has been spending time with his children and casually dating. Maybe these Hollywood actors will someday walk down the red carpet together as a [celebrity couple](#)!

There may be a new celebrity couple in Hollywood! What are some ways to know you're ready to move on from your ex?

Cupid's Advice:

Like Brad Pitt, ending a relationship that has lasted many years can be deviating. Eventually you will be prepared to get back in the dating scene. Here are some ways to know you're ready:

1. You're okay being single: Rushing into a new relationship is never a good idea and it's a sign that you're not over your heartache. Knowing that it's okay to be single is the best mindset to have when casually dating. This will make you feel optimistic instead of hurt when a first date doesn't go well.

Related Link: [Celebrity News: Angelina Jolie & Brad Pitt Are Talking Again](#)

2. There's no fake closure: Sometimes putting on a fake smile after a break-up can be a defense mechanism for the pain you're still experiencing. Having real closure is the sense that you understand and accept that you and your ex partner need to see other people.

Related Link: [Celebrity News: Sienna Miller Says She Stills Cares 'Enormously' for Ex Jude Law](#)

3. You don't check your phone: There used to be an urgency to check your phone while you were in a relationship, but now you put it on silent more often. If you catch yourself enjoying the moment you're in instead of worrying about what your ex partner wants, then you're totally available to see other people!

What do you think of this possible Hollywood couple? Let us know in the comments!

New Celebrity Couple: Gavin Rossdale Is Dating German Model Sophia Thomalla

By [Whitney Johnson](#)

There's a new [celebrity couple](#) in town! Following his divorce from [Gwen Stefani](#), Gavin Rossdale is moving on with German model Sophia Thomalla. According to [UsMagazine.com](#), the celebrity couple shared a romantic meal together earlier this month at Indianapolis' Iozzo's Garden of Italy. The Bush frontman and No Doubt singer announced their [celebrity divorce](#) in November 2015 after Stefani discovered Rossdale's longtime affair with their former nanny. "There's been a lot of pain and sadness. It really teaches you perspective on life. It's really health, happiness and safety," the rocker said of his divorce, which was finalized in April 2016.

There's a new celebrity couple following Gavin Rossdale's divorce from Gwen Stefani. How do you know when it's time to move on after a split?

Cupid's Advice:

This celebrity relationship is the first one for Rossdale since his split from Stefani. So how do you know when it's time to date again following a break-up? Consider this love advice below:

1. You've allowed yourself to heal: There's no right time to jump into a new relationship after a split. Don't rush things. Instead, do whatever feels right for *you*. It's important to heal your broken heart first. After all, no one wants to be part of a rebound relationship.

Related Link: [Celebrity Divorce News: Gwen Stefani & Gavin Rossdale Finalize Divorce](#)

2. You've spent some time alone: Self-reflection is always a good thing. Take your newly-found freedom to rediscover who you are. Allow yourself to grieve your loss and then focus on whatever makes you happy. Figure out what you want in your next relationship – and then, go after it!

Related Link: [5 Times the Nanny Has Been the Catalyst for Celebrity Divorce](#)

3. You're truly over your ex: It's normal to have lingering feelings after a break-up. Before you start dating again, do a self-check: How would you react if your ex called you? What if you saw them out with someone new? How do you feel when you see old pictures of the two of you together? If you can handle these situations with grace, you're ready to move on.

What's another way to know you're ready to move on after a split? Tell us in the comments below!

Celebrity Divorce: 'Vanderpump Rules' Star Sheana Shay Finalizes Divorce from Mike Shay

By [Noelle Downey](#)

Former [celebrity couple](#) Scheana Shay and Mike Shay have officially split, with [UsMagazine.com](#) reporting that their [celebrity divorce](#) has recently been finalized. The former spouses are settling their affairs now, with reality TV star Scheana paying Mike 50,000 dollars in order to make sure that their assets remain balanced and equitable. While Scheana once accused Mike of cheating on the hit reality show, *Vanderpump Rules*, the [celebrity exes](#) seem to have buried the hatchet for now, with both claiming that, "While we have made the difficult decision to move forward separately, our story will continue on through the love and mutual respect that we have cultivated throughout our 15-year friendship." Their joint statement on their [celebrity break-up](#) went on to state that they will continue to, "support each other's personal happiness and professional success" despite the fact that they both admitted they had "failed at [their] marriage."

This much-talked-about split has ended up in celebrity divorce. What are some ways you know your relationship cannot be fixed?

Cupid's Advice:

When it comes to break-ups, there's no easy way to know just

when you and your partner should call it quits. However, Cupid is here with some sure signs you should look for that your relationship may be going belly-up:

1. You no longer enjoy spending time together: Every couple, no matter how strong, goes through rough patches. However, if you can't think of the last time that you and your partner spent time together and you parted ways feeling happy and satisfied, that's something to take seriously. If you two aren't that happy to see each other even on your best days, that's a huge red flag signaling that it may be time to say goodbye.

Related Link: [Celebrity Divorce: 'Grey's Anatomy' Star Jesse Williams & Wife Aryn Drake Lee Are Divorcing After 5 Years of Marriage](#)

2. You argue and never seem to really make-up: Healthy debate and arguments are not bad signs in a relationship; in fact, it's good if you're able to disagree with your partner and recognize that conflict is a natural part of any relationship. On the other hand, if you two seem to be having the same fight over and over again that never really gets resolved, you should take a long, hard look at how you're functioning as a couple. If arguments always end with slammed doors and the silent treatment instead of a long talk and reconciliation, that's not a good sign. It may be time to consider that the best thing for both of you is to say goodbye.

Related Link: [Celebrity Break-Up: Hilary Duff & Michael Koma Split](#)

3. You're the only one compromising: Relationships are all about compromise, the push and pull of two human beings trying to work together to create something beautiful. If you feel as if you're always the one who is changing themselves to fit your partner's standards, ask yourself if they're really holding up their end of the bargain when it comes to the

relationship. Do you feel like you are in an equitable partnership? Do you both compromise regularly or does one or the other of you always bend to the other one's way? If you feel as though they're never willing to sacrifice what they want for the good of the relationship, this might be a sign that the relationship has run its course.

What do you think of this celebrity divorce? Have you ever been in a bad relationship and realized it was time to call it quits? Let us know in the comments!

Celebrity Divorce: 'Grey's Anatomy' Star Jesse Williams & Wife Aryn Drake Lee Are Divorcing After 5 Years of Marriage

By [Mallory McDonald](#)

[Eonline!](#) learned that Grey's Anatomy star Jesse Williams (Avery) is heading toward a [celebrity divorce](#). The pair had their [celebrity wedding](#) in September of 2012. In 2010, before the pair was married, Williams shared this about Aryn, "I was a teacher when I met her, so she's been with me through all different facets of my career. She's stuck with me through thick and thick and thick and thin. We know each other in and

out, and she was very happy to move out here,” Jesse added, referencing their relocation to Los Angeles. “She loves California and was tired of the weather on the East Coast.” The pair has two [celebrity kids](#) together and will have to work together to help raise the kids. We can’t believe these two couldn’t make it work!

There are a lot of women who aren’t necessarily sad about this celebrity divorce. What are some ways to keep jealousy from destroying your relationship?

Cupid’s Advice:

Jealousy can be extremely detrimental to a relationship. With these tips you can make sure you or your partner’s jealousy doesn’t get in the way of the relationship:

1. Reassure: Jealousy often stems from feeling insecure and just not getting enough confirmation for your feelings. Once a day telling your partner how much you mean to them can really help relieve some of the jealousy.

Related Link: [New Dad Jesse Williams Say Fatherhood Is ‘Amazing’](#)

2. Be understanding: While you don’t want to completely change your life to help your partner handle jealousy, some of the little things that bother them and cause them to be jealous try to make adjustments.

Related Link: [‘Grey’s Anatomy’ Star Jesse Williams Ties the Knot](#)

3. Communicate: It is said over and over that the key to a

successful relationship is communication. The same can be said for overcoming jealousy. The more you and your partner communicate about your feelings the easier it will be to work through problems such as jealousy.

Has jealous ever come in between your relationship? Comment below!

Jennifer Garner & Ben Affleck Attend Church After Celebrity Divorce Filing

By Noelle Downey

[Celebrity exes Jennifer Garner](#) and [Ben Affleck](#) were spotted smiling serenely as they exited a church service they attended together on Easter Sunday with their three children, according to [UsMagazine.com](#). Garner filed for divorce from Affleck on April 13th, with both of them deciding to pursue a joint custody agreement of their three children, Violet, Seraphina and Samuel. Although Affleck had been living in the guest house since the couple separated in June 2015, he will now be making the move to a new home as the [celebrity divorce](#) moves forward. A source close to Affleck reported it's important to him to find a place near Garner's house so they can both successfully "continue to co-parent as they have been" adding that Affleck is expected to move out "when he finds the right place."

Talk about being amicable during a celebrity divorce! What are some ways to keep life normal for your kids during a split?

Cupid's Advice:

While a divorce is enough to threaten the future of any family dynamic, Garner and Affleck seem to be able to put aside their differences to lend their kid's lives some normality during this transitional period. Here are Cupid's top tips on how to emulate these sensible celebs and keep your kids secure during your separation:

1. Present a united front: Just like this former [celebrity couple](#), it's important to focus on presenting a united front and creating a viable co-parenting experience for your children. Whether that means attending church together, having a family dinner once a week or a monthly family movie night, remind your kids that you can still function as a family unit and that you and your ex are still capable of coming together for their benefit and security.

Related Link: [Celebrity News: Jennifer Garner Says She & Ex Ben Affleck Will Make Co-Parenting Work](#)

2. Develop healthy coping mechanisms: If you're dealing with the pain of your divorce in unhealthy ways, your children will feel the strain of those negative behaviors too. A source on Affleck recently reported that he was "doing great" and was in "a healthy place" following his treatment in rehab for alcoholism. Just like this celebrity parent, focus on making sure you're dealing with any issues you have behind the scenes to that your children can feel safe knowing you're not going to fall apart at a moment's notice.

Related Link: [Celebrity Couple News: Jennifer Garner Still Not Wearing Wedding Ring After Ben Affleck Reconciliation Reports](#)

3. Communicate with your kids: While it's true that your children shouldn't have to handle hearing every detail of your divorce, you may also find that opening up clear lines of communication and talking your child through this difficult time will be immensely helpful in getting them to open up and feel safe with you. By talking to them honestly about how you're feeling and how they're feeling, you can validate their emotions and make sure they're dealing with any sadness or anger they might feel in healthy ways.

Garner and Affleck seem determined to make things work when it comes to co-parenting their children. Do you have any tips on co-parenting that you've learned since splitting with your ex? Let us know in the comments!

Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner

By [Delaney Gilbride](#)

In [celebrity news](#), it looks like [Ben Affleck](#) and [Jennifer Garner](#) are still living together despite filing for divorce Thursday, April 13. An insider told [People.com](#) that the 44 year-old actor continues to live in the family guest house to keep home life "normal". He continues by saying, "For now, they are all living together. One thing they agree on – the

kids will stay at the family house. Jen and Ben will focus on making things as smoothly as possible for the kids. It's all about what's best for them." The [celebrity couple](#) split back in June 2015 and have since continued to be co-parents to their three children Violet, 11, Seraphina, 8, and Samuel, 5.

This duo is staying surprisingly friendly during their [celebrity divorce](#). What are some tips for remaining amicable during your divorce?

Cupid's Advice:

When you're going through a divorce with children it's important that you be civil with your ex to make the transition easier for your kids. So, want tips to make this easier? Cupid's here to help you out with some [relationship advice](#):

1. Put your kids first: As hard as a divorce is for you and your spouse it can be *much* harder for your kids. If you continue to think about making your divorce easier on your kids, it becomes easier for you to be civil with your ex. If you put your kids first it'll become natural to be amicable around them.

Related Link: [Celebrity Wedding: 'Bachelor' Alum Nick Viall Explains Why He and Vanessa Aren't Planning a Televised Wedding](#)

2. Learn to respect one another: Although you have your differences, you and your partner have to learn to respect each other – especially if you have kids. Treat the other person the way you want to be treated. It'll go a long way.

Related Link: [Celebrity Break-Up: Olivia Munn & Aaron Rodgers Split After 3 Years of Dating](#)

3. Let it go: If you hang onto every negative emotion during your divorce it will get you nowhere. It will only make you resent your ex more! Give yourself a break and just let it all go; take a breath of fresh air and start anew.

Are you and your ex spouse civil with each other? Comment below and tell us about it!

Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims

By Noelle Downey

One dramatic [celebrity divorce](#) took a turn for the disastrous recently when Danielle Brown, former [Spice Girl](#) Mel B's sister, lashed out at her past brother-in-law, Stephen Belafonte, amid allegations that Belafonte had emotionally and physically abused her sister during their almost ten years of marriage. According to [People.com](#), in spite of the sister's eight years of estrangement, Brown took to Instagram to defend sister Mel B., writing to Belafonte, "you are a sorry excuse of a man" and telling the world that she hopes Belafonte and the [celebrity couple's](#) former nanny, whom Belafonte allegedly impregnated, would "go to jail and rot in hell!" She ended the post with a series of hashtags, calling Belafonte everything from a "wife beater" and a "psychopath" to an "animal killer" and a "devil man." Belafonte, meanwhile, remains adamant that no such abuse occurred, maintaining that the allegations

“shocked” him, despite Mel B.’s attempts to file a restraining order against him.

This celebrity divorce has drama written all over it. What are some ways to cope with negativity during your divorce proceedings?

Cupid’s Advice:

In this [celebrity break-up](#), things are heating up in a noticeably nasty way! While every divorce comes with its own set of problems to be resolved, some are far more complicated than others. If you’re experiencing a difficult divorce, never fear! Cupid is here with the top tips on how to cope with conflict during your divorce proceedings:

1. Rely on your close friends and family: Despite the fact that these celebrity siblings haven’t spoken in years, Danielle Brown is still clearly rooting for her sister. If you’re going through a difficult time with your divorce, reach out to friends and family that you trust and let them know how they can help you. Chances are they are dying to assist you in dealing with your drama in any way they can because they care so much about you!

Related Link: [Mel B. Speaks Out About Husband Stephen Belafonte’s Alleged Abuse](#)

2. Get some professional help: There’s no shame in visiting a therapist when you’re going through a tough emotional time, or even if you just need an unbiased listening ear to help you sort through your feelings. Whether you were in a [celebrity relationship](#) or not, a failed marriage can feel like earth-shattering headline news. Making sure you have someone to talk to can help you get perspective on this painful time in your

life.

Related Link: [Mel B. Walks Out on Husband Amid Domestic Abuse Rumors](#)

3. Spoil yourself a little: Are you feeling as though your world is crashing down around you in the midst of your divorce? Then don't delay, give yourself a reason to smile again by luxuriating in a little self-care. Visit a spa, plan a relaxing trip, splurge on an expensive item just for you or even just escape to a luxury hotel for a night. By treating yourself, you'll be reminded that in spite of your conflicted feelings, you are still worth being cared for and pampered.

[Celebrity exes](#) Mel B. and Stephen Belafonte are locked in a dramatic and emotionally devastating divorce battle. What are some ways you deal with emotionally difficult times in your life? Let us know in the comments!