

Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage



By Ryan Bonner

After 13 years of celebrity marriage, Hollywood couple Gwen Stefani and Gavin Rossdale are calling it quits. According to UsMagazine.com, the couple broke the news on August 3rd, citing irreconcilable differences and are seeking joint custody of their three kids. Stefanie is the one who filed for the [celebrity divorce](#).

This celebrity marriage will soon be no more. What are some ways to know your relationship is coming to an end?

Cupid's Advice:

Not all couples are meant to last forever. Sometimes people can be better off going in different directions if the relationship is not working. Cupid has relationship advice:

1. Excessive fighting: If you and your significant other can't seem to get along, the end might be near. Fighting will just cause stress and rift within the relationship. Certainly there's no relationship where fighting doesn't happen ever, but when you fight more than you get along, that's a red flag.

Related Link: [Gwen Stefani Is Pregnant with Third Child](#)

2. Lack of communication: Once you lose communication, your relationship will suffer. Communication is a key point in a relationship that cannot be lost. If you find yourself walking on eggshells around your partner and are unable to talk to him or her normally, it's time to re-evaluate.

Related Link: [Gwen Stefani Says Raising Kids with Gavin Rossdale Is the 'Ultimate Collaboration'](#)

3. You would rather do things alone: You should find doing things together enjoyable for the most part. If you would rather be alone instead of sharing things with your significant other, you may be losing interest in the relationship.

What are some other ways to know your relationship is coming to an end? Share your ideas below.

Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian



By Ryan Bonner

Rumors have been flying since the 10-year celebrity marriage of [Jennifer Garner](#) and [Ben Affleck](#) came to an end last month. [UsMagazine.com](#) recently reported that Affleck has been spotted with the 28-year-old nanny, Christine Ouzounian, and the celebrity gossip is that the two are dating. The California native nanny began caring their children this past spring, and word is that she was fired by Garner when she saw what was

going on between Ouzounian and Affleck.

This celebrity gossip is getting complicated. What are some ways to rise above gossip when it comes to relationships?

Cupid's Advice:

Post-split relationship gossip can spread very quickly, especially if you are in the spotlight like Ben and Jen. There are always different sides to stories and rumors about what is going on in the lives of the couple who called it quits. Below are some tips for rising above the gossip:

1. Do not be a part of the grapevine: Even if you hear or read gossip, don't continue to spread it. You could be spreading complete lies about the relationship and not even realize it. Try to be the person who puts a stop to the gossiping.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

2. Avoid becoming judgmental: You never know a situation until you are a part of it. If you hear something, don't be so quick to judge. Instead, rise above that and keep your opinions to yourself.

Related Link: [Ben Affleck and Jennifer Garner Are Getting Celebrity Divorce After 10 Years of Marriage](#)

3. Put yourself in their shoes: It's easy to be the gossiper, but it is hard to be on the other side of it. If you wouldn't want someone gossiping about you, try not to gossip about other people. Try to understand how it would make you feel before taking part in it.

How did you stay away from gossiping about others

relationships? Comment Below!

Source Says Miranda Lambert Is 'Sad and Trying to Process Everything' Post-Celebrity Divorce



By Meranda Yslas

It looks like this celebrity love story doesn't have a happy ending. Country singers Miranda Lambert and Blake Shelton are officially getting a [celebrity divorce](#) after being married

since 2011. According to People.com, the “House That Built Me” singer is coping with this break-up, and a source shares that “she’s doing the best that she can and taking it day by day.” Last Monday, the two released a statement following the news of their celebrity divorce, explaining, “This is not the future we envisioned and it’s with heavy hearts that we move forward separately.”

This celebrity divorce may be finalized, but emotions are still raw. What are some ways to process the reality of a serious break-up?

Cupid’s Advice:

After being in the same romantic relationship for a long time, a break-up is a big deal. Cupid has some relationship advice on how to deal with a split:

1. Take care of yourself: It’s natural to want to curl up in bed and not leave for a few days following a break-up, but it’s important to practice self-care. Make time to do things that make you happy such as going shopping or taking a bath.

Related Link: [Blake Shelton Opens Up About Marriage to Miranda Lambert](#)

2. Create new relationships: While jumping into a new romantic relationship may not be the best idea, it’s a good idea to broaden your social circle and not dwell on your ex. Make new friends that you can spend time with like a gym buddy or call up a old friend and grab coffee.

Related Link: [Miranda Lambert and Blake Shelton Go On Bass Fishing Honeymoon](#)

3. Ex out your ex: While the split is still fresh, your

emotions may be jumbled. Try limiting the contact you have with your new ex so you have time to sort yourself out. It also helps to get rid of or store the things that remind you of him, like any pictures you have together or clothing that may be left over.

How did you deal with a serious break-up? Share below.

Newly Single Celebrity Blake Shelton Posts Smiling Selfie with Pal



By [Courtney Omernick](#)

Four days after his [celebrity divorce](#) was finalized, the newly single celebrity, Blake Shelton took to social media to post his first selfie with his friend, according to [UsMagazine.com](#). Shelton and Miranda Lambert finalized their celebrity divorce on Monday, July 20.

This single celebrity is hitting the ground running! What are some ways to move on quickly after a divorce?

Cupid's Advice:

No one believed that celebrity couple Blake Shelton and Miranda Lambert would go through a celebrity divorce, but, these things happen. Even though their celebrity divorce went quickly, emotions can still linger. If you're going through a similar situation, below is some advice on how to move on quickly after a divorce:

1. Let yourself mourn: If you don't mourn, you may truly never get over what you've been through. Take some time to make room in your daily life for what you're feeling. Don't dwell over it, but don't ignore your pain.

Related Link: [Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?](#)

2. Rediscover who you used to be: You've probably forgotten what it's like to be alone. Take this time to rediscover old passions and other qualities of your "former" self.

Related Link: [Celebrity Couple Scandals That Caught Us Off Guard](#)

3. Discover a new side of yourself: You may be spending time discovering the old you and find some new things that you love to do. Embrace all of the new and exciting activities that you're experiencing. They could change your life for the better.

How have you moved on after a divorce? Comment below!

Insider Says Miranda Lambert Is 'Heartbroken' and 'Devastated' Over Celebrity Divorce





By [Rebecca White](#)

Country music fans are heartbroken, because the genre's most beloved couple, Blake Shelton and Miranda Lambert, have officially announced their [celebrity divorce](#). According to [UsMagazine.com](#), the latest celebrity news and gossip surrounding the break-up is that the duo is heartbroken and devastated that the relationship and love didn't work out. Sources revealed that the famous couple have had arguments over jealousy and when to start a family. Another challenge? The fact that the pair was rarely in the same state because of their busy schedules. Be prepared for a few tear-jerking songs from these two!

Celebrity divorce is not only personal, but it's also public. What are some ways to handle telling friends and family about

your divorce?

Cupid's Advice:

With the announcement of yet another celebrity divorce, we know how hard it is to finally call it quits when the marriage just isn't working out. Once you finally make that choice, here's some love advice for how to handle telling your friends and family about your divorce:

1. Be gentle: Your family and friends will have many reactions to the announcement of your ending marriage, so be gentle with them, but get to the point. Explain the situation as tactfully as possible and don't expect any particular response, because there's no guarantee how people will react.

Related Link: [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

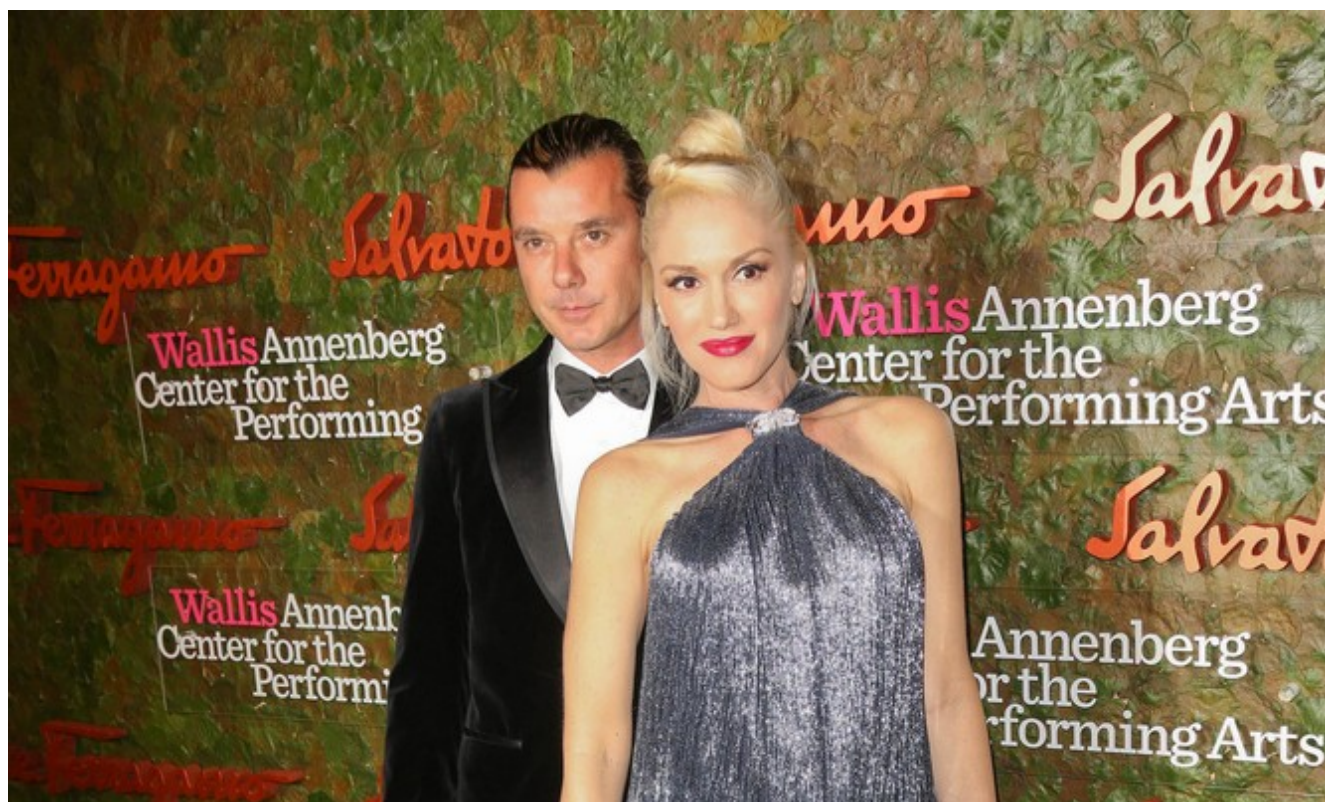
2. Be conscious of your family's history with your former flame: If your loved ones had a good friendship with your ex-spouse, they may be suffering the loss of the marriage as well. If they disliked your spouse, then they may react positively to the news.

Related Link: [What Now? Transitioning From Married to Single](#)

3. Tell them when you're ready: While you don't want to wait too long to share the news of your divorce, you have to be ready for the conversations and questions that will be asked. Take some time for yourself to mourn the loss of your marriage and prepare for the future.

How would you handle telling your friends and family about divorce? Comment below!

Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?



By Dr. Jane Greer

[Ben Affleck](#) and [Jennifer Garner](#)'s [celebrity divorce](#) announcement may have sounded amicable, but allegedly their celebrity marriage was shattered by Ben's partying and inappropriate behavior with other women. There were rumors of cheating, which may have caused Jennifer's trust in Ben to be forever damaged. Insiders close to the couple say there was suspicion throughout their marriage, adding that Jennifer

tried to leave him a few times, but Ben would always convince her to stay.

So what can a couple do if a cloud of suspicion is affecting their relationship and love life?

It can be incredibly difficult to forgive someone after a betrayal, and even more challenging to trust them again even after you've forgiven their infidelity. Sometimes, despite a couple's best efforts, it's difficult to get past it and stay together.

Explore rebuilding the relationship.

After finding out your spouse has been unfaithful, or exhibited other negative behaviors that defy the vows you said to each other at your wedding, the knee-jerk reaction is often to get angry and get out. But a lot of times there is so much at stake – family life, financial situations, the fear of starting over – as well as so many attachments and good memories, that the one who was betrayed is willing to try to stick it out. Even in the face of hurtful behavior it is hard to balance that against what came before. Those who are able to deal with the anger and disappointment are even able to rebuild the relationship into a healthier and stronger connection than it was before. Maybe that's what Jennifer was hoping for, and why she stuck around so long.

Remember when Ben accepted the Oscar for best picture in 2012 and he thanked Jennifer, saying that marriage is hard work, but it is the best kind of work? He took a lot of heat for saying that, but in truth it is a lot of work, especially when it is peppered with things that lead to mistrust and betrayal. He was probably referring to all the effort it took to preserve the celebrity love they shared and their family life

in the face of the things he had allegedly done.

Determine what needs to change and follow through.

It can take a long time before someone is ready to say it's over. The beginning of the healing process is the same for those who do get through a betrayal, as well as for those who try to but ultimately don't. That first step is determining what needs to change – whether it is keeping secrets, seeing other women, gambling, or some other addiction or behavior that might make it difficult for the other person to live with them. The most important step is the follow through. The person with the negative behavior has to demonstrate that he or she has stopped doing whatever it was that has brought them to this point. If that doesn't happen, then there are no grounds to keep the relationship going.

End the relationship if nothing changes and disappointment persists.

Ben might have promised he would change over and over again, and Jennifer most likely wanted to believe him. Maybe she gave him numerous chances to show he meant it. But in the end, evidently he did not do what he said he would. When you are left swimming in a pool of broken promises, disappointment and betrayal, it is inevitable that the time will finally come that you can no longer give the other person the benefit of the doubt and allow them to continue to try to earn back your trust. No matter how much you love them, you reach a point when you no longer believe your partner can really change. This is when the relationship comes to an end.

That might explain Ben's speech at the Academy Awards, as well as why they persevered for as long as they did. Unfortunately, though, the damage was too great and perhaps the promises of change were too empty to keep them together in the end.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First

and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy.

Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years





By Katelyn Di Salvo

According to [People.com](https://www.people.com), after several speculations, it is confirmed that famous celebrity couple Blake Shelton and Miranda Lambert are calling it quits after four years of celebrity marriage! Once the [celebrity break-up](#) was announced, the two released a joint statement to the Associated Press that read, "This is not the future we envisioned, and it is with heavy hearts that we move forward separately. We are real people, with real lives, with real families, friends, and colleagues. Therefore, we kindly ask for privacy and compassion concerning this very personal matter." The country singers tied the knot in Texas in 2011, after dating for six years. Their very long celebrity relationship has been the target of several tabloids for years, and now all those tabloid rumors are coming true.

We're really sad to see this famous couple call it quits. How do you

know when it's time to end your long-term relationship?

Cupid's Advice:

It can be tough to know when it's the right time to call a long-term relationship quits. Cupid has some tips:

1. Changes in communication: This is probably the first thing that happens when a couple loses its spark. You used to look forward to the calls, texts, and emails, but now neither one of you seems interested in holding a conversation for longer than you have to. If this is happening in your relationship, it may be time to throw in the towel.

Related Link: [Miranda Lambert & Blake Shelton Are Engaged](#)

2. Constant fighting: Another sign that a break-up is looming is if the two of you are constantly fighting about the silliest and smallest of things. When you no longer want to be with someone, anything they do will bother you. Couples who are looking to get out of the relationship will fight whenever the opportunity presents itself.

Related Link: [Miranda Lambert & Blake Shelton to Compete at CMAs](#)

3. No more emotion or affection: A happy couple will constantly show affection to one another. A sign that things are coming to an end is when neither of you show any affection towards each other. Hugs, kisses, and hand-holding are not a part of your every day routine.

What are some more signs that a breakup is upon the horizon? Share below!

Celebrity Couple Scandals That Caught Us Off Guard



By [Courtney Omernick](#)

Relationships and love can be complicated, and so can the break ups. With easier access to news nowadays, we can hear the latest about a celebrity relationship or a celebrity breakup in an instant.

Below are a few celebrity couple

scandals that caught everyone off guard.

1. Tiger Woods and Elin Nordegren: *The National Enquirer* claimed in 2009 that Woods was having an affair with hostess Rachel Uchitel. Reports of a total of 19 mistresses during his five year marriage to Nordegren surfaced and led to their celebrity divorce in 2010.

Related Link: [Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News](#)

2. Maria Shriver and Arnold Schwarzenegger: In 2011, the celebrity couple announced that their celebrity relationship was coming to an end after 25 years of marriage. Eight days later, Schwarzenegger admitted that he fathered the child of the family's long-time cleaning lady.

Related Link: [Scott Disick Invites Fans to 'Come Party' in Vegas Post-Split from Celebrity Ex Kourtney Kardashian](#)

3. Ashton Kutcher and Demi Moore: Following reports that Kutcher had an affair with 22-year-old Sara Leal, Moore released a statement in 2011 revealing that she was going to file for divorce after six years of marriage to Kutcher.

4. Kristen Stewart and Robert Pattinson: Pictures were published online of Stewart and the 41-year-old director of *Snow White and the Huntsman*, Rupert Sanders, embracing, and that ended up putting the knife into the celebrity relationship between Stewart and Pattinson.

5. Sienna Miller and Jude Law: Miller and Law were engaged in 2004, but the union was short lived. Seven months after Law proposed, he admitted to having an affair with the nanny of his children with ex-wife, Sadie Frost.

What are some other celebrity couple scandals that caught you

off guard? Share in the comments section below!

Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance



By Katelyn Di Salvo

Things just got real for [Ben Affleck](#)! According to [UsMagazine.com](#), The actor was seen on July 13th in Santa Monica, California, ringless, this coming not too long after his [celebrity divorce](#) announcement with celebrity ex [Jennifer](#)

[Garner](#). The two recently released a statement that confirmed all of our suspicions that the celebrity couple was heading to splitsville. The star, however, did have his ring on during his first post celebrity break-up appearance at Comic-Con in San Diego on Saturday July 11th. During the panel, Affleck kept it professional and discussed only taking on the legendary role of *Batman*. He must have had a change of heart since then because now the star is walking around with a bare ring finger!

The celebrity wedding rings are coming off! How do you know when it's time to remove your ring in the midst of divorce?

Cupid's Advice:

Removing your ring in the midst of divorce can be a sensitive thing, especially if you have kids. Cupid has some advice:

1. No emotional attachment: When you look down at your wedding ring and it's nothing more to you than jewelry, its time to take it off. A wedding ring is a symbol of love and loyalty and if you no longer feel that with it on, then why have it on at all?

Related Link: [Ben Affleck Is Spotted Wearing Wedding Ring Post Celebrity Divorce Announcement](#)

2. Acceptance: Accepting your divorce can be the hardest part of the whole process, because it may feel like you are accepting a failure. But there comes a time when you feel ok about your divorce...when you feel like you've learned from it. When you can accept your divorce you can accept that its time to take off the ring.

Related Link: [Amid Celebrity Divorce, Ben Affleck Admits "Daredevil" With Jennifer Garner 'Didn't Work At All'](#)

3. Ready to date: The moment you feel you're ready to get back out there and start dating, is the moment you should take off your ring. Keeping it on will only be a turn off to other men, and will appear as if you are still holding on to your past.

What are your opinions on when to remove a ring in the midst of divorce? Share your thoughts below.

Ben Affleck Is Spotted Wearing Wedding Ring Post Celebrity Divorce Announcement





By [Katie Gray](#)

[Ben Affleck](#) was spotted wearing his celebrity wedding band again! Ben Affleck and [Jennifer Garner](#) are in the midst of a [celebrity divorce](#) and America is devastated, as they are a celebrity couple favorite. The actor took his daughter on her school field trip, while wearing his wedding ring. After the pair's split announcement on June 30th, he was seen at Starbucks without it. Maybe there is still hope and things are being worked out between the lovely couple, or maybe it's for the children. According to [UsMagazine.com](#), a source said, "They are going to try and model their divorce like Gwyneth and Chris. They feel like they have to be mature adults for their children's sake and that they will figure out the healthiest way to co-parent. They want the kids lives to stay the same and to not have to change just because they aren't going to be married anymore."

Celebrity divorces are nothing to

laugh about, and they're complicated. What are some ways to streamline the break-up process?

Cupid's Advice:

Divorces, separations and break-ups are never any fun. It's a tough time, and they are sensitive situations. To make the process smoother, it's good to take the respectful route, like Ben Affleck and Jennifer Garner. Cupid has some tips:

1. Maturity: Act your age, not your shoe size. A sure way to make the break-up process smooth, is to always remain mature and take the high road. Continue to be polite and respectful. Although you are hurting, you are better than stooping to a level of being immature.

Related Link: [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

2. Calm, cool, collected: The best way to make the break-up process smooth is to stay calm, cool and collected. Don't let your ex-partner see you upset. They may want you to be devastated, but don't let them see that you are hurt. Your life will go on without them, because you are independent and don't need a partner to survive. They will be envious of how you're holding yourself together. But remember, your life goes on because you are amazing!

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

3. Open communication: You may want to ignore your ex, but whether you like it or not, there will need to be some communication. If you both have open communication, it will make the process smooth. When you are speaking, try not to get a temper or lash out. Just stick to the basics of what you need to say. Be straight to the point! It will make it over

quicker as well.

What are some ways you have smoothed your break-up process?
Share your stories with us below.

Amid Celebrity Divorce, Ben Affleck Admits “Daredevil” With Jennifer Garner ‘Didn’t Work At All’



By [Katie Grey](#)

Sadly, [Ben Affleck](#) and [Jennifer Garner](#) have announced their [celebrity divorce](#). In 2003, the famous couple co-starred in the movie *Daredevil*. Affleck recently told *Entertainment Weekly*, “Daredevil didn’t work at all.” He added, “If I wanted to go viral, I would be less polite.” According to [UsMagazine.com](#), “He hopes his newest endeavor – the much-hyped *Batman v. Superman: Dawn of Justice* will continue tradition of quality superhero movies and honor the long history of Batmans before him.”

Prior to their celebrity divorce, this celebrity couple’s movie together flopped. What are some ways to make working together successful?

Cupid’s Advice:

Working with your significant other isn’t always easy. Cupid has some relationship advice:

1. Professionalism: Treat people how you want to be treated! Whether you’re working with someone you’re in a relationship with or people who you don’t know, always be professional. This is a good reflection of you as a person and will help you further your career. Even if you’re in a fight with your significant other at home, put it aside in the workplace and keep your professionalism in place.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

2. Organization: Organization is always key! When you want to work with someone successfully, especially your significant other, be sure to keep your professional life as organized as possible. Your “at-home” life may not be fully organized, but

your “at-work” life can be.

Related Link: [Jennifer Garner Says She ‘Would Do Anything’ for Ben Affleck](#)

3. Manners: What really matters is having manners! Always be respectful when you are at the workplace, particularly with your partner. Maybe he/she forgot to bring the trash out at home this morning, but you can respect your partner’s professional side in a separate way than you respect their personal side.

What are some other important things to consider when working with your partner? Share your ideas below.

Ben Affleck and Jennifer Garner Are Getting Celebrity Divorce After 10 Years of Marriage





By Maria N. Capalbo

According to People.com, famous couple Ben Affleck and Jennifer Garner are finally calling it quits. Their celebrity divorce is now taking place after the hard work they put in trying to keep their celebrity marriage afloat for 10 years! The couple released a statement, saying, "After much thought and careful consideration, we have made the difficult decision to divorce." A source said that the couple may be seeking mediation to deal with this difficult time.

We did not see this celebrity divorce coming. How do you know when you've tried hard enough to make your marriage work?

Cupid's Advice:

Keeping a marriage alive is sometimes very difficult. Unfortunately, there are times when we exhaust all options and

start heading down the dreary road of divorce. Cupid has some ways to tell if you've tried hard enough to make your marriage work:

1. No regrets: You can look back on this matter, and have no regrets when you think about how you tried to keep things from falling apart. You feel no weight on your shoulders for going through with this, and you are ready to move forward with your life.

Related Link: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

2. Conscious forgiveness: You and your partner can consciously forgive each other for everything that you have been through and agree to move forward in separation amicably. After all is said and done, forgiveness is extremely important, and arguably the final step of an emotional separation.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

3. Partner agreement: You and your partner can equally agree that things are heading down the wrong road, and you have both tried your best to keep things alive. Once you both agree that you should take separate paths, you know you have tried everything in your power, and now it is time to let go.

What are some ways you knew you tried your hardest to make your marriage work? Share below!

From “I Do” to Divorce:

Shortest Celebrity Marriages





Kim Kardashian and Kris Humphries

This celebrity marriage only lasted 72 days before the famous couple announced their split. Photo: Fame Pictures

Relationship Expert Talks About Helping Kids Through Divorce





By Debbie Bartashius-Ceresa

Whose divorce is it? Perhaps this sounds like a strange question when talking about the Hilary Duff and Mike Comrie custody dispute or the battle of where Jodie Sweetin and Morty Coyle's little Beatrix will attend pre-school. But as a [relationship expert](#), I know that a divorce can cause many losses, especially for the children.

Relationship Expert on Losses of Divorce

There is truth that divorce is a family matter, but in the end, it's the couple who is ending their relationship and love together. The kids are merely in the midst of a war zone, and the damage to them can be immense. Divorce, like death, creates losses for everyone involved. Children can experience any or all of the following:

Related Link: [Expert Dating Advice: Should You Give Your Ex a Second Chance?](#)

1. Loss of expectations: We teach our children to love, trust, and be loyal to us. Children think that their family will always be together. Think about the many stories you've read to your kids; most of them have a family that stays together. Children are also exposed to the vows and commitments parents make to each other through movies and religion. Try to imagine how confused a child feels when they're told that their parents can no longer keep this pledge.

2. Loss of trust: Children have a difficult time dealing with the conflicting feelings of love and divorce. These emotions tend to cause the child to believe that their parents are distrustful.

3. Loss of familiarity and routines: A divorce sometimes causes a move from one home to another or a change of schools. Everything that was familiar and routine in the child's life is disrupted.

4. Loss of safety: What makes you feel safe? Most of us feel stable when we are in our day-to-day routine and our comfort zone. Oftentimes, children caught in the battle lose their sense of safety.

Expert Love Advice For How To Help Your Child Through Your Divorce

As a relationship expert, I look at celebrity divorces, such as the Duff-Comrie and Sweetin-Coyle cases, and see that they create an awareness of how to understand the effect of break-ups on our children. My expert love advice, whether you're dealing with a divorce of your own or someone close to you, is to focus on the kids. The following can help your child:

Related Link: [Romantic Relationship Advice: From Roadkill to Recommitment](#)

1. Don't "fix" feelings: Be there to listen to your child without trying to tell them how to feel. Every child is different and reacts to a divorce uniquely. The problem with emotions that are sad, negative, or painful is that we try to fix them. We don't try to change or fix good feelings. Remember that feelings are feelings.

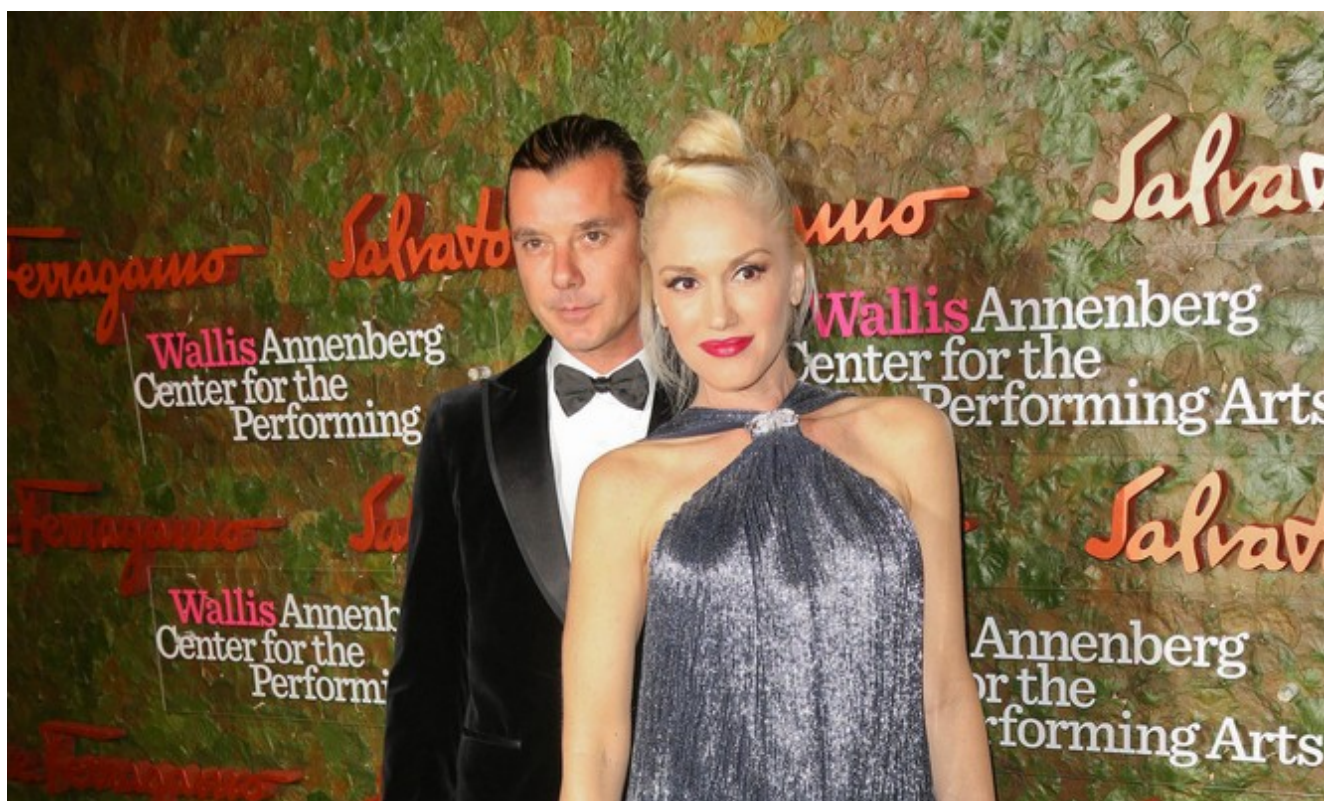
2. Find a safe zone: Give your child a place to express any happy, sad, or painful emotions. You need to be able to listen, hear, and acknowledge their feelings. This safe zone also means not taking sides with the other parent.

3. Complete your own emotions: The world isn't perfect. Divorce happens. Every divorce is unique; your feelings are unique. Taking actions to complete your own emotions with your divorce will give you the ability to hear and listen to your children.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on Amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

'Teen Mom 2' Star Leah Messer Finalizes Celebrity Divorce No. 2



By Jenna Bagcal

According to celebrity news from UsMagazine.com, *Teen Mom 2* star Leah Messer has finalized her second celebrity divorce from Jeremy Calvert. The [reality TV](#) couple have had a tumultuous relationship for the three years they were married. There were multiple rumors surrounding this young couple including Messer's alleged drug use and infidelity on both sides of the relationship.

Celebrity divorce is nothing new for Leah Messer. What are some ways to know you're ready to move on after a divorce?

Cupid's Advice:

Divorces happen in many relationships whether you're a reality TV star or an everyday person. Regardless of the divorce being messy or amicable, there is a time following your split when you're ready to move on from your ex-husband or wife. Here are some of Cupid's tips for how to know when you're ready to move on:

1. You feel happy: Divorces can be devastating for everyone involved. You may find that you're depressed for months following your divorce, but that feeling won't last forever. If you find that your mood has shifted 180 degrees from sad to happy, you may be ready to move on from your ex. Don't rush the process, let the happiness come organically.

Related Link: ['Teen Mom 2' Star Leah Messer Files for Divorce After 6 Months](#)

2. You're interested in dating: One of the hallmarks of knowing that you're ready to move on post divorce is that you're interested in dating other people. Each person is different – some people are ready to date immediately, while for others it may take months or even years. When you're ready to date, you'll know. Do what you feel is right for you in terms of dating.

Related Link: ['Teen Mom' Leah Simms Was Overwhelmed with Wedding Plans](#)

3. You have little or no emotional attachment toward your

ex: Feelings toward an ex-spouse can make your new relationships complicated. A sure sign that you're ready to move on to other healthy relationships is that you don't harbor any old emotional attachments concerning your ex. Make sure that you're completely over your ex-wife or husband before you commit to someone else.

What are some signs to look for when you're ready to move on after a divorce? Share your thoughts in the comments below.

Expert Dating Advice: Should You Give Your Ex a Second Chance?





By Amy Osmond Cook for [Divorce Support Center](#)

In the latest celebrity news, actress Pamela Anderson recently announced that her celebrity divorce to two-time husband, Rick Salomon, was final. In retrospect, she realized she never should have traveled down that path a second time. In contrast, my aunt Marie Osmond reunited with and remarried her first husband, Stephen Craig, 26 years after they divorced. This [celebrity couple](#) is fantastic together, and I'm thrilled to see them back together. As Uncle Donny stated in *People.com*, "These two people are right for each other."

Deciding whether or not your ex is the ultimate soul mate for you can be a complicated decision, and it's one that requires some soul-searching. Six percent of people remarry their former spouse, and sometimes, it results in happiness, while other times, the old problems flare up again. As a relationship expert, I think the wisdom behind that decision largely depends on what caused the marriage to break up in the first place and what changes are happening now. My expert dating advice would be to consider these three reasons

for remarrying your spouse and these three reasons to move on:

Expert Dating Advice For Giving Your Ex a Second Chance

1. You're able to forgive each other: What was once considered a deal breaker to your marriage may take on a different look as time passes. In her *Huffington Post* article, "Remarrying Your Ex-Spouse," author Lois Tarter believes the ability to forgive comes with time, stating, "If the two ex-spouses worked on themselves while apart and they are in a better place, they may be able to forgive their spouse for all that went wrong."

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2. Bad timing caused the break-up: Could it be the right guy came along at the wrong moment? If so, follow my expert dating advice and look at the personal growth of both of you during the time apart. "Sometimes, two people feel that they need to grow a bit on their own in order to be fully committed to a marriage," wrote Tarter.

3. The problem wasn't the marriage: In some cases, it was the baggage that was brought into a marriage that cast a destructive shade on the relationship and love. Rachel Clark, who blogs for Psychology.com as "Marry, Divorce, Reconcile," refers to her own experience when she writes, "It was never the marriage. It was a habit of thinking that questioned and doubted, that spawned negativity instead of positivity. And I can say that came from my childhood because my own parents had divorced."

Relationship Expert Gives Reasons to Move On

1. Toxic behavior is ruining the relationship: As we witnessed with Anderson, a failure to acknowledge the effects of unhealthy behaviors can doom a relationship and love. It's like opening the refrigerator door, hoping to find something to eat, not finding anything, and closing the door, only to open it again a few seconds later in the hopes that something new appeared. That type of thinking is irrational, and so is thinking the same negative behavior patterns will not have an adverse effect on you as they once did.

Related Link: [Romantic Relationship Advice: From Roadkill to Recommitment](#)

2. You are remarrying for the wrong reasons: Contrary to most Disney movies, remarrying your ex-spouse for the sake of the children, the grandparents, to save the family farm, or any reason that lies outside of genuine love for this person is sure to end in disaster for the second time.

3. Your ex-spouse has moved on: If your former spouse has invested his time and affections into another, your time speculating what could have been is over. "Life would be so much easier for everyone involved if our feelings of desire, love, and attachment were reciprocated," was an opinion shared on truthaboutdeception.com. "But more often than not, these basic emotions do not align themselves that way."

By taking an honest look at the reasons behind your split, you may be facing an opportunity to make right what went wrong long ago. Or you may be proud of your ability to escape a destructive relationship that left your heart as empty as your checking account. Either way, toying with the prospect enables you to confirm your choices and feel good about what is to come.

For more information about and articles by our Hope After Divorce relationship experts, click [here](#).

Katharine McPhee's Celebrity Divorce: Can You Stay Friends With an Ex?



By [Dr. Jane Greer](#)

Katharine McPhee's celebrity divorce from ex-husband Nick Cokas may have been messy, but the two seem friendlier than ever. They were spotted getting breakfast together last week,

and Nick even caressed her face during the meal.

This celebrity couple has remained amicable since the split, which raises the question: is it possible to continue to be friends with an ex?

Are there any lingering issues?

There are several things to consider when trying to decide if it is a good idea to be your former partner's pal. The first is to think about how your relationship ended and if there are any lingering issues. If there is still a lot of anger and resentment between you, and you continue to be at odds sorting out the logistics of your new lives and what that means, then you might not be ready to be friends yet. In other words, if you are still trying to iron out the difficult details of dealing with kids, sorting through your things, sharing friends, and deciding how to deal with family events, the likelihood that these complications will raise your already brewing frustration level is pretty high. If the "we" world that was dismantled is still requiring a lot of directions and maps to navigate through, and the journey hasn't been smooth or easy, it is probably too soon. With that in mind, trying to stay close at this time might only serve to fuel the negative energy and keep the anger going.

Are you still upset?

Along the same lines, if you are still feeling upset, bitter, and blame your ex for what has happened between you, then you will probably need time to heal and deal with those feelings before embarking on a new phase of your relationship and love life. If this is the case, don't pressure yourself. Give

yourself the time and space you need to process these emotions, so that there is the chance that you can get to a more peaceful point in the future and you will be able to be sociable with each other.

Are you considering the feelings of a new partner?

Finally, if you or your ex is now involved with a new person, that person's feeling should also be taken into consideration. If it makes them uncomfortable, or they would rather you didn't maintain a connection with your former spouse, that will probably have an effect on your decision to try to remain friends and to what extent.

Sometimes the viability of maintaining a friendship goes back to how your relationship began. If you were friends before you were romantic with each other, it might feel natural to fall back into that pattern. The bottom line is that being friends with an ex works for some people and not for others. At the very least though, once things settle down, the goal of being friendly is a good one so that you can work together and not have to divide cleanly into separate camps.

Hopefully Katharine and Nick can continue to stay on good terms with each other while still experiencing new happenings and new loves in each of their lives.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to [Dr. Greer](mailto:askdrjane@drjanegreer.com) at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on www.facebook.com/DrJaneGreer, and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.

Hilary Duff's Celebrity Ex Mike Comrie Fights for Joint Custody of Son Luca



By Maggie Manfredi

Another Hollywood custody battle? According to [E! News](#), Mike Comrie is going for joint custody of son Luca, though Hilary Duff's initial file was for primary custody. Comrie was originally set to have visitation rights. The singer filed for her celebrity divorce from the retired hockey player in February, but the [celebrity exes](#) had been separated for almost a year prior. This news comes as a surprise because these

celebrity exes have been the epitome of co-parenting, even attending events together and having public lunches.

Things aren't looking good for this celebrity ex couple! What are some ways to compromise mid-break-up when it comes to your kids?

Cupid's Advice:

When you have a child with someone, you are bonded for life, for better or for worse. So if the relationship and love doesn't work out you still have to be a team for the sake of the kid. Here are some ways to compromise with your ex:

1. Third party help: If you are arguing or having trouble seeing eye to eye don't be afraid to reach out for assistance. Whether it be a counselor or a third party with no personal interest in the matter, you will want someone unbiased and knowledgeable to make this time easier for everyone.

Related Link: [Hilary Duff's "Imminent" Wedding](#)

2. Remind each other: Continue to remind yourself and your ex that your child comes first in everything. No matter what issues you had in your relationship, they can be put aside to do what's best for your son or daughter.

Related Link: [Hilary Duff & Mike Comrie Signed a Prenup](#)

3. Pick your battles: Issues such as custody and visitation rights, definitely worth the fight; but not every little issue is worth making it into a world war. It can be hard not to get into it on little things, especially if things in the relationship ended poorly. Do your best to have a clear head and an open heart.

Do you think these celebrity exes will battle it out or resolve things amicably? Share your predictions below!

Jennie Garth: Can You “Win” the Celebrity Exes Challenge?



By [Dr. Jane Greer](#)

It's been less than two years since actors Jennie Garth and Peter Facinelli finalized their [celebrity divorce](#), but already both are engaged to new partners. After Peter announced his [celebrity engagement](#) on March 16, Jennie's engagement to her new boyfriend of only a few months was confirmed last week.

The question is: Is this a coincidence, or a “battle of the celebrity exes”?

Sometimes one person will try to “win” their breakup by not being the one left alone while their ex has found new love. Even though you may be relieved that your relationship and love has ended, seeing your ex get into a new relationship or get engaged to someone else can potentially drive you to get involved quickly with someone you might otherwise not be so interested in. Additionally, it can also trigger you to take the next step with your own new partner so you don’t feel your ex is getting on with their life and you’re the one being left behind.

The Many Facets of Divorce

There are many facets of divorce that people have to go through, and there is no question that one of the most difficult is dealing with your ex when they move on and become involved with someone else. Whether he or she is starting a new relationship or is making the ultimate commitment by getting engaged or married, it can reverberate through you and oftentimes makes you feel like you are experiencing an ending all over again. This can be true whether you are in a new relationship or not. Inevitably you feel a loss knowing someone has taken your place. Regardless of whether the relationship ended at your former partner’s hand or your own, it is hard not to look back at what was good when you were together, and feel bad that it didn’t work out. That can be the case even if you are in a new, healthy relationship.

How to Stop Looking Backward and Start Looking Forward

First, know that feeling envy, sadness, and regret is natural and understandable. The trick is learning how to deal with it

so those feelings don't consume you. The most important thing is to keep in mind that what you shared with your ex was once special and helped form you into the person you are today. You stayed together for as long as you could, while it worked for both of you, but it ended because it was no longer generating the happiness the two of you signed on for. If your ex is now happy and has moved on, that can be a signal for you to be doing the same thing by either looking for the relationship you always wanted but weren't able to have with your ex, or by shaping the new relationship you're in to make sure it is fulfilling and gratifying in a way your old one wasn't. Instead of living in the past, look to the future so you can stop feeling unhappy and empty about what you missed out on, and finally secure what you wanted all along. In other words, stay focused on yourself so you can build your own happily ever after.

As far as celebrity exes Peter and Jennie are concerned, at least they have each moved on with their new lives respectively and, in doing so, they appear to be in sync once again.

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Mariah Carey Reunites with Celebrity Ex-Husband Nick Cannon for Easter with Twins



By [Rebecca White](#)

The holidays are a time when people are brought back together and put aside their differences. According to [UsMagazine.com](#), that is exactly what celebrity exes Mariah Carey and Nick Cannon did this Easter. The pair officially filed for a celebrity divorce this January, after having been separated for seven months. Although their relationship and love is coming to an end, they didn't let that get in the way of their kids' holiday and spent Easter Sunday as family in the New York Bronx Zoo.

These celebrity exes are playing nice! What are some reasons to remain civil after a tough break-up?

Cupid's Advice:

Even though break-ups are hard, it's important to remain civil with your ex because there is no point in being bitter that things didn't work out. If this famous couple can do it, so can we!

1. After time has passed, you can be friends: Just because your relationship didn't work out, doesn't mean that you can't be friends once both of you have moved on. Behind every solid couple is a solid friendship, so don't burn any bridges just yet. Maybe you two can be friends one day.

Related Link: [Cannon-Carey Baby Buzz](#)

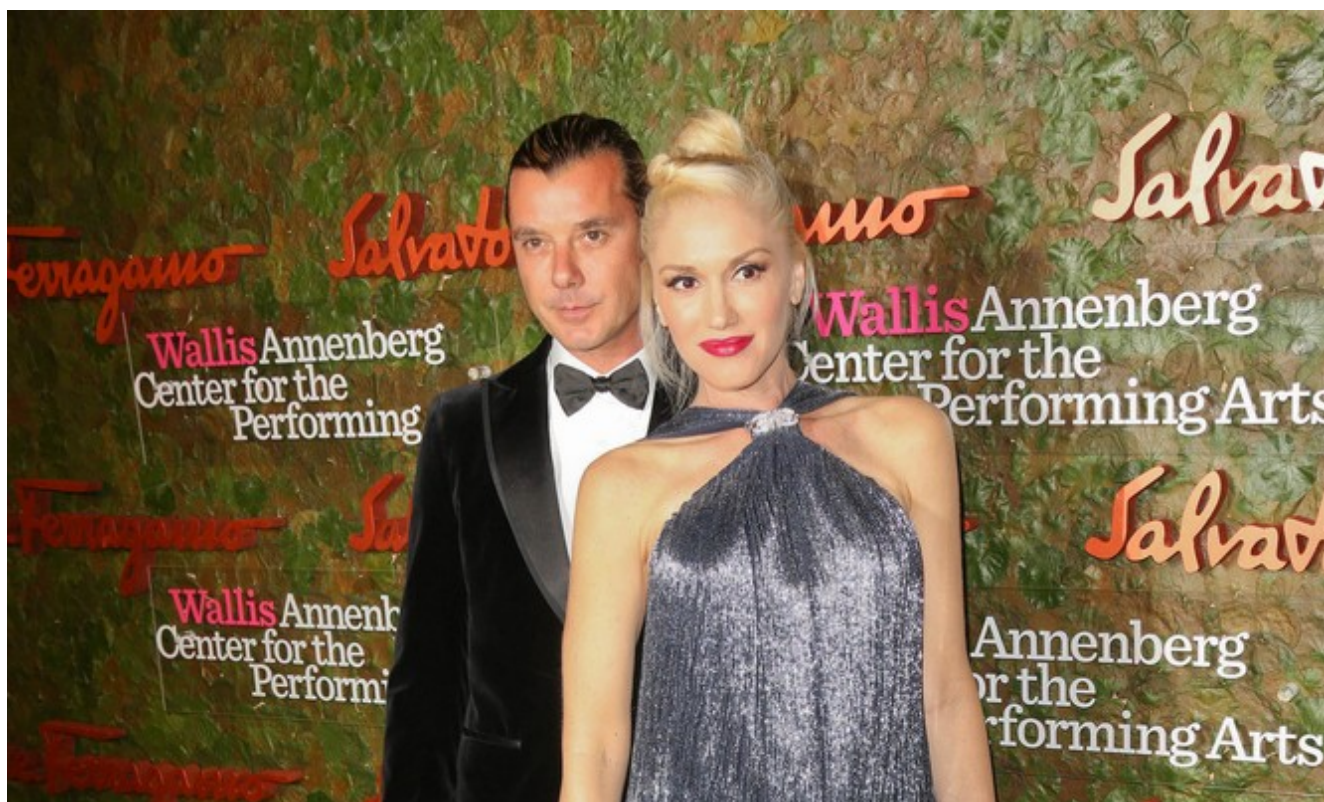
2. Kids: If there are kids involved like these celebrity exes, it's important to remain civil so the two of you can co-parent together. The kids need their parents, so don't put them in the middle and hold any grudges.

Related Link: [Rumors Confirmed: Mariah Carey is Pregnant!](#)

3. It will let you move on: You can't truly move on in your life if you're held up in the past. Let the past live in the past and move forward instead of looking back. Being bitter will only affect your life. Your ex doesn't care if you're mad at them, so let go of the animosity.

**What do you think are some reasons to remain civil with an ex?
Comment below!**

Kaley Cuoco Slams Ryan Sweeting Celebrity Divorce Rumors



By [Rebecca White](#)

As Taylor Swift says: “Haters gonna hate, hate, hate, hate, hate.” According to [UsMagazine.com](#), the latest celebrity news and gossip has to do with *The Big Bang Theory* star Kaley Cuoco’s relationship and love life. Cuoco has faced constant rumors about her marriage to athlete Ryan Sweeting after their whirlwind romance. The famous couple tied the knot after dating for only three months and have been married for over a

year, despite the celebrity divorce rumors. The actress took to social media this weekend to address the gossip, captioning an Instagram photo with this: “So all of you who take it upon yourselves to trash our marriage, daily workings of our relationship and everything in between, go ahead and keep doing it, cause it only makes us stronger – if you were smart, you would take a look at your own marriage, relationship, job etc., instead of focusing on someone else’s. You might be surprised at what you find. ‘You know my name, not my story.’”

How can gossip like Kaley Cuoco’s celebrity divorce rumors help to strengthen your relationship?

Cupid’s Advice:

Do you get worried when you hear that your favorite actress or actor is facing celebrity divorce rumors? If you do, don’t worry, because if their love is true then it will only bring them closer together, like Cuoco and Sweeting. Here’s how rumors can actually strengthen your relationship and love life:

1. You’ll lean on each other for support: When your relationship is being attacked via rumors and gossip and you both know that they are untrue, it will make you lean on your significant other in ways you never have before. You’ll learn to support each other in different ways which will bring you closer together.

Related Link: [‘Big Bang Theory’ Co-Stars Kaley Cuoco & Johnny Galecki Secretly Dated](#)

2. It will make you communicate: People like to give their two cents about everything and when they do, it will make you communicate with your partner regularly so that you are never

caught off guard with gossip.

Related Link: [Kaley Cuoco Is Engaged to Josh Resnik](#)

3. It's your little secret: The only two people in the world who understand what is going on in your love life are you and your partner. You may just end up bonding amid false accusations because in the end you can just laugh at the gossip that you know is untrue. Take comfort in the fact that no one really knows what's going on and that's why the rumors exist in the first place.

What are some other ways rumors can strengthen your relationship? Comment below.

Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke





By Maggie Manfredi

There are no “blurred lines” here! Paula is very happy as a single celebrity woman. According to UsMagazine.com, former celebrity couple Robin Thicke and Paula Patton are continuing onward after their rocky celebrity divorce. Thicke’s celebrity ex said, “I’ve grown a lot. It’s been a long year and a lot of challenges, I live in a place of gratitude [and am] thankful for everything I have.” The ex celebrity couple have to continue to coexist as co-parents to their son Julian. Patton continues to work as an actress and mom and believes she is finally a “real woman” because of her journey.

Paula Patton is no longer plagued by a negative relationship and love life with celebrity ex Robin Thicke. What are some benefits of

moving on from a confining relationship?

Cupid's Advice:

Robin Thicke's celebrity ex Paula Patton has seen some serious benefits post break-up! Here are some you can look forward to if your relationship is deteriorating:

1. Learn about yourself: With failure comes lessons to be learned. As you go through a break-up, you will gain knowledge about who you are and how you handle adversity. Be aware of your actions and don't be afraid of change.

Related Link: [Paula Patton Says "Passion" Is The Key To A Successful Relationship](#)

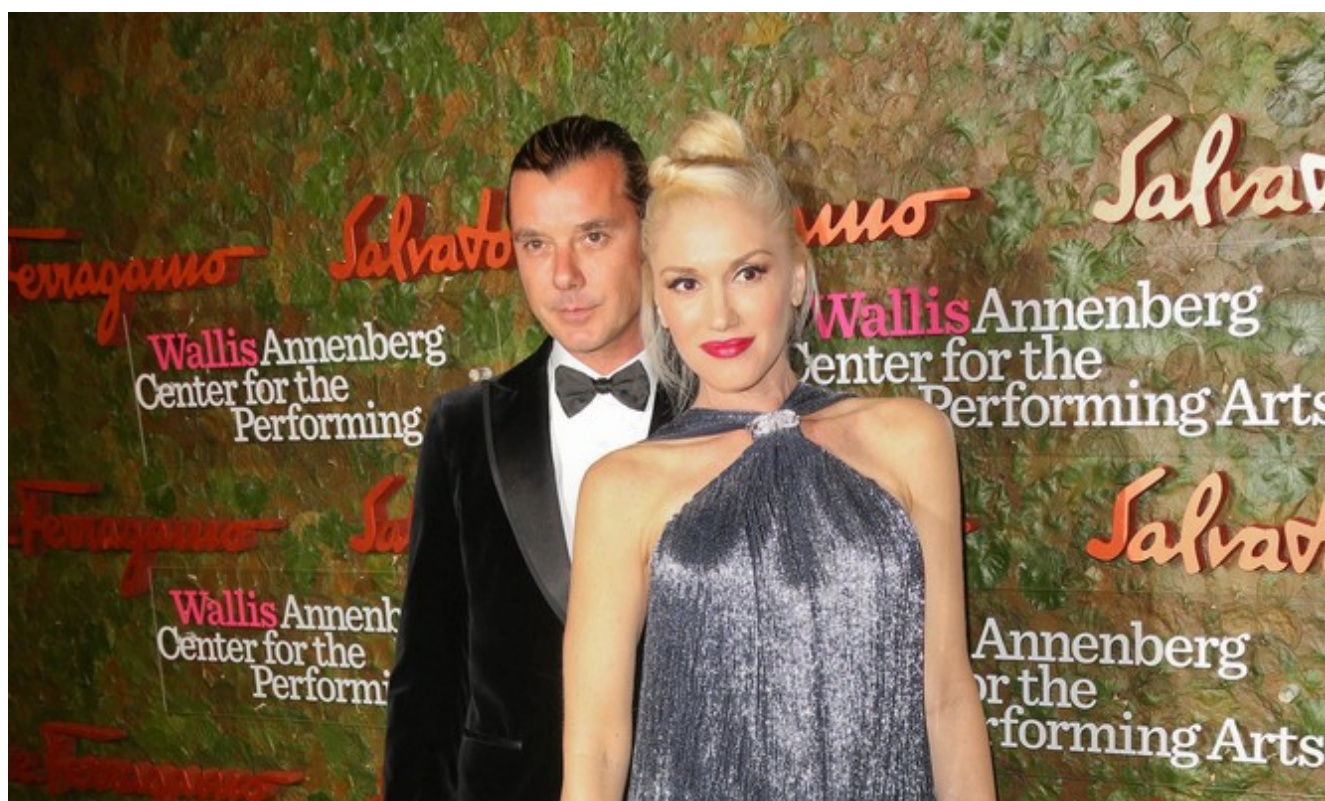
2. Become more independent: Paula Patton found strength in being alone. She is a fiercer woman and a stronger mother... and you can be, too. Don't be ashamed of your past codependency, but don't let it hold you back. Work through your new found independence and embrace it.

Related Link: [Robin Thicke Takes Son To Disneyland Before Split with Wife](#)

3. Start of something new: Look forward to what is to come. There are prospective partners, forks in your road to chose from and adventures to be had. The only way to move forward is to resist stagnancy. Keep moving and good things will come your way.

What lessons have you learned from the end of a relationship? Share your experiences with us below!

Bethenny Frankel Calls Money 'the Root of All Evil' in Split with Celebrity Ex Jason Hoppy



By Jenna Bagcal

There are many factors in relationships that can cause a break-up or divorce, including infidelity, lack of attention to your partner, and money. The latter reason is what reality TV star Bethenny Frankel cited as “the root of all evil,” according to UsMagazine.com. The star of *The Real Housewives*

of New York City appeared on *Watch What Happens Next* in a half-hour special with Andy Cohen. Frankel spoke about her celebrity divorce and how money affected her relationship and love life with celebrity ex Jason Hoppy.

These celebrity exes aren't short on drama! What are some ways that you and your partner can compromise on financial issues?

Cupid's Advice:

Money can affect your relationship like it did for these celebrity exes, especially if you don't know how to properly manage it. But Cupid has some great advice for how not to let money get in the way of your relationship with your partner:

1. Learn to budget: Budgeting finances is one of the most fiscally responsible things that couples can do. Setting aside specific amounts for utilities, groceries, electricity, and other essentials will ensure that you won't be taking cold showers in the dark on a winter morning. Keeping track of the money that you use each month can also help you and your partner see how much money you have to spare – maybe for that couple's trip to Paris?

Related Link: [Bethenny Frankel Sparks Celebrity Gossip: 'I Will Never Get Legally Married Again'](#)

2. Get your priorities straight: In a financially stable relationship, couples learn how to utilize their money for their priorities before all else. That means making sure that all your bills are paid before buying that designer handbag or the 60-inch flatscreen television. Knowing how to prioritize will help you and your significant other avoid money problems and debt.

Related Link: [Bethenny Frankel and Jason Hoppy Settle Custody Dispute](#)

3. Save money whenever possible: Whether it's choosing to cook a meal at home instead of eating out, or getting some cool new threads at a thrift shop, saving money now will do your relationship wonders in the long run. Saving money can also bolster your creativity in your relationship and bring you and your partner closer together as you find new ways to spend time together using less money.

What are some compromises that you and your partner have made about money? How did it affect your relationship? Share your experiences below!

**Bethenny Frankel Sparks
Celebrity Gossip: 'I Will
Never Get Legally Married
Again'**





By [Katie Gray](#)

Real Housewives of New York City star, celebrity chef and house name Bethenny Frankel has spoken out about her current view on marriage. The latest celebrity gossip regarding Frankel, who is the founder of Skinny Girl Margarita, claimed, "I will never get legally married again." According to [UsMagazine.com](#), "No more 'I Do' for Bethenny Frankel! *The Real Housewives of New York City* returnee told Andy Cohen in a new *Watch What Happens Live* special set to air on Sunday, March 22, that she doesn't plan to ever tie the knot again – at least in the eyes of the law." She has described the celebrity divorce process from her husband and custody battle as "brutal."

Celebrity gossip is spilled out all over the tabloids. What are some ways to cope with gossip

surrounding your relationship? Cupid has some tips for you.

Cupid's Advice:

Whenever things about you are being said in the tabloids or for people to hear out in public, it can be a difficult thing to shake off. It's important to remind yourself that all that matters is how you feel and what the people you love think. Cupid has some love advice on ways to cope with gossip surrounding your relationship:

1. Let it roll off your back: People are always going to talk, so give them something to talk about. Who cares what people say about you and your relationship? All that matters is what you think and what those who you love think. Ignore the petty gossip that is surrounding your relationship, follow your heart and keep on keepin' on!

Related Link: [Bethenny Frankel Addresses Divorce Rumors](#)

2. Haters are gonna hate, just love love love: It seems that when people find happiness in life, others become bitter and try to take that away. The key thing is to not let them win. What they think is irrelevant to your life. Focus only on those who matter to you. Haters are always going to hate, so make sure to follow Teresa Giudice's motto and just, "Love, love, love!"

Related Link: [Bethenny Frankel Gives Emotional Testimony and Cries in Custody Battle](#)

3. Keep on the sunny side: Just like the Johnny Cash and June Carter song, "Keep on the sunny side, always on the sunny side. Keep on the sunny side of life." Always stay positive no matter what is going on in your life. You and your partner should only pay attention to the feelings and commitment you

have for one another.

What are some ways you have dealt with gossip regarding your relationship? Share your stories below!