

# Scott Disick Continues to Party and Is Not Back with Celebrity Ex Kourtney Kardashian



By Maria N. Capalbo

The party just doesn't stop for [Scott Disick](#). According to [UsMagazine.com](#), after his celebrity split with [celebrity ex](#) Kourtney Kardashian, Scott Disick is continuing to party, and has not come back to stay at Kardashian's house! Disick has been to Punta Mita, CA, various nightclubs, and even lounging poolside at some resorts! It seems he's been everywhere, but home. For the sake of his family, hopefully he settles down soon.

# These celebrity exes aren't calling a truce just yet. What are some ways to cope with your ex moving on?

## Cupid's Advice:

Moving on from a past relationship and love life may be difficult and times. Cupid has some love advice on ways to cope with your ex moving on below:

**1. Meet new people:** Meeting new people will always take your mind off of an ex! There are so many fish in the sea, and wasting your energy on your ex is old news. See who else is out there, and have fun exploring.

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

**2. Remove their personal items:** Definitely throw out all their belongings that surround you. There is no need to be reminded of them. You could even sell some items! Anything to keep them from making you sad will work.

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

**3. Go out with friends:** Spend your quality time with friends and even make some new ones! Go out to different places with your friends and strengthen your bond with them instead of being sad at home.

**What are some ways you've moved on from your ex? Share below!**

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# Blake Shelton and Gwen Stefani Returns to 'The Voice' Post Celebrity Divorce News



By Mackenzie Scibetta

It appears Blake Shelton and Gwen Stefani are wasting no time grieving over their recent [celebrity divorces](#) from Miranda Lambert and Gavin Rossdale, respectively. According to [UsMagazine.com](#), both of the singers made their return to NBC's *The Voice* on Aug. 12 to begin taping for the new season. The

magazine reports that while Gwen appears mournful, Blake is happily carrying on with his life. Both of the newly single celebrities were not seen wearing their rings and claim to remain friends with their former companions.

## **Celebrity divorces seem to come in pairs. What are some ways to move forward after an emotional break-up?**

### **Cupid's Advice:**

You've already tried to ease your pain with the traditional rituals of a post break-up; crying to a sad movie, gorging on Ben and Jerry's, and having a meaningless fling, but nothing is working. Cupid says stop the sulking and follow in Blake and Gwen's lead:

**1. Get busy:** Blake and Gwen immediately went back to work after their celebrity divorces so why shouldn't you? With extra time you can now afford to fully immerse yourself in a rewarding job. Giving your work more attention will produce higher quality work which can pay off in the end, thus brightening your mood.

**Related Link:** [Celebrity Exes Blake Shelton and Miranda Lambert 'Want to Move On as Friends' Post-Split](#)

**2. Liberate yourself from your ex:** Similarly to how Blake and Gwen got rid of their wedding rings, you should remove all remnants of your ex. Whether it be photographs, old text messages, or lingering memories, rid yourself of their presence. Clear your mind and open the way for new experiences.

**Related Link:** [Gwen Stefani and Gavin Rossdale Split After 13](#)

## [Years of Celebrity Marriage](#)

**3. Go outside your comfort zone:** You don't have anyone or anything holding you back now so this is the best time to finish off your bucket list. From the extreme of skydiving to the basics of taking cooking lessons, the opportunities are endless. Achieving your long lost goals are the perfect distraction from a nasty break-up.

**Tell us in the comments below how you got over a painful break-up.**

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# Khloe Kardashian's Celebrity Ex Lamar Odom Denies Ambushing Her at Gym Class





By Mackenzie Scibetta

Despite being separated for almost two years now, celebrity exes [Khloe Kardashian](#) and Lamar Odom can't seem to stay out of the headlines. As [UsMagazine.com](#) reported, Odom is firmly refuting any celebrity gossip that says he stalked, harassed or grabbed his estranged wife and reality TV star outside a SoulCycle class. Video footage from TMZ shows Odom claiming the he and Kardashian had plans to meet. However, his ex is oddly remaining quiet about this awkward encounter and has yet to address anything about her former celebrity love.

**These celebrity exes are bringing the drama again! What are some ways to keep drama out of your love life?**

**Cupid's Advice:**



Drama is unfortunately an unavoidable part of life. However, with the right attitude, most unpleasant situations can be diverted. Cupid has three love tips below to help keep your relationships drama-free:

**1. Act only with good intentions:** It's an unwritten rule that those who wreak havoc will ultimately face havoc of their own. Instead of seeking revenge on an ex, show them you're the better person by letting it go or even helping them out. When fighting with your current love resist the urge to intentionally do anything you know will make them angry because, at the end of the day, nothing good comes out of vengeance.

**Related Link:** [New Celebrity Couple? Khloe Kardashian Hangs With NBA Star James Harden in Vegas](#)

**2. Avoid negativity:** You've likely heard it a thousand times but keeping negative people in your life will only attract drama and pessimistic views. Avoid lovers who focus on the bad and seek partners who's positivity emanates directly from them.

**Related Link:** [Celebrity Exes Kourtney Kardashian and Scott Disick Spotted Together Post-Split](#)

**3. Step into their shoes:** Before blowing up on your partner in an argument, try to truly see their side of the argument. See the issue at hand from a new perspective in order to prevent turning a heated discussion into a full-blown fight.

**What love advice do you have for drama-filled couples? Share your thoughts below.**

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# Relationship Expert Talks About Being Friends With Your Ex



By Debbie Ceresa

“Today, I marry my friend.” It’s a common declaration of love shared between two people as part of their wedding ceremony. We promise “to love and cherish until death do us part.” But what happens when the relationship and love you once shared dies? Is it possible to stay friends with your ex?



# Relationship Expert Shares Her Thoughts on a Friendship With An Ex

“If you don’t have children or financial reasons tying you together and you want to stay friends, you need to think about how the friendship would work,” advises Dr. John Aiken, a clinical psychologist and [relationship expert](#), in the article [“Can You Be Friends With Your Ex?”](#) Even if you share children with your former partner, Aiken refers to the importance of establishing boundaries, measuring expectations, and evaluating the true motivations for wanting to keep your ex in your life. We see this challenge in the recent celebrity break-ups of Jennifer Garner and Ben Affleck as well as Gwen Stefani and Gavin Rossdale as they move forward with separate lives yet combined parenting.

**Related Link:** [Expert Dating Advice: Moving On After a Divorce](#)

Sometimes, the reason the relationship ended supports the need to cut ties and walk away. However, as a relationship expert, I know that, many times, if you struggled on a romantic level, a friendship can still flourish. If you choose to develop a friendship with your ex, here are some things to remember:

**1. Mourn the loss of the relationship you once knew:** You’ve ended your relationship. For whatever reason, you’re no longer romantically together. Now is the time to stop the fighting and blaming and get on the path to recovery. “Give each other time to mourn the death of the relationship,” advises Ami Angelowicz in the article “The longer you two were together, the longer it will take before you’re ready for friendship. It could be two months or two years – feel it out. You’ll know when the time is right because both of you will feel ready for it. Let hearts heal and flames fizzle out before hopping on the friendship train.” You’ll have challenges along the way, but you’ll find that healing and forgiveness will bring you new insights. Once you step away from the negative thoughts,

you'll find yourself a new person who is able to renew your old friendship with your ex.

**2. Set clear boundaries:** Recognize that you're now at a different stage in your relationship with your ex. All couples have their own song and dance, but now is the time to change yours. This new dance could bring back what you miss about your lost friendship. "The same rules don't apply anymore, so toss out old expectations," advises Dr. Gabrielle Morrissey, a sex and dating expert for [bodyandsoul.com](http://bodyandsoul.com). "Setting clear and defined boundaries means that, when you become attached again, you'll have an emotionally healthy relationship with your ex." Why not treat your ex like your other friends, acknowledging their strengths and weaknesses? Focus on your ex's friendship strengths, but keep the relationship at an appropriate level. Just because you're rekindling your friendship doesn't mean you're looking to rekindle your romantic relationship.

**3. Move forward:** Be angry. Be jealous. You can even spend time feeling hurt. Then move on. It's essential for you to date other people and make new friends in different social circles. "You might not realize it, but keeping your ex around as a friend after a break-up can keep you from moving on," observes writer Karley Sciortino in the article "Breathless: Should You Be Friends With Your Ex?" "Moving on is hard, and the impulse to keep your ex in your life can be really strong – we all get it. But you first need to give yourself a window to move on physically and emotionally."

**Related Link:** [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

Reaching out to a former love certainly has its rewards. You need to allow yourself time to mourn the loss of the relationship and embrace new parameters as well as set clear boundaries as to what those parameters include. Then, after moving forward by welcoming opportunities for love to

become a part of your life, you can enjoy the support of a former partner who knows you better than anyone else while you gain strength and focus on finding a new path to personal happiness.

*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](http://debbieceresa.com).*

*For more information about and articles by our Divorce Support Center relationship experts, click [here](#)!*

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## **Kelly Rutherford's Celebrity Ex Daniel Giersch Accusing Her of 'Child Abduction'**





By Maria N. Capalbo

According to [UsMagazine.com](http://UsMagazine.com), unfortunately the fight goes on between celebrity exes Kelly Rutherford and Daniel Giersch, as they battle one another for custody over their children. Giersch has added more fuel to the fire by saying that Rutherford is now abducting their children since she will not let them travel back to Monaco. A statement released by Giersch's lawyer says, "Daniel will continue to protect the children from any harm and any media exposure. Unfortunately Kelly has now added child abduction to extortion and false statements on her list of actions. Daniel will make sure that the children's safety and well being will be restored as soon as possible." Rutherford still has yet to release the children.

**This celebrity ex drama is definitely getting heated! What do**

# you do if you're having problems coming to a compromise with your ex about your kids?

## Cupid's Advice:

When you have kids with an ex, things may become difficult and dramatic. Cupid has some relationship advice for compromising with your ex about your children below:

**1. Remain respectful:** You should never publicly shame or embarrass your ex, regardless of what they have done. Everything always falls back on the children. Even if your kids are young, you should always remain respectful when a confrontation with your ex arises.

**Related Link:** ['Gossip Girl' Star Kelly Rutherford Gets a Court Date for Marital Battles](#)

**2. Think about the childrens' best interests:** No matter what happens between you and your ex, you both should always think about how the children will be affected. Sometimes you may have to spend time with your ex for the sake of the children. Just do it; do not make more problems!

**Related Link:** [Kelly Rutherford On Her Divorce: "The One Thing I Know Is That My Kids Are Loved and That We're Working It Out"](#)

**3. Be fair:** Let your ex have just as much time with the children as you do, as they are his/her children, too. Keeping the kids away from their other parent is not always the right thing to do.

**What are some ways you've compromised with your ex about your kids? Comment below!**

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# Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'



By Katelyn Di Salvo

Devastation hit when the latest celebrity news broke that [Jennifer Garner](#) and [Ben Affleck](#) were getting a [celebrity divorce](#). Now, we have more details on the heartbreaking split. According to [People.com](#), Garner knew her celebrity marriage to Affleck was in trouble for quite some time. While



on vacation in the Bahamas, the celebrity couple was planning their next move. Affleck had already admitted to Garner that he had not been committed to the marriage. Sources say that Garner found out her celebrity husband was having an affair with their nanny, Christine Ouzounian, while on this vacation, something Affleck strongly denies. Garner is angry, and believes this to be the “ultimate betrayal”.

## **Alleged and confirmed celebrity affairs are splashed across tabloids repeatedly. How do you deal with the public backlash once the news of your partner's affair gets out?**

### **Cupid's Advice:**

Dealing with a betrayal of trust like an affair is hard enough as it is, but it's even tougher when the news gets out to your friends and family. Cupid has some tips:

**1. Keep your head high:** This is the most important step in dealing with the public backlash. Don't let people's comments bother you. You just keep your head high and focus on the blessings in your life.

**Related Link:** [Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian](#)

**2. Focus on bettering yourself at work:** There is never a better time to throw yourself into your work. Sometimes you need a distraction from all the craziness going on around you. Bettering yourself at work and becoming even more successful can change the direction of the conversation and can also be

the best way to prove to yourself that you still got it!

**Related Link:** [Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance](#)

**3. Surround yourself with loved ones:** You can never deal with something like this alone. Having your close friends and family around can make you feel at home, and allows you to have someone to vent to when you need to let it out.

**What are some way you would deal with the public backlash after a nasty break up? Share below!**

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## **Amid Celebrity Divorce, Source Says Gwen Stefani 'Had the Family She Always Dreamed Of'**





By [Courtney Omernick](#)

[UsMagazine.com](#) recently reported that celebrity couple Gwen Stefani and Gavin Rossdale are going through a celebrity divorce. Stefani and Rossdale's celebrity marriage lasted 13 years. An insider revealed that the celebrity breakup has been "a long time coming" for the pair. But, a source said that Stefani "had the family she always dreamed of."

**This celebrity divorce is not without sadness. What are some ways to pick yourself up when you're sad from a break-up?**

#### **Cupid's Advice:**

This former celebrity couple seems to be taking their divorce in stride. Hardly any celebrity divorce drama has been reported! However, that doesn't mean that Stefani and Rossdale aren't hurting. Below are some ways you can pick yourself up

when you're sad from a break-up.

**1. Practice gratitude:** Think of at least 5 things that you're grateful for each morning before your feet hit the floor. This will help you set the tone for the day and remember the little things that you might have been taking for granite recently.

**Related Link:** [Gwen Stefani and Gavin Rossdale Split After 13 Years of Celebrity Marriage](#)

**2. Catch up with yourself:** When you were with your previous significant other, you probably spent a lot of time focusing on your status as a couple, and not a lot of time on yourself. Start rediscovering old hobbies, creating new ones, and more.

**Related Link:** [Willow Smith Responds to Will and Jada Celebrity Divorce Rumors](#)

**3. Stop stalking:** It's normal to want to check your ex's social media pages. But, doing this will only keep you stuck in the past. Block them, delete them, do what you have to do to move on.

**How have you picked yourself up after a break-up? Comment below!**

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## Celebrity Exes Blake Shelton and Miranda Lambert 'Want to Move On as Friends' Post-

# Split



By Meranda Yslas

Although fans everywhere are still upset with the [celebrity divorce](#) between Blake Shelton and Miranda Lambert, it seems that these celebrity exes are making the best of it. According to [UsMagazine.com](#), the country singers were seen tweeting jokes to each other only four days after announcing their celebrity break-up. A source reveals that the exchange between the exes wasn't a show or fake, but was genuine. "There are no hard feelings. They want to move on as friends, and they are doing just that."

## These celebrity exes are committed

# to being civil. What are some reasons to remain friends after a break-up?

## Cupid's Advice:

Not all break-ups have to end with severed ties and broken hearts. Sometimes people are better at just being friends than in a romantic relationship. Cupid offers some reasons why being friends with an ex isn't always bad:

**1. You enjoy each other's company:** Although you two may no longer feel romantically toward each other, it doesn't mean all the good times and great conversations have to end. If you two are able to recognize that while dating isn't the best option, but hanging out as friends is then friendship is a great idea.

**Related Link:** [Insider Says Miranda Lambert Is 'Heartbroken' and 'Devastated' Over Celebrity Divorce](#)

**2. Mutual friends:** After a break-up your mutual friends may feel forced to choose a side creating an uncomfortable tension. Rather than losing friends because of a split, let your social circle know that you two are cool with each other and don't want to make anyone feel awkward.

**Related Link:** [Source Says Miranda Lambers is 'Sad And Trying to Process Everything' Post-Celebrity Divorce](#)

**3. Children come first:** If you and an ex have kids together it's going to be nearly impossible to avoid each other. Being friendly towards one another makes talks about who will pick up the kids after school much more manageable.

**How did you and your ex maintain a friendship? Share below.**



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# Celebrity Couples Who Broke Up and Still Worked Together



By [Courtney Omernick](#)

Relationships and love can be complicated, and so can the break-ups. However, it can be even more awkward when a celebrity relationship turns into a celebrity break-up, and the two parties still have to work together.

**Below are a few celebrity couples**

# that broke up but still had to work together.

**1. Chad Michael Murray and Sophia Bush:** This celebrity couple not only broke up, but they went through a celebrity divorce. Even though they split, they still had to work together on the hit show, *One Tree Hill*.

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

**2. [Ben Affleck](#) and [Gwyneth Paltrow](#):** These two dated in the late 90s and costarred in the film, *Shakespeare in Love* together. However, even after they broke up, they went on to co-star in the chick flick, *Bounce*.

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

**3. Adam Brody and Rachel Bilson:** This celebrity relationship lasted for three years, but sadly ended in 2006. However, the celebrity exes still had to work together on the set of *The O.C.*

What are some other celebrity couples that broke up but still worked together? Share in the comments section below!

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## Celebrity Exes Kourtney Kardashian and Scott Disick

# Spotted Together Post-Split



By [Courtney Omernick](#)

[UsMagazine.com](#) recently reported that [Scott Disick](#) and [Kourtney Kardashian](#) were spotted together with their daughter after their recent [celebrity break-up](#). An onlooker noted that these celebrity exes seemed on good terms. It's also currently being reported that Kardashian is trying to get sole custody of their three celebrity children.

**These celebrity exes probably have a lot to work out. What are some ways to figure out details**

# pertaining to your children post-split?

## Cupid's Advice:

Despite their interesting past, these celebrity exes seem to be doing well working out the details of their new type of celebrity relationship. If Kardashian is seeking full custody, it might be an uphill battle. Below are some ways you can figure out the details when it comes to your children post-split:

**1. Have the conversation:** Probably the most basic idea when it comes to figuring out the details with your children is conversing with one another. Have that adult conversation, and make agreements.

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

**2. Discover your resources:** It may be easier for one party to take the children on certain days because of the extra help that they'll receive from their family members. Or, a daycare may be closer to one party's home than the others. Be realistic, and understand what resources you have for your children near you.

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

**3. Involve a legal professional:** You may be like Kourtney Kardashian and seek advice from a lawyer, even though she is not married to Scott Disick. Whatever your situation may be, seeking help from a legal professional is highly recommended.

**How have you worked out the details regarding your children post-split? Comment below!**

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# 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!**



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# Brady Toops Opens Up About Real Reasons for Celebrity Break-Up with 'The Bachelorette' Contender Britt Nilsson



By [Rebecca White](#)

Although Britt Nilsson and Brady Toops' relationship and love didn't work out, the duo seem to have the nicest things to say about each other. According to [UsMagazine.com](http://UsMagazine.com), Toops opens up

about the “real” reasons behind the [celebrity break-up](#) from *The Bachelorette* contender. The reality TV star took to Instagram and gave a few humorous explanations for the failed love: “1. We had no real celebrity couple mashup name...Britt(y), Brad(itt). See, there was almost no chance. This was probably the beginning of the end when we realized this. 2. Britt is afraid of heights and not only am I afraid of heights, but I’m actually afraid of her being afraid of heights. That obviously couldn’t work.” Don’t expect any hate from these celebrity exes any time soon!

## **This *Bachelorette* did not find happiness in the end. What are three ways to cope with a failed relationship and love?**

### **Cupid’s Advice:**

While the reality TV couple doesn’t seem too upset about their celebrity break-up, that isn’t usually the case for the rest of us. Here’s Cupid’s advice for how to cope with a failed relationship:

**1. Give yourself time:** It’s perfectly normal to mourn the end of your relationship, whether you were together for a few months or a few years. Allow yourself time to cry, reflect on the experience, and accept that it’s really over.

**Related Link:** [‘The Bachelorette’ Kaitlyn Bristowe Opens Up About the ‘Men Tell All’ Episode](#)

**2. Let your emotions loose:** If you want to cry in bed all day, then you should. If you want to vent about your frustrations, then you should. But, remember to only do this as long as you need to, so you can get back up and moving.

**Related Link:** [Britney Spears' Celebrity Ex Charlie Ebersol Copes with Video on Instagram](#)

**3. Remind yourself why it ended:** Of course you're going to miss your ex, but make sure you remind yourself of all the reasons it didn't work out. Write this down in a list so you can look at it anytime you regret your decision or long to dial their number.

**How do you cope with a failed relationship and love? Comment below!**

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## **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](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow @DrJaneGreer on Twitter for her latest insights on love, relationships, sex, and intimacy.*

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# Kourtney Kardashian's Family Thinks She Deserves 'Much Better' Than Celebrity Ex Scott Disick



By [Rebecca White](#)

*Keeping up with the Kardashians* has not been easy this week. With the latest celebrity news that [reality TV](#) stars Kourtney Kardashian and Scott Disick have split, fans and viewers alike are all disappointed that the Lord just can't seem to get it together, even for his three celebrity kids. According to [People.com](#), Kardashian's family thinks she deserves much better than her celebrity ex, especially after his celebrity infidelity. And we have to say, we agree!

# We doubt these celebrity exes will be reconciling anytime soon. What are some things to consider before making up with your ex?

## Cupid's Advice:

These celebrity exes may never get back together, but that doesn't mean that other couples shouldn't. Here's our love advice for some things to consider before making up with a previous flame:

**1. Is the problem a chronic one?:** When your relationship and love has ended, but you may want to rekindle the romance, make sure you recognize if the problem is chronic or not. Is what broke you up something that keeps happening? How many chances have you already given your ex?

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

**2. Can you truly forgive?:** If you do decide to get back together, you cannot throw previous transgressions in your partner's face every time you want to win an argument. Make sure you've truly forgiven them for the past so you can move on.

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

**3. Be friends first:** Try just being friends with your ex before you decide to start up anything else. This way, you'll be close enough to see if their behavior has changed, without the bonding of sex heightening your attachment and expectations.

What do you think someone should consider before making up with an ex? Comment below!

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# Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News



By Katelyn Di Salvo

Everyone is trying to keep up with the Kardashians these days!

So much drama seems to be following the famous reality TV family, especially with the recent celebrity break-up news between Kourtney Kardashian and Scott Disick. According to [UsMagazine.com](http://UsMagazine.com), Disick checked into rehab Sunday, July 5th, for a very short stay right before his celebrity break-up hit the tabloids. The reality star arrived at the rehab facility in Florida after returning from his trip to Monte Carlo. However, Disick checked out the same day, spending just hours at the center. Kardashian recently celebrated her daughter Penelope's 3rd birthday in Disneyland without her [celebrity ex](#). We hope Scott can get on the straight and narrow for his kids!

**This line of celebrity breakup news keeps getting more drama-filled! What do you do if your ex checks out of his or her responsibilities to your kids?**

#### **Cupid's Advice:**

Your kids should be number one and if your partner isn't holding up his or her end of the deal, it's time to re-evaluate. Cupid has some love advice:

**1. Talk to your kids:** If your kids are old enough, they will notice that their father/mother isn't around and may even start asking questions. So, talking to your kids can help them get through this difficult time and clear up any confusion.

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

**2. Do your best to play both roles:** If your ex checks out, your job as a parent becomes a little harder. You have to make

sure the kids aren't affected. Although as a mom you can never be a dad and as a dad you can never be a mom, you do have to step your game up to make sure your kids don't feel like they're missing out on anything.

**Related Link:** [Kourtney Kardashian Announces Celebrity Break-Up from Scott Disick](#)

**3. Don't give up:** People go through things, and sometimes it takes them a while to snap out of it. If your ex checks out, always keep in mind that he/she more than likely does love the kids. Never trash talk in front of your kids, and don't make them hate their mom/dad or lose hope in them.

**What are some tips you can offer on this situation? Share below!**

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## How Does Nick Cannon Feel About Celebrity Ex Mariah Carey's New Romance?





By Jenna Bagcal

According to celebrity news from [EOnline.com](http://EOnline.com), Nick Cannon's celebrity ex-wife is moving on from their relationship – and he's taking it very well! The singer has been dating Australian businessman James Packer, and the two have recently taken a couple's vacation to Ibiza with Carey's children. Cannon has revealed that he is glad that his [celebrity ex](#) is moving on and an insider has said that "It makes Nick happy that Mariah is in a great place in her life between work and love."

## These celebrity exes are moving on! What are some ways to cope with your ex's new relationship?

### Cupid's Advice:

As the saying goes, "breaking up is hard to do." But sometimes the thing that's harder than breaking up is seeing your ex



moving on from your relationship. As this former famous couple has proven, it does not always have to be a painful experience. Here are some of Cupid's tips for coping with your ex's new relationship:

**1. Find a new hobby:** Whether it's crossfit training, travelling or cooking, finding a new hobby to take up your time can be productive in helping you to cope with an ex's relationship. In addition to participating in a cool new activity, hobbies can also help you to move on as well.

**Related Link:** [Nick Cannon Opens Up About Split From Mariah Carey](#)

**2. Stay away from social media:** Stalking your ex's every move online can be a painful experience when every post and picture is about how happy they are with their new beau. Instead of focusing on their happiness, log off of those social media sites and focus on your own happiness and well-being.

**Related Link:** [Mariah Carey Reunites with Celebrity Ex-Husband for Easter with Twins](#)

**3. Start dating:** If you feel ready to move on as well, get back out in the dating game. Even if you're not looking for a serious relationship, going out on dates with different kinds of people can be a really fun experience. So take a chance and put yourself out there!

**How have you coped with an ex's new relationship? Share your thoughts in the comments!**

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



By Maria N. Capalbo

According to [People.com](http://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!

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# Nick Jonas Breaks Silence on Split from Celebrity Ex Olivia Culpo



By [Jessica DeRubbo](#)

There's no animosity between these celebrity exes! According to [Eonline.com](#), [Nick Jonas](#) isn't bitter about his [celebrity break-up](#) with Olivia Culpo. The singer broke his silence about

the split in an interview with *E!*, saying, “I wish the best for her in the future and we had a great two years.” That being said, it doesn’t look like Jonas is looking to hop back into the dating scene quite yet. He said, “I don’t know, it’s too early. I’m focused on my work and that, to me, is the priority right now.”

## These celebrity exes are speaking out! How do you know when you’re ready to move on after a break-up?

### Cupid’s Advice:

Nick Jonas isn’t ready to move on yet, as his break-up with celebrity ex Olivia Culpo is too fresh. It can be tough to know when you’re ready to enter the dating scene again. Cupid has some tips:

**1. Time has passed:** Obviously time passing is important, because you need to grieve about your lost relationship and love life before you can move on the next. There’s no specific time that applies to every person, so you’ll simply have to go with how you feel. When you aren’t upset and pining for your ex, it’s safe to consider dating someone else. This could mean 2 weeks, 2 months, or 2 years.

**Related Link:** [Nick Jonas Double Dates](#)

**2. You find yourself attracted to someone:** Typically when you’re in a relationship or simply not over an ex, you’re not significantly attracted to anyone – you’re not tempted. Once you’re getting over someone, you may find you’re more open to an attraction. Once that time comes, consider moving on.

**Related Link:** [Nick Jonas Scares Girlfriend Olivia Culpo with Prospect of Celebrity Engagement During Miss Universe](#)

**3. You aren't constantly checking your phone or email:** Once you give up on hearing from you ex and wanting to give him/her the details of your day, you're ready to move on. You don't need to hop into the dating scene straight away, but considering hanging out with your friends more and be open to the idea of a relationship.

**What are some other ways to know you're ready to move on? Share your thoughts below.**

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## **Britney Spears' Celebrity Ex Charlie Ebersol Copes with Video on Instagram**







By Maria N. Capalbo

Sometimes a celebrity break-up is hard to come by! According to [UsMagazine.com](http://UsMagazine.com), Britney Spears' celebrity ex Charlie Ebersol took to Instagram to post his late night lonely feelings! Ebersol coped with his break-up sadness by posting an Instagram video complete with *Toy Story*, a puppy, and a Bible verse. Even though Spears has yet to go public about the break-up, she has deleted all pictures of Ebersol on her Instagram, and we know what that means!

**These celebrity exes are still mending their broken hearts. What are some ways to cope post break-up?**

#### **Cupid's Advice:**

Getting your emotions and feelings together after a break-up can be difficult. Sometimes you feel like there is no way out,

but that is not the way you want to think! Cupid has some ways you can cope with your break-up below:

**1. Go out and have fun:** Forget the tub of ice cream and chick flicks, get out of the house and have fun! Meet new people, explore your surroundings, and hang out with your friends! Dance the night away and get a few new numbers while you're at it.

**Related Link:** [Kevin Federline Reminisces About Celebrity Ex Britney Spears](#)

**2. Focus on yourself:** When you are tied down in a relationship, you often forget to take care of yourself because you are so worried about your partner. Well, this is the time to focus on yourself. Go on a shopping spree, get your hair done, indulge in yourself!

**Related Link:** [Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me to Be Better'](#)

**3. Accept that time heals all problems:** No matter what happens, things always get better in time, and within that time you do learn a lot about yourself and others. You will still think about that person, but you will most likely learn in your time apart, that you were probably better off without them. You do not need anyone but yourself! Your happiness is the most important.

**What are some ways you've dealt with a break-up? Share below!**

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## Celebrity News: Holly Madison

# Talks 'Miserable' Bedroom Stories Inside Playboy Mansion



By [Jessica DeRubbo](#)

In latest celebrity news, this former *Playboy* bunny isn't holding anything back. Holly Madison recently debuted her memoir, *Down the Rabbit Hole: Curious Adventures and Cautionary Tales of a Former Playboy Bunny*, and among other things, she discusses what exactly went on inside her [celebrity ex](#) Hugh Hefner's bedroom at the mansion. She said, "I want to grab that young girl, shake her back into reality and scream, 'What the hell are you thinking?'" About her first night in the mansion, she says, "The first night I had spent at the Playboy Mansion was definitely very eye-opening. It was

clear that there was certain things expected of you. It was clear that there was a definite routine going on, and it was very bizarre. It definitely wasn't what I expected it to be, it was a lot scarier. I was offered prescription drugs."

## **Sometimes celebrity news is cringe-worthy, and real life isn't any different. What do you do if you make a major mistake in your relationship?**

### **Cupid's Advice:**

Relationships and love aren't perfect, no matter what you do. You will inevitably make mistakes and regret them. Cupid has some love advice:

**1. Think it through:** Before backpedaling or immediately apologizing when you make a mistake, make sure you think things through. Think about what caused you to make the mistake and exactly why it was wrong. You don't want to come off as insincere when you try to fix the situation.

**Related Link:** [Holly Madison And Husband Pasquale Celebrate Wedding Anniversary in Disneyland](#)

**2. Sincerely apologize:** Don't just text an "I'm sorry." If you do that too often, you'll become the boy or girl who cried wolf. Make sure your apologies count by making them in person and explaining what happened and why it was wrong.

**Related Link:** [Holly Madison Discusses Baby Names and Wedding Plans – Right Before She Heads to the Hospital!](#)

**3. Make up for it:** If you miss your partner's birthday, make up for it! Saying "sorry" isn't always enough, so plan a

surprise belated bash for your love or sneak in a quick getaway. Whatever you do, let your heart do the talking.

What are some other things you can do when you make a mistake in your relationship? Share your thoughts below.

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## Holly Madison Says Her Past As Playboy Bunny is Like “The Elephant in the Room That Never Goes Away”





Interview by [Lori Bizzoco](#). Written by Katelyn Di Salvo. Holly Madison best known for being a former *Playboy* bunny and Hugh Hefner's #1 celebrity ex has written her first memoir titled 'Down the Rabbit Hole.' In the book, she speaks openly about her relationship with Hefner, the other girls in the house and her biggest life lessons. In our [exclusive celebrity interview](#) with the reality TV star, now author, she expresses that she wishes this book will help other young women in bad relationships and hopes they learn from her mistakes.

## Reality TV star reflects on her past

The former *Girl Next Door* has certainly moved on from her *Playboy* days. She has been married for two years and is mom to two-year-old daughter, Rainbow. Madison shared that she is happy to have such a supportive husband who is proud of her for telling her story.

After her [celebrity break-up](#) with celebrity ex Hefner, Madison did her best to stay quiet about her time in the mansion, "I didn't want to talk about anything *Playboy* related because I felt like that was going back to it and I wanted to get away from it, but there is no getting away from it. It's the elephant in the room that never goes away."

It's been seven years since she's lived in the mansion and Madison now feels like she has a lot of hindsight behind her. This is why she decided to write the book now, "I have a lot more growth and insight as to what I was thinking at the time, and why I made some of the decisions I made, so I definitely wanted to share that with people."

**Related Link:** [Holly Madison Discusses Baby Names and Wedding Plans – Right Before She Heads to the Hospital!](#)



# Her Relationship with Celebrity Ex Hefner and the Other Girls

Madison was Hefner's girl for seven years, and throughout that time, she felt like she did everything she could to make it work saying, "I always tried to make the best of the situation, you know, I always tried to do my best as a girlfriend and make that relationship work."

Her celebrity ex, Hefner recently had something to say about the release of Madison's memoir saying that she "chose to rewrite history" to "stay in the spotlight," but Madison says that she didn't have an ax to grind. She says she never wanted to hurt him or get a reaction from him, "He happens to be a big part of my life story, and I'm telling my story."

Kendra Wilkinson- Baskett and Bridget Marquardt were also a part of Madison's life story, both also being celebrity exes to Hefner. Madison describes her relationship with Bridget as a true friendship saying, "She was a really close friend to me the whole time I was in the mansion and really the only close friend and the only person I really ever confided in."

Unfortunately her relationship with Kendra did not stay as tight. The two had a falling out, which Madison describes as "very dumb." She is saddened that she is not as close with Kendra and said, "The relationships I had with the other girls are very important to me especially after I left the house, because we were the only ones that really shared that experience, and its an experience that weather you are ready to admit it or not, it's a traumatic experience, but I think she's still kind of more team Playboy and if that's what she wants to be that's fine."

Overall Madison says Hefner "was lucky to have us" when reminiscing on her relationship with the *Playboy* founder.

**Related Link:** [Hugh Hefner Says Celebrity Ex Holly Madison](#)

## Holly Madison's Biggest Life Lessons and Relationship Advice

When asked how she will share her past with her daughter, Madison thinks the book will be a great start! She hopes her book will inspire young girls to find healthy relationships and learn from her mistakes. Madison strongly advises girls to find and love yourself before looking for love in someone else. "In a way its the worst advice because you can't teach anybody how to do that, but it's so important."

Madison is hoping to write a second book on the topic of relationships and love, so be on the look out for that!

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## Hugh Hefner Says Celebrity Ex Holly Madison Rewrote History





By Maria N. Capalbo

According to [UsMagazine.com](http://UsMagazine.com), Hugh Hefner's celebrity ex, Holly Madison, is making some serious accusations about him post break-up! Madison claimed in her new book, *Down the Rabbit Hole: Curious Adventures and Cautionary Tales of a Former Playboy Bunny*, that she was verbally and physically abused by Hefner during her time at the Playboy Mansion. Hefner denies those accusations saying, "You just can't win em all"! Hefner has had many celebrity relationships, where most women have peacefully gone their own way afterwards. Hefner believes Madison is just trying to gain publicity.

**Celebrity exes don't always agree.  
What are some ways to make sure  
your break-up story doesn't get  
distorted?**

**Cupid's Advice:**

Sometimes, we don't always have peaceful goodbyes with someone we once were in a relationship with. In some cases, someone's reputation could even be ruined! Below, Cupid has some love advice:

**1. Make a statement:** Instead of having people wonder what happened between you and your partner, tell them straight up. Both of you should give reasons to what happened, and why so no one is left in the dark, and no one gets embarrassed.

**Related Link:** [Hugh Hefner and Crystal Harris Debut Cute 2014 Christmas Card](#)

**2. Don't go public:** Both of you should just go your separate ways instead of making a big deal about things. Be mature about it, and keep it moving!

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

**3. Write a letter:** Your partner and you should definitely write out why you both are ending things and sign it, so if anything ever happens there is proof that both of you agreed on such terms! Things will not get as confused as a 'he said, she said' situation.

**What are some ways you have made sure your break-up story was not distorted?**

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**Sean Penn and Charlize Theron  
Break Off Celebrity**

# Engagement



By Katelyn Di Salvo

Famous couple Charlize Theron and Sean Penn are no more! According to [UsMagazine.com](http://UsMagazine.com), the pair were friends for years and, like many friendships, that blossomed into celebrity love. The two secretly got engaged during a trip to Paris, and now, almost a year and a half into their relationship and love life, the couple have called off their celebrity engagement! This comes as a shock to many, being that the couple seemed to be very happy together. Theron was quoted saying, "I'm a very, very, very lucky girl," to *Esquire* magazine just this past April! Penn was also quoted with similar sentiments in an interview with *Esquire UK* this past March saying, "It's a lot more romantic and a lot more fulfilling to be in a relationship and to think you're a good person within it."

# Another celebrity engagement that didn't make it down the aisle! What are some ways to know it's time to break off an engagement?

## Cupid's Advice:

Not all relationships and love are meant to last forever. How do you know when it's right to call off an engagement? Cupid has some tips:

**1. Avoiding each other:** If you find yourself looking for any excuse to not be with each other then you may want to consider a break up. Engagements are supposed to be a happy time where you want nothing more than to come home to each other and spend time together, not the opposite.

**Related Link:** [Jennifer Aniston's Engagement: How Long is Too Long?](#)

**2. You DON'T:** If you are putting your wedding plans on the back burner and have already postponed, it may be time to reconsider. Thinking about saying "I Do" should bring forth a whole bunch of emotions, but dread should not be one of them.

**Related Link:** [6 Celebrity Break-Up's That Shocked Everyone](#)

**3. You fight... A lot:** Every couple fights, it's normal to get into fights with the people you love. But if most of the time you spend together is spent on fighting then that's a problem. Who wants to be in a relationship where most of your energy is put into arguments rather than the happy moments.

**What are some other ways to know when to call off an engagement? Share your ideas below.**



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# Former 'Bachelorette' Andi Dorfman Hooks Up with Sam Hunt After 2015 Country Music Awards



By: Maria N. Capalbo

According to [UsMagazine.com](http://UsMagazine.com), Andi Dorfman, former star of *The Bachelorette*, had a had a rockin' good time after the Country Music Awards Festival this past week with upcoming country star, Sam Hunt. Although, sources think that Dorfman and this celebrity relationship with Hunt was just a little fling. She

is working on focusing on herself this year after being in a long relationship with celebrity ex Josh Murray. Dorfman is enjoying her new life in NYC and may not be looking to be tied down anytime soon!

## Country meets reality TV! What are some ways to reconcile differences in a relationship?

### Cupid's Advice:

It is inevitable that problems and strong differences will come up within our relationships, but resolving them can make your bond stronger than ever! Cupid has a few solutions to rectify differences below:

**1. Don't bring up past issues:** Issues almost always arise when you bring up a rocky past. Instead, avoid the past and focus on the present and future. Working out your differences will come easier once you drop the past!

**Related Link:** [Andi Dorfman Begins Wedding Dress Shopping in NYC](#)

**2. Find a common ground:** Finding a common ground is important because usually it helps in coming to an agreement that helps both of you! Instead of just giving in too your partner, find something that you both can agree with.

**Related Link:** ['Bachelorette' Season 10 Couple Andi Dorfman and Josh Murray Call it Quits](#)

**3. Talk about your problems:** Talking it out is much better than keeping quiet about the differences between you and your partner. Keeping quiet can only raise more tension if the issue is ignored. It is best to get things off your chest by talking about it.

**What are some ways you've reconciled differences in your relationship? Share below!**