

When is it OK to Be Friends with an Ex?



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

“You know, Justin and I are great friends. We love each other. We want the best things for one another,” Cameron Diaz told “Good Morning America” in 2011, long after her relationship with Justin Timberlake had ended and while they were promoting the comedy “Bad Teacher” together.

While the former pair have publicly complimented each other, even since Timberlake become engaged to Jessica Biel, is being friends with an ex only the stuff of scripts and on-screen romances?

Often when people end a relationship they say, “Let’s be friends.” It makes sense. You’ve been the most important people in each other’s lives for a long time, maybe even

years. It's hard to make that clean break – it can feel like a gaping hole in your life. So you decide to continue to be a part of each other's life. But staying connected isn't always easy or the best choice. So when, if ever, is it OK to be friends with your ex?

Couples rarely break up on equal footing. Instead, one person might be eager to get away while the other wishes to continue to be together. That's where it gets tricky. If you are on the side of hoping for more with that person, you run the risk of remaining attached and not allowing yourself the possibility of meeting someone new who might be better able to fulfill your needs. And if staying connected was a problem while you were dating, imagine how hard it will be to get your ex's attention now. You may just be setting yourself up for frustration and disappointment which ultimately might make you feel more empty and sad. If you remain focused on your ex, it could hold you back from finding your future.

The rule of thumb, generally, is this: It probably isn't such a good idea to try to be friends unless neither one of you holds any hope to be with the other romantically.

Give it time. And if one of you calls the other after years of talking? Maybe then there will still be good feelings remaining and enough time and space will pass so the two of you really can be friends.

Heidi Klum Opens Up About Celebrating First Holidays

Post-Split from Seal



By Jennifer Ross

Christmas in California – is what Heidi Klum has in mind for the holiday season. The supermodel, 39, opens up about the holidays, planning a lovely Christmas at home with her four children from ex Seal, according to UsMagazine.com. On Saturday, when asked about her specific plans, while she was at the Children's Hospital of Los Angeles gala, Klum stated, "We're going to get a big Christmas tree and we might go to Disneyland. We go all over the place." In all this, one question remains. Will Seal, 49, join the family? No news has been said yet. Klum and Seal have recently begun to speak again after the nasty comments Seal made about Klum's new relationship with her ex bodyguard Martin Kirsten. Seal contends that his words were taken out of context.

What are some ways to avoid feeling lonely during a first holiday post-divorce?

Cupids Advice:

Whether you are recently divorced or in the process of one, your first holidays sans your ex can be a very challenging time for you. Although it is natural to feel sadness, that doesn't mean you have to go through it surrounded by gloom. To get you into the spirit of a "different" style of holiday season, here are a few tips in keeping your happiness alive, even after New Year's:

1. No worries about the ex: During the holidays, pay no mind to how your ex will be spending his time. Instead, focus on yourself and necessary loved ones. Obsessing about what he might be doing will only prevent you from having a happier time.

2. Put negative feelings on hold: Any jealousy, heartache or anger needs to be stored in the back of your mind until after the holiday season; this is not the time to hash them out. Don't worry; you are not in denial. There will be plenty of time later to deal with the pain.

3. Keep yourself busy: In keeping your mind out of the negativity pool, it is best to accept as many party invitations as you can. If partying is not your thing, then try spending your time volunteering at your favorite charity. Just do anything constructive that will help to get your mind off your divorce and keep your spirits up.

How did you keep your spirits up during your first holiday post-divorce? Comment below.

John Mayer Helps Celebrate Katy Perry's 28th Birthday



By Nic Baird

Katy Perry's relapsing boyfriend, singer-songwriter John Mayer, attended a Friday celebration for the pop star's upcoming birthday, Oct. 25, according to UsMagazine.com. Perry dressed as a sexy vampire for the L.A. costume party, while her on-again man donned a vampire hunter outfit. Other celebrities, like Kristen Stewart, Diane Warren, Neil Patrick Harris and Johnny Wujek were also in attendance. Perry "believes she can change" Mayer, a source told Us about their rekindled romance. "She doesn't want to be just another one of his conquests."

How do you know if your new partner is a player at heart?

Cupid's Advice:

There's nothing more painful than a one-sided relationship. Don't pour your heart down a bottomless pit. Relationships need sharing, vulnerability, and devotion. Find out if your partner has these qualities by looking for these signs:

1. Values: Getting a baseline for the personal values of your partner is a good way to decide if they're ready for a serious relationship. Discuss the principles you hold when you enter into a relationship, such as monogamy and honesty. It should be clear if they're looking for one person, or if they have a constant flirtatious attitude.

2. Priorities: Does their lifestyle support your relationship? Recognize if they'd rather spend time with you, or go out drinking with mixed company. If they don't have room for you in their schedule, it could be that they're very career oriented, but make sure you're their preference. If they're willing to spend the time to develop as a couple, it shows sincerity.

3. Intimacy: Fostering a connection with your partner, takes time and patience. If they're afraid to open up to you, maybe they're afraid to be honest. Players, though charismatic will be reluctant to share too many details of their life. As zealously enigmatic creatures, the fact that you haven't yet figured out if they're a player or not is a bad sign.

What are some other signs that your partner is a player? Share your thoughts below.

Carrie Ann Inaba Calls Off

Her Engagement



By Jennifer Ross

Dancing with the Stars judge, Carrie Ann Inaba, and her fiancé, Jesse Sloan, have called off their wedding. The two came to this decision back in early summer and have remained friends since then, according to [People](#). There is no news yet of the official reason for the break-up. Sloan had proposed to Inaba, on *Live! With Regis and Kelly* in March 2011.

What are some circumstances in which you should call off your engagement?

Cupid's Advice:

You have just begun to plan for your wedding, but something seems wrong with your vision. Is it the venue, the dress, the caterer...or the fiancé? Before you pick out the invitation card, you had better confirm your fiancé is the one. Here are a few warning signs that it is best not to move forward with

the wedding:

1. Simply too young: As you think about your future wedding day, you notice your fiancé thinks about future clubbing days. Are you two on the right path? Sometimes, an engagement can make a person realize just how young they are and whether they are ready for the life-long commitment of marriage. If being engaged is too much too soon, do not fret. There is plenty of time to get there, as long as you are willing to work it out.

2. I don't know you: As exciting as it is to become engaged, it is also added pressure to your relationship. It is during this new level of stress that deeper levels of a personality will come out and they are not all positive. Is your partner the same person you thought you they were? Do they handle the pressure in a good or bad way? If the engagement had brought out a bad side you have never seen, you may have not known them after all.

3. Avoids discussing the wedding: It is only natural that one partner may be more interested in the wedding details than the other. However, if your fiancé completely objects to speaking about any details at all, there is a bigger problem. To have any annoyance or hostility to an event that is suppose to join you two as one means one of you either is not ready to get married or believes they are marrying the wrong person. Either way, all plans should stop.

Did something happen that made you realize it was time to call off the engagement? Tell us below.

Penn Badgley Says He's 'Genuinely Happy' For Blake Lively



By Jennifer Ross

You can add Penn Badgley to the list of people happy to hear of Blake Lively and Ryan Reynolds' marriage. According to UsMagazine.com, he was "genuinely happy" when he heard that his ex-girlfriend, Lively, married Reynolds at Boone Hall Plantation in Mount Pleasant, South Carolina this past weekend. The relationship between Badgley and Lively severed back in 2010, and he is now dating Zoe Kravitz.

How do you know when it's time to move on from an ex-partner?

Cupid's Advice:

Once the relationship has ended with your ex, there may be a

period where you still have feelings and not ready to move. However, lingering in this break-up purgatory is dangerous over time. No worries; Cupid's Pulse has a few tips to tell when it is time to emotionally say good-bye:

1. Please leave a message: Does it seem lately that you spend less time talking to your ex-partner and more time talking to their voicemail? If so, it is time to start moving on. Whether your ex is avoiding you or simply unable to answer the phone, it does not matter. The fact is, your ex is not there and neither should you.

2. Too busy for you: On the days that you do run into your ex, do they linger in conversation or keep it short and to the point? When your ex is too busy to talk about the good-old-times, or anytime for that matter, it is a clear sign that things are no longer lovey-dovey between you two. Do not focus on how to keep the conversation going. Instead, keep it positive and short so you, too, can be on your way.

3. They have moved on: An obvious sign that it is time to move from your ex is when they have a new partner. Nothing says "I don't love you anymore" like seeing your ex with their new love interest. Why stick around and be the third wheel when you, too, can be out in the world with someone new? The only way to get there is to let go!

Have you finally moved on from your ex? What made you realize it was time? Comment below.

Seal Clarifies That Heidi

Klum Did Not Cheat



By Nicole Weintraub

After seven years of marriage Heidi Klum and Seal called it quits in January, with Klum officially filing for divorce in April. According to [People](#), Seal would like to clear the air and state that Klum was not cheating on him whilst they were together. In a statement he had made prior in an interview, rumors spread that Klum had cheated on Seal with her bodyguard Martin Kirsten. Seal sets the record straight by explaining the statement in his interview by claiming that they are separated, but still legally married. Photos of Klum and her bodyguard vacationing surfaced and Seal said he expected her to “have shown a little more class...before deciding to fornicate with the help.”

What are some ways to know that your partner is being unfaithful?

Cupid's Advice:

Being in a relationship, no one wants to find out that the person they trust the most is the one that is hurting them. Here are a few tricks on how to find out if your partner is being unfaithful:

1. Hot and cold: If your relationship has been on the rocks or unstable recently, that could be a huge clue that your partner is experiencing a wandering eye. When we are not happy in current relationships whether it be due to the spark dulling or constant arguments, we tend to look elsewhere to see if we are missing out on anything. Keep an eye out for your partner being out of tune with you emotionally and keeping you out of their schedule.

2. Excuses, excuses: Honesty is one of the most important ingredients in a healthy relationship. When you start hearing excuse after excuse, it's time to start looking for more clues. One late night at the office is understandable, but when the same excuse comes up over and over again, chances are it's not just an excuse anymore.

3. Sudden changes: Sudden changes in mood, behavior and scheduling may be indicators that your partner is unfaithful. Constant canceling and postponing plans that your partner has with you is a red flag. It may be a sign that your partner is seeing someone else, or it may be a warning that the spark is dulling in your relationship.

Have you found your partner being unfaithful? What red flags did you find? Share your comments below.

'Bachelor Pad' Star Chris Bukowski Says He Still Has Feelings for Emily Maynard



By Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

What do you do if you're having a hard time getting over an ex?

Cupid's Advice:

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips to getting over that heartbreak:

1. Get your ex off that pedestal: You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a good reason why this break-up happened, even if you cannot see this right away.

2. Get rid of the reminders: The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

3. Dust off those hobbies: Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!

Rihanna Says the 'Slightest Things' Remind Her of Chris Brown



We all remember the tragic ending to Rihanna and Chris Brown's relationship in February 2009 after he physically assaulted her. But, recently on *Oprah's Next Chapter*, the pop star confessed that her ex will always have a special place in her heart. Rihanna continued to tell Oprah Winfrey, "I am reminded by a lot of things. A lot of memories we had. By the slightest things: hotel rooms, tour venues. Any little things: music, songs." Not only is Rihanna still reminded of the singer, but she felt protective of him when he was being charged for assault. She felt he needed help rather than to be locked up. Rihanna revealed a lot of mixed feelings in this interview, which could ultimately lead her back into the arms of Brown.

How do you keep thoughts of your ex from preventing you from

moving on?

Cupid's Advice:

Usually when a couple has a dramatic break up, there's a lot of baggage that comes along with it. Here are some ways to prevent that from helping you move on:

1. Accept it as the past: A big problem of past relationships, is that you continue to dwell on things that already happened. You have to accept them as things that you cannot change and just learn from any past mistakes. Accept it and move on.

2. Become friends with your ex: You don't necessarily have to become best friends with your ex, but if you have friendly conversation from time to time, you're most likely to get any thoughts about them out of your system. Hopefully by having a friendly relationship you can learn to be happy for them in the present, and having their support will help you move on.

3. Go out and meet people: The best distraction from an ex, is someone else in your life. Go out and meet new people. Go on dates and allow yourself to be distracted from any thoughts you may have about a past relationship.

How would you keep yourself from thinking about an ex? Share your thoughts below.

Jenni "JWoww" Farley Tells Off Her Boyfriend Roger

Matthews



Arguments between reality-TV star Jenni “JWoww” Farley and her boyfriend of two years Roger Matthews have been heating up since the start of JWoww’s *Jersey Shore* spinoff: *Snooki & JWoww*. While in Mexico with her pregnant co-star Snooki, the couple got into a fight regarding the fact that Roger had made plans the day that Jenny was supposed to return to the U.S. The argument continued to get worse until Roger suggested that Jenny reunites with her ex-boyfriend, and alleged abuser, Tom Lippolis, reports UsMagazine.com. In a sneak peek of the upcoming episode, JWoww can be quoted saying, “By telling me I should be with my ex, you can go f–k yourself! And you can burn in hell.” The two have been through many ups and downs throughout their relationship, but this argument may prove too hard to come back from.

What are some ways to avoid heated arguments in your relationship?

Cupid's Advice:

Sometimes, a problem can get out of hand between you and a loved one. Cupid has some advice on how to avoid an argument with your partner:

1. Be open with your feelings: When your partner says or does something that upsets you, be honest. Don't assume that they will understand why you are upset; it is your responsibility to explain what they are doing wrong and why it hurts your feelings. Open communication is one way to not only stop arguments, but to avoid them all together in the future.

2. Stay calm: One thing that will escalate an argument is yelling at your partner. Make sure to explain the problem calmly. If you raise your voice, your partner may feel attacked and the need to defend their actions can lead to a full-blown fight. If you can explain your side peacefully, your partner is much more likely to listen and take in what you say.

3. Watch your words: Words can be hurtful, especially when in the midst of a heated argument. It is important that no matter how mad you are, you try your best not to say something you will regret. Saying something you don't mean can make an argument much worse, and lead to a breakup, so try to be honest and don't say something merely to hurt your partner.

What are some ways that you avoid arguments in your relationship? Leave a comment below.

EXCLUSIVE: The 'Hollywood Ex' of Will Smith, Sheree Fletcher, Says, "I Never Should've Filed For Divorce"



By Bernadette

McCadden

In the first season of 'Hollywood Exes,' which premiered on VH1 on Wednesday, June 27, viewers will see the real life of Mrs. Sheree Fletcher – not to be mistaken for that of ex-Mrs. Will Smith. In the season premiere, Fletcher goes to dinner with the other cast members, where she meets Andrea Kelly, the recent divorcee of R&B artist, R. Kelly. Kelly desperately seeks advice from the other women about how to get through the hurt of a break-up, and Fletcher encourages her to focus on her kids – something that she did in the wake of her own divorce.

Smith and Fletcher, who divorced in 1995, had one son together, Willard Christopher Smith III, better known as Trey, who is now 19 years old. Looking back on it, Fletcher realizes she had been naïve about marriage, forgetting that it takes hard work to keep a relationship strong. “I went into that marriage with false expectations of what marriage should be. I thought I would be happy every day; I didn’t know there would be up’s and down’s,” she shares. “Based on my situation with Will, I never should’ve filed for divorce. It wasn’t that bad, it wasn’t that serious.”

The divorce took a toll on Fletcher, who now understands that no matter what, after a divorce, you have to give yourself time to mourn. You can’t just ignore the heartache and rush into another relationship. She says, “I went to a therapist; I cried, I cussed and I screamed. It was a safe place. She made me think, and she made me do the hard work necessary to overcome the pain.”

Related: [Rachel A. Sussman Helps Us Recover After a Break Up in ‘The Break Up Bible’](#)

For Trey’s sake, Fletcher and Smith have remained friends. In fact, the two families have even spent Christmas together, just so Trey wouldn’t feel bad about choosing one parent over the other. So how does Fletcher’s current husband Terrell feel about this arrangement?

“Terrell absolutely loves Will and Jada, and we all get along well. It wouldn’t have worked otherwise. I needed someone who would be on the same page as us and put my child first,” Fletcher explains. “I felt so guilty after the divorce, like I did my child a disservice. I needed to forgive myself and then become a good co-parent with Will to ensure that Trey remained the priority. Terrell completely understood.”

The two have been happily married now for over a decade. Fletcher’s husband is a pastor at Hope International Church in

San Diego, California, where she also works. As seen on 'Hollywood Exes,' the couple only get to see each other a few days a week because her primary residence is in Los Angeles, not San Diego. "Because we're in different cities, it can be easy to get caught up in your day, so we always make the effort to stay connected," she says.

Related: [Making the Most of Your Long Distance Relationship](#)

So when they are together, what is their favorite thing to do on a date? Go to the movies!

"We're simple people," Fletcher says. "There's this movie theatre called iPic in Pasadena, California. We drive thirty miles just to go there because they have these big plushy seats, and you push a button to order food! They'll bring you lamb chops and filet mignon sliders – it's very gourmet!"

You can catch Fletcher on 'Hollywood Exes,' which airs on Wednesdays at 9/8 CT on VH1.

Ryan Philippe's Ex Alexis Knapp Hooked Up With Seth MacFarlane





Project X star,

Alexis Knapp, was secretly hooking up with *Family Guy* and *Ted* creator, Seth MacFarlane while she was pregnant with Ryan Philippe's baby. According to UsMagazine.com, Knapp began seeing MacFarlane after she broke up with Ryan Philippe. When reached for comment, MacFarlane's rep insisted that the two are not dating, but a source says that Knapp really likes MacFarlane and wants the relationship to be official.

What are some ways to tell it's time to move on after a split?

Cupid's Advice:

When a breakup happens, both parties can leave with different feelings about the failed relationship and their ex. Sometimes one partner may want to hash out old feelings while the other just wants to forget their feelings. Don't be the one who can't let go! Here are some ways to tell it's time to move on after a split:

1. No phone calls: If your ex no longer calls you to set up a date or texts you to let you know what time he's getting home, then it's time to move on.

2. They have moved on: If you see that your ex is already talking to other people or just focusing on themselves without

you, then you need to do the same.

3. Other people acknowledge the break up: If the people around you no longer refer to you as a couple, then its time to keep it moving.

How do you know when it's time to move on after a split? Share your comments below.

Liam Hemsworth's Ex Speaks Out About His Engagement to Miley Cyrus



Liam Hemsworth and Miley Cyrus may be marrying young, but they have support in the most surprising places. 22-year-old Hemsworth's ex-

girlfriend, Laura Griffin, admitted to [Celebuzz](#) that she's surprised, but happy for the couple. She said, "If they are in love and are happy why not? I'm very happy for him." Griffin and Hemsworth dated for six years before Hemsworth left her for Cyrus in 2009.

How do you handle an ex you're not over moving on with someone else?

Cupid's Advice:

It's tough to see someone you love being happy with someone else. Here are some tips on how to handle an ex you're not over moving on:

1. Find your own happiness: You don't need one person to be happy – and if they've moved on, they clearly don't need you. Find what makes *you* happy.

2. Don't burn bridges: Your relationship worked for a reason. Don't be afraid to make friends with your ex and their new partner. It may even be beneficial for you.

3. Take it in stride: It's time for self-improvement! Your ex moving on is a sign that it's time for you to move forward, too. Take steps for bigger, better things and new love.

How do you handle an ex you're not over moving on with someone else? Let us know in the comments below.

Chris Brown Watches Rihanna

from Afar at NYC Club



Singers and exes, Rihanna and Chris Brown are anything but predictable, making it difficult to keep up with their roller coaster relationship. What's known for sure about the pair is that both artists have an undeniable love for partying, so running into one another is inevitable. Last Monday night, the pop star was under her ex's surveillance, when they both showed up to the New York City hotspot, Avenue, reports [People](#). Although Brown was reportedly surrounded by close friends drinking champagne and taking shots, he couldn't refrain from looking over to Rihanna's table, who apparently was with her latest suitor.

What are some ways to avoid an awkward confrontation with your ex?

Cupid's Advice:

Since you can't ban your ex from going to your favorite

places, there's always a risk you'll run into him or her. Here are some ways to avoid confrontation if you happen to have a run in with a past flame:

1. Pretend you don't see them: This doesn't have to be as immature as it sounds. If you happen to notice your ex is at the same place you are, don't make it obvious. Discreetly keep it to yourself; that way, if they see you, the ball is in their court.

2. Don't try to show off: The worst thing you can do is attempt to make your ex jealous by dangling a new prospect in front of him or her. This behavior will not only make you look silly, but your attempt will send a message that you're trying way too hard, which gives your past lover a reason to confront you.

3. Play it cool: Don't get upset or flustered and remember that they're most likely feeling the same uneasiness. Take a deep breath, smile and carry on as you were. A light conversation may be nice, but it's certainly not necessary.

What have you done to avoid an awkward confrontation with an ex boyfriend or girlfriend? Share below.

Five Ways Being Friends With Your Ex Can Ruin You





By Ashley DelBello

Let's be honest: remaining friends with your ex usually doesn't work. It might sound like a good idea in the beginning, especially if your relationship ended amicably. However, a few months later, you're sure to find yourself either pining away for them when they only see you as a friend or participating in late night hook-ups while one or both of you are dating someone else. To remind us about these consequences, here are Cupid's top five reasons why being friends with your ex isn't such a great idea:

Related: [Spring Cleaning: 5 Types of Guys to Dump](#)

1. You will be single forever: Okay, so maybe that's a little extreme, but being friends with your ex can keep you from moving on and looking for someone new. Not only is hanging out with them precious time you're wasting when you could be finding someone who does want to date you, but it also prevents you from opening yourself up to the idea of being with someone else.

2. It will damage your new relationship from the start: With your ex still in the picture—even if you claim your feelings are just platonic—how can you be fully committed to your new relationship? Give the new person a chance and dump the ex.

The beginning of a new relationship is always a little hard, so don't make it any harder by keeping your ex around.

3. You will end up with a jealous partner: This is related to the second point, but it's a little more specific. Think about how your current partner must feel with your ex still hanging around. Jealousy might not be attractive, but it's definitely warranted if you're constantly spending time with your ex.

4. Your ex won't be able to move on: While this won't necessarily ruin you (unless they become a stalker), it's not fair to your ex if you're giving them a false hope that there might be something more. While it may seem innocent on your end, there needs to be time after a relationship when both of you go your separate ways.

Related: [Brooke Mueller's Binge With Charlie Sheen Lands Her Back in Rehab](#)

5. You could hook up with your ex while you're dating someone else: Whether you're the one with the new partner or they are, hooking up with each other isn't going to end well, and it's easy to consider doing so if you continue hanging out together. Remember this though, you broke up for a reason.

Maybe being friends with your ex won't always ruin you, but it's likely to cause additional heartache when you've already had your fill.

Has remaining friends with your ex actually worked? Share your comments below and let us know what you think.

Sofia Vergara and Ex-Beau Nick Loeb Meet for Hot Chocolate



Modern Family star,

Sofia Vergara, was spotted having hot chocolate with her ex, Nick Loeb, in New York City this week. In May, Vergara went to the Met Gala solo and sources confirmed that the pair had called it quits. Could the two just be friends? According to [People](#), a source said, "They were not romantic at all."

What are some ways to remain amicable with an ex?

Cupid's Advice:

Breaking up is hard to do, and staying friends after the break-up can sometimes feel impossible. However, you can keep a meaningful friendship intact when the romantic connection is gone. Here are some ways to remain amicable with an ex:

1. Let go of grudges: If you want to get past the reason your relationship didn't work out, forget about the past and focus on your future as friends or just being civil with one another.

2. Take baby steps: Do not go from a huge break-up to a dinner and movie date with your ex. When the time is right, go out for coffee or a quick chat in the park.

3. Group meetings: To make things even more relaxed and friendly, meet with your ex in a group of each other's friends or family.

How do you remain amicable with an ex? Share your comments below.

Emily Maynard Says Brad Womack's Recent Comments 'Really Hurt'





The much

anticipated, season-eight *Bachelorette* star, Emily Maynard, decided to be the bigger person when responding to her ex, Brad Womack's, recent nasty remarks. He said that "dodged a bullet" when their engagement ended, according to UsMagazine.com. The single mom faced the smack-talk on *Access Hollywood Live* on Wednesday, making a point to avoid confrontation. The 26-year-old told hosts, "At first, my feelings were really hurt, because we left everything very civil and I've never said a bad word about him. But knowing Brad, he didn't mean it that way." Neither half of the former couple have seen one another since filming for the new season of ABC's *The Bachelorette* started, which is probably for the best. Still on her quest for love, Maynard knew better than to fall for the petty 'he said, she said nonsense, showing not only her maturity, but also demonstrating that you can't believe everything you hear.

How do you deal with a vengeful ex?

Cupid's Advice:

Moving on from a breakup is difficult no matter what terms the relationship ends on. If you find your ex saying mean things that he knows will get your attention, it's usually a sign

that he isn't as over you, or the split, as you thought:

1.No response is the best response: Don't give your ex the satisfaction of dropping to his or her level. If your ex is reaching out to you, it's obviously for a reason, so if you want to keep that relationship in the past, don't let them get a rise out of you – which was likely their goal in the first place.

2.Take it as a compliment: If a past partner is taking time out of their day to say things about you, it's because you're on that person's mind. Smile that they still care enough about you, as they took time out of their day to vicariously reach out to you.

3. Use it as fuel: If your ex is going to say cruel things about or towards you, just remember how much better off you are without that person. You deserve someone who is going to make you happy and your ex's immaturity can be used as a push in the right direction towards the one.

What are some other ways to deal with a vengeful ex? Share your thoughts below.

Mena Suvari Reaches Divorce Settlement with Simone Sestito





Longtime *American Pie* actress Mena Suvari and ex-hubby Simone Sestito ended their marriage on a cordial note after a year and a half of marriage, according to UsMagazine.com. Suvari's rep tells *TMZ*, "Neither party will pay the other any support," after Sestito formerly requested a little over \$17,000 dollars a month. The 33-year old star denied rumors that being in the spotlight played a role in her split with the concert promoter in *Boston Common* magazine. Suvari said, "It's taken years to get to know myself. I had never really taken time to cultivate who I was." This marks the actress' second divorce after her 2005 split with cinematographer Robert Brinkmann.

How do you compromise in the midst of a split?

Cupid's Advice:

Splits are always tough on both individuals in a relationship. Here are some important things to keep in mind in order to end on a good note:

- 1. Communication is key:** Reach an understanding about the split and find common ground. This will help put things in perspective.
- 2. Stay positive and civil:** Kindness goes a long way,

especially during a split. Being genuine to one another is just as important after a relationship ends.

3. Keep it clean: Avoid pursuing revenge or any sort of negative reactions from your soon-to-be ex. Nothing is worse than a messy divorce.

How have you handled a split in the past? Share your story with us.

Scarlett Johansson Speaks Out About Divorce from Ryan Reynolds



Actress Scarlett Johansson opened up about the men in her life's past and

present in an interview with [Vogue](#), including her painful split from actor Ryan Reynolds. Although the *We Bought a Zoo* actress is happy and in love once again with boyfriend, Nate Naylor, she says the memory of her divorce from Reynolds was devastating and painful, but something she doesn't regret, according to [The Daily Mail](#). The couple, who split in December of 2010, led a private and love-filled marriage, but their busy careers got the best of them. 'This was something I never thought I would be doing. And there's no way to navigate it," said Johansson of her divorce. "Nobody can give you the right answer. It's never anything you want to hear. It's a very lonely thing. It's like the loneliest thing you'll ever do, in some way."

How do you move on after a divorce?

Cupid's Advice:

After a divorce, you can feel like you've lost your entire world or your best friend, but it doesn't have to be so bad.

Cupid has some tips to help you stay positive and move on gracefully:

1. Don't waste time: After a split, a grieving stage is necessary, but don't let it take over your life because regret can be a difficult emotion with which to cope. Give yourself time to accept the past, settle into the present and embrace what the future has in store for you. Life is filled with ups, downs and unexpected turns, so be strong and carry on because things will get better again.

2. Get out of denial: The marriage is over, and there's no use in thinking about the "what if's," or the "if I would have done this," because you can't go back. The only way to move is forward with a new perspective on how you're going to learn from your mistakes and improve your life.

3. Find yourself: You can't be that person you were when you

were with your ex, because life is going to be different without them. There's an authentic "you" in there somewhere, and maybe you haven't revealed it in a while, but it's time to be independent again.

What advice do you have for someone trying to move on from a divorce? Share your comments below.

Peter Facinelli Speaks Out About Split with Jennie Garth



Twilight star, Peter Facinelli, opened up to Kelly Ripa about his divorce with Jennie Garth on Wednesday's *Live! with Kelly*. According to [People](#), Facinelli told Ripa that Garth will always be in his life. He's right about that, as the couple are parents to

three daughters: Luca, 14, Lola, 9 and Fiona, 5. Facinelli said that he and Garth are trying to stay out of the limelight for the sake of their little ones. “We’re very dedicated to being great parents,” he said.

How do you make a divorce drama-less for your children?

Cupid’s Advice:

Divorces can get nasty, but it’s important to protect you and your ex’s greatest asset-your children. Here are some ways to get through your breakup without your kids having to deal with the drama:

- 1. Keep it between grown-ups:** There is no need to let your children in on every little detail of the divorce. Keep kids out of grown-up business.
- 2. Don’t ask them to take sides:** Pinning your children against your ex will only backfire. Keep them happy by respecting your ex around them.
- 3. Talk it out:** It’s a good idea to ask your children about their feelings regarding the divorce. Divorce means change, and it’s important to take the time to validate your kids’ emotions.

How have you made your divorce drama-free for your children? Share your comments below.

Rihanna Explains Why She’s

Still in Contact with Chris Brown



In May's issue of *ELLE*, Rihanna finally shared with the world why she is back in contact with ex-boyfriend Chris Brown. It's been three years since Brown assaulted Rihanna and, according to UsMagazine.com, since then the duo has collaborated on two singles and has been secretly hooking up for about a year. Rihanna says, "I respect what other people have to say. The bottom line is that everyone thinks differently," in response to the furious reactions from fans and critics about the couple reuniting. "It's very hard for me to accept, but I get it. People end up wasting their time on the blogs or whatever, ranting away, and that's all right. I don't hate them for it," she says. However, the singer refuses to apologize. "Because tomorrow I'm still going to be the same person. I'm still going to do what I want to do."

When your partner makes a mistake, how do you know whether to

forgive them or not?

Cupid's Advice:

It's hard to know when to give your sweetheart a second chance or not. Cupid has some advice:

1. Weigh your options: Will this same thing happen again? Will you be more miserable with or without your beau? These are some important questions to consider when dealing with mistakes made by your lover.

2. Consider the mistake: Breaking up or staying together after a mistake all depends on the magnitude of the error. If your man cheated on you, say goodbye and move on. If your guy made a fool of himself in front of your parents, talk to him about it and ensure it won't happen again.

3. Wait for an apology: If your partner realizes they are in the wrong on their own and they apologize, breaking up with them is too extreme. However, if your significant other does not even realize they've upset you, you probably need to let them know and consider breaking things off.

How did you decide if it was okay to forgive your partner? Share your stories below.

Sources Say Reese Witherspoon is Expecting Her Third Child



We were

ecstatic when Reese Witherspoon married Jim Toth after her seven year marriage to Ryan Phillippe ended. It was only a matter of time before the happy couple decided to extend their blended family. Sources told UsMagazine.com, that Witherspoon is 12 weeks along with her third child, and first child with Toth. Could Witherspoon be waiting for the right time to tell ex-hubby Phillippe and her kids Ava, 12, and Deacon, 8, about the good news? Witherspoon and Roth may be keeping their pregnancy a secret, but we can't hold in our excitement for the couple.

What are some reasons to keep your pregnancy a secret?

Cupid's Advice:

Some women wait to tell family and friends about a [pregnancy](#) for valid reasons. Here are some reasons why you should keep your pregnancy a secret and not feel guilty about it:

1. Health: Most females wait until after their first trimester to reveal the big news, because miscarriages are more likely.

2. Time: Is this your first child with your partner? It's okay to take some time to enjoy the good news with each other, as this will bring the two of you closer.

3. Privacy: Keeping your pregnant as secret as long as you can is your prerogative, and you are entitled to your privacy.

Why would you keep your pregnancy a secret? Share your comments below.

Khloe Kardashian Reveals What Kris Humphries Said at First Meeting



Yes, Kim Kardashian and Kris Humphries are divorced, but little sister Khloe

Kardashian Odom, revealed why she and Humphries never got along during her Tuesday night appearance on *The Tonight Show With Jay Leno*, according to [E! Online](#). Kardashian Odom told Leno that the first thing Humphries asked her during their first meeting was, “So, how much you gettin’ paid to fake your marriage? Like how long are you gonna keep this up for?” Was Humphries trying to break the ice with a joke, or was he being down right shady? Kardashian wasn’t sure, but she said, “[Humphries] just rubbed me the wrong way. So, ever since then, I had a very defensive wall brought up.”

What do you do if your family doesn’t like your significant other?

Cupid’s Advice:

Introducing your family to your significant other is a big step. Between worrying about your family liking your partner and if your partner will leave a great first impression, it can be intimidating. Here are some things to do if your family doesn’t like your partner:

- 1. Respect:** Understand that your family is free to have their own opinion. Give them time, and they may come around.
- 2. Meet, again:** Put a lot of thought into their next meeting. Pick a relaxed setting, because after all, you’re trying to connect the people you love.
- 3. Take a step back:** Really take time to evaluate why your family doesn’t like your partner. Could it be that he or she isn’t right for you? If not, let your family know that your relationship is here to stay whether they like it or not. This may be just what they need to come to an acceptance.

What would you do if your family wasn’t happy with your significant other? Share your thoughts below.

Exes Kate Hudson and Owen Wilson Have Surprise Reunion at Oscars Bash



Kate Hudson and Owen

Wilson prove that exes can be friends after a breakup. The former couple who dated from 2006-2007 after working together on the set of *You, Me and Dupree*, had a surprise reunion at the *Vanity Fair* Oscar party on Sunday. A partygoer told UsMagazine.com that the two “totally had a moment” as they “hugged and kissed each other on both cheeks.” The source also revealed that the two stars talked about their kids and how old they are now (Hudson welcomed son Bingham in July 2011 with fiancé Matt Bellamy and Wilson and Jade Duell welcomed son Robert Ford in January 2011; Hudson also has son Ryder, 8, with ex-husband and Black Crowes front man Chris Robinson).

“They pulled out their phones to show each other pictures,” the partygoer said. “They both oohed and ahed over them.”

What are some ways to become friends with your ex after a split?

Cupid's Advice:

So you and your ex didn't make it to the altar like you thought would, but that doesn't mean the two of you still can't be friends. Don't know how to get over the awkwardness ? Cupid has some tips:

1. Give yourself some time: You may not be ready to immediately come face-to-face after your relationship ends, which is understandable. Allow yourself time to heal after splitting, especially if it ended on bad terms.

2. Get over the grudge: The breakup might not have ended so well, but if it's been years since then, you shouldn't hold onto a grudge forever. Sometimes, not holding a grudge with your former flame can be what you need to move on to the next best thing.

3. Be friendly: If you have the same friends, you might run into each other often. When this happens, smile and make small talk. This may not reignite the spark in your old relationship, but it may lead into becoming friends again.

Were you able to become friends with your ex? How? Share your stories below.

Is Dating Your Ex Off Limits?



By Erika Mionis

After a tough breakup, many people gorge themselves in the nearest pint of ice cream and attempt to forget their sorrows. Shortly thereafter, it's common for them to experience a rush of self-confidence; they're determined to enjoy being single. However, the rush and the ice cream therapy can't last forever.

It's easy to assume going back to your ex is okay if you have a change of heart. And in some cases, it's acceptable to retry a failed relationship. However, it's important to fully analyze your breakup, your ex and your plans for the future before rekindling the flame. Here are a few things to consider:

The cause:

Even the most pointless breakups happen for a reason. Before

restarting your relationship with your ex, make sure to figure out why the two of you split up in the first place. If your breakup was caused by a petty argument, feel free to reconsider the relationship. If the parting of ways was the result of a wrongdoing on your partner's part, think about moving on. Though there are exceptions to every rule, for the most part, people don't change. Starting a relationship with someone you don't trust may only lead to more distress in your life.

Possibility of forgiveness:

If your ex was the one who ended the relationship, reconnecting with each other will be even more difficult. Work on the small personality issues that your partner may have disliked and ask your ex for another chance. Though this will take time, eventually you will be a better person because of it. If your breakup was caused by a personal mistake on your part, your ex may not consider dating you again. Be prepared to accept rejection.

Your ex:

Is your ex really worth it? Trying to rekindle the flame will take enormous effort on both of your parts. You should only date again if you truly feel that your ex could be "the one."

Related: [Ten Signs You're Dating a Jerk](#)

The future:

Don't run back to your ex if you feel optimistic about the future. If you have a close friendship with someone that could potentially lead to more, go for it. Contemplating the past may be a waste of time. There are probably better relationships still to come.

Related: [How to Campaign for a Better Relationship](#)

Would you give your ex another chance? Share your comments

below.