

Chris Brown Wishes Rihanna a Happy Birthday Via Twitter



Three years after pleading guilty to assaulting his ex, Chris Brown and Rihanna seem to have come to some sort of a truce. This week, Brown sent his former girlfriend a message for her birthday via Twitter: "HAPPY BIRTHDAY ROBYN!" Rihanna then thanked him via her own Twitter account, according to *People*. Lately, controversy has been brewing as the duo are back on speaking terms and rumors that they may be getting back together are circulating. The pair have even collaborated with their music, as Brown is singing on a remix of Rihanna's track "Birthday Cake," called "Cake."

Is it OK to stay in contact with an ex who treated you poorly?

Cupid's Advice:

When someone you love treats you badly and it eventually leads to a breakup, it can be a hard thing to get past. Sometimes

it's impossible, and other times it just takes a very long time. Cupid has some advice:

1. Let time pass: The most important thing you can do is to take enough time that it's actually likely that your ex has changed. If you jump back into a friendship prematurely, you may end up getting hurt all over again.

2. Regain trust: It's very possible that you'll never be able to fully trust your ex again, especially if what he or she did was bad enough. If you can't regain that trust, there's no point in re-establishing a relationship. On the other hand, if you think trust is possible again, just take things slow.

3. Consider benefits: Consider what the perks are of retaining contact with your ex. If you can't imagine that it'll add something positive to your life, then cut ties completely.

What are your thoughts on staying in contact with an ex who treated you poorly? Share your comment below.

Katy Perry Is Caught Flirting With a New Man





Though Katy Perry

may not be fully ready to move on from ex-husband Russell Brand, she is getting there. According to UsMagazine.com, the singer was seen at a pre-Super Bowl party where she was seen mingling with many sexy athletes in attendance. She may not be hearing wedding bells again anytime soon, but she's certainly back to her old joking self. "You'll be the first straight man I've had a photo with in a long time, so live up to it," she said to Carolina Panthers quarterback Cam Newton, as they posted for a picture together.

How do you know how long to wait before moving on after a split?

Cupid's Advice:

It can be difficult to determine when the right time comes for you to move on from your last relationship. Cupid shares some advice:

1. Mental closure: If you think of your ex late at night and are filled with feelings of hate, anger and jealousy, you need some time before attempting to move on and begin a new relationship.

2. You stop thinking about them: When you realize that you've gone more than just days without thinking of them, you're

probably ready to begin dating again. You have to be happy by yourself before you can be happy with a new partner.

3. When dating helps: If you're potentially interested in someone and they already help you forget your ex, you may be able to move on with them. However, make sure that whoever you begin dating isn't a rebound.

When did you know it was the right time to move on? Share your stories below.

Amanda Seyfried Discusses Remaining Friends With Her Ex



Amanda Seyfried covers the March 2012 [Glamour](#) Magazine and is uncensored when it comes to dishing on her personal life. The actress, who may star as porn actress Linda Lovelace in the upcoming biopic

Lovelace, admits that the next guy she commits to may be the one she decides to have kids with, and if not, there's always her ex-boyfriend British actor, Dominic Cooper. "My God, yeah. He was my last real boyfriend. We still joke about having kids, like, 'If it doesn't work out with other people, we might as well just have a child.' And there's a part of that that feels...possible."

What are the advantages to staying friends with your ex?

Cupid's Advice:

Who says you can't be friends after a breakup? Some people may think it's best to forget about your ex, but here are a few benefits to staying on good terms with your old flame:

1. Friends with benefits: Everyone has their wants, but you can't get them from everywhere. Depending on the terms of the split, it may be convenient for you to get what you want from your ex while looking for something new. Be careful not to get confused in the process.

2. Don't burn bridges: If your relationship ended on good terms, try to keep it that way. You never know who you may need in the future to talk to when you could use a quick "cheer-me-up."

3. Patch it up: Maybe your breakup didn't end so well. But, reaching out to your ex may be just what you need to help you move on. Most of the time, when you receive closure from a past relationship, it makes it a lot easier to be cool with your former love.

Are you still friends with your ex? Share your comments below.

Demi Moore Is Embarrassed by Post-Split Breakdown



After living in the spotlight for more than three decades, Demi Moore has lost her cool. According to [People](#), after her November split from husband Ashton Kutcher, the actress slowly worked up to a full-fledged breakdown. Although it's not clear whether this was caused by her divorce or not, Moore has been seeking treatment since Jan. 23 after being whisked away in an ambulance for what some are now reporting as a seizure. A source says, "Ego-wise, this is the worst thing that could happen to Demi, because she's such a private person. She's embarrassed." Moore has been studying Kabbalah, a form of Jewish mysticism, which instructs that adversity can prove beneficial to her healing process. Moore's troubles "can be an opportunity, a blessing and not a curse. The right intervention happened in her life. From a spiritual sense, it's a gift. She had a real opportunity to grow from it. She has to take responsibility for her life," said the source.

What do you do if your ex is having a hard time with your breakup?

Cupid's Advice:

Breaking up is hard enough, but what are you supposed to do when you get the better half of it and move on before your ex can? Here are some tips:

1. Be respectful: When you know your ex is struggling to overcome the breakup, don't make things more difficult on their end. Try to stay out of their way, even if that means changing your regular coffee routine so you don't have to make small talk at the counter. Keep in mind that you cared about your ex at one point.

2. Don't make new relationships overly public: We know you're thrilled about the new guy you met and how funny he is, but spreading it all over Facebook is just going to hurt your ex more than you already have. Hiding your relationship is not necessary, but keep the bragging to a minimum.

3. Offer condolences: If you know that your ex is really hurt and you're at fault, offer an apology. It is most likely clear you won't be getting married in the fall, but saying you're sorry for the hurtful things you may have done or said will help the healing process.

What did you do when your ex had a hard time with your breakup? Share your stories below.

Scarlett Johansson Has a New Mystery Man



After Scarlett Johansson's split with ex-hubby Ryan Reynolds, the rumor mill was buzzing with candidates thought to be her next boyfriend, but a source has finally confirmed the name of her current romance. The actress is dating the New York-based advertising executive, Nate Naylor, a pal of the pair confirmed to [People](#). "They've been dating for five months," said the source, who also mentioned that they're trying to keep the relationship private.

How do you keep a new relationship under wraps?

Cupid's Advice:

Getting back into the dating scene after a breakup or a divorce can be tricky. Here are some ways to keep things simple:

1. Keep quiet: Your first few dates after getting out of a serious relationship can be a little shaky, so only tell one or two people close to you that you're seeing someone until you think the relationship is ready for exposure.

2. Social media: Keep the relationship status on your Facebook out of the situation. People love gossip, and changing your status will make the topic free game for anyone with access to your page.

3. New places: Avoid going to the same places that you used to frequent with your ex. People will realize that your old partner is missing, and without knowledge of the split, could bring up some topics that could result in awkward conversations.

How did you keep your new relationship under wraps? Share your comments below.

The Ex Factor: What Taylor Swift and Demi Moore Have In Common





By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass–Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their chemistry experiments with a winning romantic concoction that lasts:

Related: [Demi Moore Proves There's Hope After Divorce](#)

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

Charlyism #5-1: The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it’s possible with those you’re [dating](#).

Related: [Amy Spencer Talks About ‘Meeting Your Half-Orange’](#)

Charlyism #3-3: Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you’re looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

Charlyism #3-10: Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism #3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.



Brandi Glanville Admits to Hooking Up with Gerard Butler



Brandi Glanville has come out and admitted to fooling around with Gerard Butler in Malibu last August. According to UsMagazine.com, Glanville revealed the secret to Andy Cohen on *What Happens Live*. Although it was denied in September when rumors surfaced, it is now confirmed by Glanville that the couple “had a little week of fun.” Glanville even admitted that Butler was an 11 on the lover scale of one to ten. A source said the “fooling around” occurred shortly after Glanville was left by ex-husband Eddie Cibrian.

What do you do if a former partner starts bragging about hooking up with you?

Cupid's Advice:

It might seem like flattery when an ex brags about being with you, but it can also be a little too over the top and way too

much information. Here are some tips on how to handle the situation:

1. Politely ask your ex to stop: Without causing unnecessary drama, talk to your ex and request that they stop discussing your private matters. This is easier said than done, but if you are polite, patient and understanding towards your former partner the showdown should run smoothly.

2. Make sure the facts are straight: If your ex does not stop, be sure he is at least blabbing the right story to the public. If his word is coming out sideways against yours, go ahead and set the tale straight.

3. Warn your current lover about what they might hear: Dealing with exes in new relationships is a sticky subject. If your current beau is clueless about your past lover, be sure to tell him before someone else does. Even the hard stuff sounds better coming from your own lips.

What did you do when a former partner was bragging about hooking up with you? Share your stories below.

Ashton Kutcher and Demi Moore Have Pre-Golden Globes Run-In





It looks as though

Ashton Kutcher and Demi Moore may be having a case of the exes. Besides having continuous awkward run-ins with each other at different locations in Hollywood, it appears the two haven't been seeing much of each other since announcing their decision to split-up this past November, amid rumors that Kutcher was unfaithful. Although going through a divorce, the former couple was cordial with one another as they crossed paths at the CAA Foundation pre-Golden Globes bash this past Friday. Sources told UsMagazine.com that the exes kept their distance most of the evening and briefly said "Hi" to each other.

What are some ways to avoid awkward run-ins with an ex?

Cupid's Advice:

Depending on the breakup, bumping into your ex can be a bit awkward. Here are some positive ways to react when you encounter a previous mate:

1. Be kind: Even if your ex hurt or cheated on you, try to be kind when you run into them. You don't necessarily have to jump up and give them a big hug as though you're trying to be their best friend for the next few seconds, but you don't want to come off as bitter either. Keep it simple with a smile and

“hello.”

2. Keep it simple: Prolonging the conversation may bring up old feelings which can cause even more awkwardness. So, depending on whether or not you and your ex want that old thing back, keep the conversation to a platonic minimum.

3. Be confident: Show your ex that you’re doing just fine without him or her. Don’t boast or brag about how great a new partner is or how your life has been extremely over-the-top-magnificent without them. Wear your confidence on your sleeve and give a friendly and quick update on the new accomplishments in your life since the split.

How did you avoid running into you ex? Share your stories below.

Lauren Conrad Has a Friendly Run-In with Ex-Boyfriend Derek Hough





Lauren Conrad is who we look up to as a cool ex-girlfriend! While enjoying a night out at Beacher's Madhouse in Hollywood, Conrad ran into her ex, Derek Hough. How did she react? She didn't even try to take cover in the ladies room or give him the cold shoulder. According to [People](#), the designer was happy to see Hough and embraced him with a hug. Way to be the bigger person, Lauren!

What are some ways to react when you run in to an ex partner?

Cupid's Advice:

Depending on how your relationship with your ex ended, bumping into your former lover can be an awkward moment. Here are some positive ways to react when you encounter in old flame:

1. Don't be fake: If you're not too happy to see your ex, don't jump up and give them a huge hug and don't slap them in the face either. Smile, say "hello" and end the conversation politely. Your ex should get the point. Acting upset seems desperate.

2. Keep the convo simple: Ask your ex what they've been up to since the break-up, and make sure to talk about your accomplishments. Don't get into each other's love lives. Keep the conversation platonic unless you're thinking about rekindling the relationship.

3. Take the attention off of you: Chances are that if you bump into your ex, you won't be alone. To avoid awkward silences, introduce them to your friends and let your ex know that you are in a hurry, whether you are or not.

How have you reacted when you bumped into an ex? Share your comments below.

Denise Richards and Charlie Sheen Bring Kids on a Winter Vacation



Charlie Sheen is spending the holiday season a little differently this year, reports [People](#). The actor and his ex, Denise Richards, are vacationing with their daughters at an unknown tropical

location. Sheen posted a photo of the family on the social networking site WhoSay with the caption, "What's better than a modern family vacation!?! love spending winter break w/ @denise_richards & my kids!"

Is it unhealthy to take a vacation with your ex and the kids?

Cupid's Advice:

Though having the family together may seem beneficial, there are some downsides to a shared vacation. Here are a few things to consider before vacationing with your ex and the kids:

1. Payment: Make sure that you and your ex come to an agreement about the cost of the trip. Decide if the two of you will split the cost of the hotel room, meals and outings ahead of time.

2. Living arrangements: Before you invite your ex on vacation, make sure you review your living arrangements. If you are planning on staying in a hotel, make sure your room has enough beds for your whole family to sleep comfortably (and separately).

3. Your feelings: If you and your ex still have a strained relationship, vacationing together is not the best idea. Your kids may love having the family together, but they will not enjoy it if you and your ex spend the getaway bickering.

Have you ever vacationed with your ex and the kids? Feel free to leave a comment below.

Jennifer Lopez Reportedly Brings Her New Man to 'Idol' Set



Friday was bring your boyfriend to work day, or at least it was for Jennifer Lopez. Lopez's new boy toy, Casper Smart, was seen arriving to the *American Idol* set in Lopez's Bentley as he stopped by to visit his new lady. The new couple have been inseparable, having recently spent Thanksgiving in Hawaii with Lopez's twins before jetting off to Morocco. While the singer seems to be wearing divorce well, her ex-husband Marc Anthony, isn't quite complimenting her style. According to various sources, not only does Anthony not want smart to drive his kids around due to his arrest for drag racing, but he apparently doesn't want Smart around his kids at all, according to [Hollyscoop](#).

In the meantime, Lopez and Anthony have continued working together in their Latin-American talent show venture, *Q'Viva!*

What do you do if your ex is upset with your new relationship?

Cupid's Advice:

Unfortunately, when you move on from your last relationship, it's not always going to be a smooth transition. Cupid has some advice:

1. Give space and time: It's always best to allow both you and your ex time to heal and get your emotions together after a breakup.

2. Be understanding: Understand that while it may have been easy for you to let your previous relationship go, depending on the circumstances, it may not be as simple for your former love.

3. Minimize contact: While cutting off ties to a past relationship is an easy solution, it may not be a quick fix when you have kids, work or share the same friends. If this is the case, minimize contact to a speak-only-when-necessary basis until you can interact normally with each other again.

How did you handle your ex being upset with your new relationship? Share your comments below.

Top Five Ski Destinations for Celebrity Couples





By Abbi Compel

and [Whitney Johnson](#)

As evidenced by the popularity of ski resorts like Park City, Utah and Telluride, Colorado, [celebrity couples](#) love sneaking away for a snowy romantic vacation – and what’s not to love? Afternoons spent on the slopes of a majestic mountain and evenings spent snuggling up by a fire or exploring the local nightlife make for a perfect wintery holiday.

When temperatures drop and snow begins to fall, there is sure to be an influx of Hollywood couples at the following ski destinations:

1. Aspen, Colorado: The slopes of Ajax Mountain or Snowmass are often teeming with celebrity duos – although it may be hard to spot these famous faces when they’re covered in scarves and snow goggles. Celebrity couple Goldie Hawn and Kurt Russell keep a house here, often inviting children Oliver and [Kate Hudson](#) and their families to join them.

Related Link: [Have Winter Fun In The Sun](#)

2. Park City, Utah: Although this winter wonderland is a popular destination for tourists and celebrities alike, the rich and famous come out in droves during the Sundance Film Festival. Married celebrity couple Justin Timberlake and [Jessica Biel](#) have been long-time snowboarders and enjoyed a snowy getaway here early on in their relationship. Although these two are now celebrity exes, Gwen Stefani and Gavin Rossdale, who played a concert during the Deer Valley Celebrity Skifest in 2011, took their oldest son Kingston to Deer Valley in Park City for a day of family fun on the slopes.

3. Whistler, British Columbia, Canada: Whistler, known as the host of some of the 2010 Olympic Winter Games, is as popular for its nightlife as for its 7,000 acres of ski-worthy terrain. Seal proposed to Heidi Klum here in 2004, while Paris Hilton and boy-toy of the past Doug Reinhardt took advantage of the skiing, snowboarding and sledding during a snow-filled vacation in 2009.

Related Link: [Date Idea- Go Ice Skating](#)

4. Telluride, Colorado: This snowy spot is a favorite playground of the rich and famous, perhaps because of its particularly remote location. Oprah Winfrey recently sold her "log cabin" here, and before their [celebrity divorce](#), Tom Cruise and Katie Holmes would steal away for a romantic getaway to their home away from home in Mountain Village, a sister town connected to Telluride by a free gondola.

5. Chamonix, France: Located in the French Alps, Chamonix, known as the birth place of skiing, is one of the most popular ski resorts in Europe. In addition to the unbeatable snow and challenging trails of Mont Blanc, the city is known for its apres-ski offerings as well: great French food and a cozy village atmosphere. David and Victoria Beckham often choose this spot for a family vacation.

What is your favorite snowy spot for a romantic getaway? Share your thoughts below.

Sources Say Charlie Sheen Paid Brooke Mueller's Bail



Charlie Sheen has taken a break from the spotlight and his 'winning' days, but he hasn't taken a break from his exes. On Saturday, Sheen bailed out his ex-wife, Brooke Mueller, from jail on charges of cocaine possession and assault. According to [RadarOnline](#), Sheen stepped in when Mueller's parents wanted to keep her in jail. Sick of her irresponsible ways, Mueller's parents are fed up with her. Good thing for Mueller, Sheen still cares for her. Could this be a sign of the two starting up a new relationship again, or just a favor for an old love?

How do you support your ex without overstepping?

Cupid's Advice:

Helping an ex without meddling in their life or rekindling an old flame can be tricky. Here are some things to remember:

- 1. Ask:** It may seem dumb to ask someone for help when they obviously need it, but asking shows that you want to help instead of making your ex feel incompetent.
- 2. Draw the line:** While helping out an old love is nice, make sure you let them know your boundaries. Don't let your ex use you.
- 3. Stay connected:** Keeping casual contact with your ex and not appearing just when they're in trouble will let them know you care and that you're not there to overstep boundaries.

Do you still help out your ex in sticky situations? Share your experiences below.

How to Communicate with Your Ex Over the Holidays





By Amy Osmond Cook,

Ph.D.

Reese Witherspoon is my favorite actress. Not only is she a beautiful woman and a classy mom, but she also starred in *Legally Blonde*, a girl-power movie that I watched every day (I kid you not!) for the first three months after my divorce. I cried when Warner dumped Elle and cried again when Elle emerged triumphant at Harvard. I kept thinking, “If Elle Woods can do it, so can I.” So this year, I am cheering for Reese. She has moved on from what she called a “humiliating” and “isolating” divorce (*Elle Magazine*, April 2009) and has found happiness with Jim Toth and a peaceable relationship with her ex, Ryan Phillippe.

While it sounds like Reese has got it all together, she may have a little bit of anxiety as she and Jim manage their special occasions together for the first time. As a divorced and remarried mother of five children, I know what it’s like to try to manage innumerable family get-togethers over the holidays. There are too many schedules, too many conflicts, and (let’s face it) too many cookies. So, for what it’s worth, here are my suggestions for surviving the holidays with a newly blended family:

Related: [Ways to Impress Your Future Family](#)

Give your ex a present. Yep, a real one. His old razor that he left behind or a picture of the children that he doesn't visit often enough don't count. The other day, my ex complimented my son, Jake, on his new orange SkullCandy headphones as he was picking him up for the weekend. I had accidentally bought two pair, so I gave Jake's dad one for his approaching birthday. In the eight years that we have been divorced, I don't think I have ever seen him more excited. He has smiled more lately, and I swear it's because of the headphones.

Buy presents together. When it comes to holiday presents, is so tempting to compete with your ex. I admit I have asked the question, "What did your dad get you for Christmas?" with the secret hope that my present was better than his. But there are two reasons to give your children joint presents. First, it is a symbol of solidarity and communicates to your children that you and your ex are united in your parenting endeavors (even if you're not). Kids need to feel loved by both parents, and a joint gift communicates that effectively. Secondly, gifts become increasingly expensive as children age. They want iPods instead of Barbies. If you can swing a joint present, you can give your kids what they *really* want without spending too much money.

Related: [10 Holiday Gift Ideas For That Someone Special](#)

Know your limits. When I was divorced and single, it was sometimes difficult to see married couples enjoying their lives. This was especially true during the holidays. I tried to focus on the things I could enjoy, but when it got too hard, I left. I could do parties, but not dates with couples. I enjoyed Christmas with the family, but not New Years' Eve (banging pots at midnight with toddlers—Nuff said). And I never held babies, because if I did, then I wanted one—but not without a husband. As Reese aptly told *Marie Claire*, divorce is "really, really stressful" (October 2011), and it's okay to flee the scene when the stress starts to mount.

Celebrate the holidays . . . whenever. Who says Christmas has to be December 25? When the holidays get crazy, flexibility is truly a virtue. For example, this year my family is celebrating Christmas on December 23, so we can celebrate it with everyone. My kids love it, because they get two Christmases instead of one and don't have to feel left out of one family's traditions. If you can change the family party so your kids can be there, do it. If you can't, then create a few traditions that they can look forward to before or after the holiday.

The combination of exes, children, and the holidays can be as distasteful as a cup of wassail gone bad. But if you are flexible, know your limits, and reach out to your ex, you might find yourself tolerating—and even enjoying—the holiday season.

Amy Osmond Cook, Ph.D. is a faculty associate at Arizona State University, where she teaches Communication and English classes. She is the publisher of Sourced Media Books and co-author of Hope After Divorce and Full Bloom: Cultivating Success. Amy and her husband, Jeff, have five children and look forward to welcoming baby #6 in April 2012. For more information about Amy, please visit amyosmondcook.com.

**Charlize Theron Tries To
Rekindle an Old Flame in
'Young Adult'**



In *Young Adult*, a fiction writer, Mavis Gary (Charlize Theron), has just finalized her divorce and is heading back to her hometown in Minnesota. When she reconnects with her ex, Buddy Slade (Patrick Wilson), she wonders if they can rekindle the relationship they use to have in high school. The problem? Her ex is married with children! This is going to be a good one, and we can't wait to see Theron back in action on December 9th.

How do you know when to rekindle an old flame?

Cupid's Advice:

Ending a long term relationship can cause you to start reminiscing about past loves. Bumping into an ex after breaking up with your partner can cause you to think fate is at play. Be careful! Here's when you should rethink those thoughts:

1. He's happily married: This should be an obvious one, but

you would be surprised. Even though you want to give the relationship another try, it's probably not worth breaking up a happy home.

2. He shows no interest: If you're doing all the work to make old memories a reality, move on.

3. You just feel lonely: Feeling lonely doesn't mean you should try to get an ex back. Move on with someone new, and don't look back. If it's meant to be, it will be.

Have you ever tried to get an ex back that was spoken for? Share your experiences below.

Denise Richards and Richie Sambora Are Dating Again



Being reunited must

feel good for on-again couple Denise Richards and Richie Sambora. The two were seen together Sunday night at a Japanese restaurant in California, according to [E! Online](#). After a year long relationship in 2007, the couple have decided to try their hand at love together again. In Richard's memoir, she discussed her relationship with Sambora saying, "Richie and I shared an easiness I hadn't before had." She also revealed that since their split, the couple has met up a few times. It's clear that they both still care for each other, and hopefully this time around proves to be more successful.

What do you do when you haven't gotten over your ex?

Cupid's Advice:

It's important to give yourself some time after a breakup to focus on yourself. However, if after a while you still have strong feelings for your ex, maybe it's time to explore why you broke up and if there's potential for a reconciliation. Here are some things to consider:

- 1. The reason you can't move on:** Many times it's hard to get over an ex if there was no closure at the end of your relationship. Meet up with your ex and discuss why your relationship ended to help your feelings subside.
- 2. Learn from your mistakes:** In a lot of relationships, both parties feel like the other is at fault for a breakup. Instead of blaming your ex for everything, look at what you both could have done better to make your romance last.
- 3. Second chances:** Sometimes it takes a split and individual growth to realize that your ex is the right person for you. Talk to your former partner and see if there's a potential future still there for you.

What did you do when you couldn't get over your ex? Tell us

your story below.

Rihanna Reunites With Ex Matt Kemp in London



Though she split with Los Angeles Dodgers center fielder Matt Kemp in December, Rihanna and her ex were seen leaving Stringfellows Nightclub in London around 2 a.m. last Wednesday. According to UsMagazine.com, the singer partied with Kemp and other pals during a break from her “Loud” concert tour. After the breakup last winter, Kemp said, “She’s a good friend of mine. We’re good. We’ve all got busy lives, and we’re concentrating on our careers.”

How do you get to the point where you can “hang out” with your ex partner?

Cupid's Advice:

If you didn't have an ugly breakup and it just didn't work out, look at this experience as an opportunity to make friends with your ex partner. Here are some signs that you're ready to form a friendship with your ex:

- 1. When you can talk about your dates:** Being able to talk about your dates with an ex without feeling jealous or awkward is a huge sign that you're safely in the friend zone.
- 2. When you like them more now:** Maybe breaking up was just what you needed to discover that you're better as friends.
- 3. When you see them differently:** In pursuing a friendship with an ex, you may grow to see them completely differently to the point where you sometimes forget that you were ever an item.

How you ever become "just friends" with someone after dating them? Share your experience below.

Paul McCartney Ties the Knot with Nancy Shevell





Singer Paul

McCartney has said “I do” for the third time with New York businesswoman Nancy Shevell, according to [People](#). The duo exchanged vows in London over the weekend in an afternoon ceremony. They had been dating since 2007 and were greeted with cheers as they arrived at the Old Marylebone Town Hall, which was closed especially for the event. McCartney joked with the mass of photographers standing by, saying, “What’s going on? What are you all doing here?” Shevell has also been married before and is celebrating her second marriage.

If your partner has been married before, what are some things of which to be cautious?

Cupid’s Advice:

Having been married and divorced once before isn’t necessarily a bad thing, but there are certain things you need to consider before entering into a marriage with someone who has experienced a union like this before. Cupid has some advice:

- 1. Being hasty:** If your partner seems in a rush to tie the knot, you may want to put on the brakes for a while and take things slowly. You need to make sure the marriage is going to last before you jump into it.
- 2. Commitment:** Make sure your significant other is completely

committed and ready to be in a marriage for the long haul. Let him or her know that divorce is not an easy out in your view.

3. Prior obligations: Be aware of the obligations your potential new spouse has to his or her former partner. If they had kids, then they may have financial responsibilities. Get the facts before you tie the knot.

What are some other things to consider about a previously married partner? Share your ideas below.

Kristen Cavallari's Ex Fiance Jay Cutler Supports Her at DWTS



Kristen Cavallari

and Jay Cutler called off their engagement just days after Cavallari did a wedding gown spread for Life&Style magazine in July. Talk about embarrassing! After a summer of being apart, Cutler was in the audience of *Dancing with the Stars* on Monday night to support his ex fiancée, according to [People](#). The question on everyone's minds is, are they getting back together? Sources report that the duo are indeed trying to work out their issues.

What are some ways to show your support for your partner?

Cupid's Advice:

Supporting your partner shows that you care. Knowing that your mate is there for you and vice versa can ensure a long and happy relationship.

- 1. Show a little love:** It doesn't take much to show support. Sometimes just lending an ear is all your partner needs to know that you care.
- 2. Show up:** Take the time to attend big events that are important to your partner. Your significant other knows you could be at home watching TV instead, so simply being there is a big deal.
- 3. Show you've been paying attention:** Ask your partner how things are going with their endeavors from time to time and give some advice on how they can improve. Remember, be supportive and not judgemental.

How have you shown support for your partner in the past? Share your experiences below.

Joe Jonas and Ashley Greene Are Spotted in Vegas Hanging As Friends



Jonas Brothers

singer Joe Jonas and ex-girlfriend Ashley Greene were spotted hanging out with some friends in Las Vegas' Tao Nightclub.

The club was full of celebrities in celebration of it's 1000th Night in Business. [People](#) reports that Jonas had dinner downstairs before heading upstairs to the party hosted by Jay-Z. He joined a table with Greene, Rob Kardashian and *Dancing With the Stars* partner Cheryl Burke. Jonas and Greene seemed to be friendly with one another, while at the same time mingling with everyone else. There are no reports of anything happening other than two civil exes having a good time.

How do you become friends with an ex after a bitter break-up?

Cupid's Advice:

After a bad break-up it's hard to go back to being friends. Its important to get some closure and let go of any animosity between you and your ex before trying your hand at friendship.

1. Talk it out: Meet up with your ex and calmly discuss what lead to your break-up. A lunch date at a neutral location always helps to break the ice a little bit. This will help both you of you to heal and start fresh.

2. Don't be awkward: If you happen to unexpectedly run into your ex at a club or restaurant, don't avoid them or make the situation uncomfortable. Take a deep breath and say "hello". Yes, it may be awkward at first, but it could lead to a surprising civil and friendly conversation.

3. Keep in touch: Once the two of you have gotten past the bitterness of your previous relationship, keep in touch with one another. Exchange phone numbers or e-mail addresses (if they've changed since you broke up) and make sure to check up on each other every once in a while.

How do you become friends with your ex after a bad breakup? Tell us your story below.

LeAnn Rimes Says She's a Mom (Not a Stepmom) When it Comes to Eddie Cibrian's Children





LeAnn Rimes says

she's no evil stepmother. In fact, you can drop the "evil" and the "step." Rimes took to her blog to discuss her dislike toward the term "stepmother." She said she treats her husband's two sons like they are her own, according to UsMagazine.com. After reassuring the public that she doesn't want to take the place of the kids' mother, Rimes wrote that she hopes Glanville will remarry so that they can all be one big happy blended family.

What are some ways to bond with your partner's children?

Cupid's Advice:

Marrying someone who has children from a previous relationship can be intimidating. After you've established your role in your new family, try to get to know the children and vice versa. It may take some time, but it'll be worth it.

1. Establish your role: Let the children know your role in their family. It's easy to cross the line from parent to friend, but make sure you pick a definitive side.

2. Make them feel comfortable: Less is more. Try not to engage in every activity they are involved in. Start by showing interest in what they like and slowly progress into asking to join them in an activity.

3. Give them something new: Don't try to take over their biological parent's spot in their lives. Make them love you for something different. Be yourself, and everything will fall in place.

How do you bond with your stepchildren? Share your thoughts below.

Jennifer Lopez Joins Marc Anthony Poolside



After a birthday celebration Friday night, Marc Anthony spent a quiet Saturday alongside his ex-wife Jennifer Lopez and their twin children Max and Emme in Miami Beach. “It looked like a fun family gathering at the pool,” a source told [People](#). “Everyone looked happy and festive.” Anthony, who turned 43 Friday,

celebrated at Club 50 at the Viceroy after his concert in the American Airlines Arena. This was the second time the former couple were spotted together post-split.

How do you know how much to associate with your ex?

Cupid's Advice:

Spending time with your ex post-split is always a touchy situation. Cupid has some factors to consider:

1. Schism: It depends on how bad things ended. It takes some time to let negative feelings you have about the situation to subside. Don't spend time with your ex until you're totally recovered.

2. The kids are alright: If there are any children involved in your former relationship, you will have to at least know how to behave with your ex in front of your kids.

3. Sparks: If you and your ex split on mutual neutral terms, then it may take less time to feel OK about reuniting.

**When did you start associating with your ex after a break-up?
Share your thoughts below.**

Are Justin Timberlake and Jessica Biel Rekindling Their Romance?



Are they back on?

Justin Timberlake was spotted biking with ex-girlfriend Jessica Biel on Sunday post-brunch. “They were in good spirits,” an eyewitness at the diner claimed. “They seemed happy ... They had a nice time.” A close source to Timberlake tells [People](#) that it wasn’t shocking to see the former couple hang out together. “They always remained friendly after the split and spent time together,” the source says.

After a split, can you remain friends with your ex?

Cupid’s Advice:

Remaining friends with your ex isn’t difficult, unless your relationship ended terribly. Cupid offers tips on when to know you’re ready to rekindle your relationship with your ex:

- 1. Take a break:** Spend some time away from your ex for a while to process your feelings about him or her.
- 2. Process your feelings:** After some time, if you realize that it was best for you to split with your former flame and you know that you wouldn’t want to be in a romantic relationship

with your ex, talk with him or her and figure out how you can remain friends.

3. Spend time: It's best to start off spending time with your ex by inviting him or her to get-togethers with your friends. If you're spending time alone instead of in a group, your feelings may return.

Do you think one can remain friends with their ex? Let us know by commenting below.

Kevin Federline Is a Dad Again



Happy day! Kevin Federline is a father again, according to [People](#). The former backup dancer and onetime rapper welcomed his fifth child, daughter, Jordan Kay, at 6:33 p.m. on Monday. This is the

first child for his girlfriend, Victoria Prince. Federline, 33, and Prince, 28, a former competitive volleyball player from Washington State, began dating toward the end of 2008. Federline is also father to sons Jayden, 4 and 1/2, and Preston, 5 and 1/2, with ex-wife Britney Spears and son Kaleb, 7, and daughter, Kori, 10, with ex-girlfriend Shar Jackson.

How do you explain your broken relationships to your children?

Cupid's Advice:

The best thing you can do is be upfront and honest with your children. Cupid has some tips:

1. Honesty is the key: Situations are always a lot easier when you are honest with yourself and others. No matter what age, just be honest with your children. Let them know that nobody is perfect and everyone makes mistakes. Also, just because your past relationships didn't work out, it doesn't mean they were all bad experiences. Let them know that.

2. Don't play the blame game: Be sure to admit to your faults. Teach your kids that right is right and wrong is wrong. Don't make it seem like it's all the other person's fault, when it most likely wasn't. A relationship consists of two people and each has their own issues.

3. Reassure them: Tell your children that you don't plan on making the same mistakes again. Then, show them through your actions that you're serious about that statement.

How did you explain your broken relationships to your children? Share in a comment below.