

Bristol Palin & Levi Johnston On “Friendly” Terms



Just a week after announcing yet another split, Bristol Palin and Levi Johnston appear to be on friendly terms, or so Johnston told [People](#) magazine at the Teen Choice Awards on Sunday. A teary Palin had previously told the magazine that “humiliation” led to their most recent split, but Johnston was all smiles at the awards show with “friend” and singer Brittani Sener on his arm.

What do you do when an ex moves on faster than you do?

Cupid’s Advice:

Palin had not been seen publicly since her split with Johnston, and she seemed shaken when she announced the

separation. Johnston, on the other hand, has been out and about with Senser. It's important to accept that your ex might be quicker to bounce back than you are, and to work on getting yourself to a good place, rather than focusing on the other person.

1. Get out there: While it might be easier to hide out in your house and avoid the world, step outside and take on the world. Go for a jog, out to dinner with friends, or indulge in a little retail therapy. Don't hide away; live your life!

2. Don't give in: If your ex is off flaunting a new relationship and word gets back to you, remember to take the high road and avoid commenting on it. What he or she does post-breakup should not be an excuse for you to act immaturely.

3. Love yourself: In the same vein as not discussing your ex with others, don't feel the need to bring he or she into your future relationships. Love and respect yourself enough to just be you, and not let bad breakups affect new possibilities.

Sean Penn & Robin Wright Divorce Finalized





After a messy road towards divorce, Sean Penn and Robin Wright have at last signed papers, finalizing their divorce, figuring out all questions relating to child support, spousal support, and child custody. [People](#) reported that Wright hopes to remain friends with her ex, despite their history.

Can you stay friends with an ex after a nasty split?

Cupid's Advice:

Penn and Wright have an interesting marriage to say the least, but the fact that they have a child together means they will always have to be a part of each other's lives. In order for exes to have a relationship post-split, both people have to work at it.

1. Be adults: It takes a lot to look past a difficult and angry history with someone, but it can be done so long as both people commit to looking forward. Don't hold grudges, or bring up old ills.

2. Think of others: Whether it's children, or even just mutual friends – if you and your ex are committing to starting a friendship, then it should just be between you two. Don't get

angry if your friends are also buddies with your ex. Think of how your relationship, both past and future, will affect those close to you.

3. Expect the worst: Very few people who were in a serious relationship together can then turn around and become friends. Understand that it might not work. If it does fail, move on, and find the best compromise for you both.

Palin & Johnston Split... Again



Bristol Palin and Levi Johnston have split up again, [People](#) magazine reported Tuesday. Palin, daughter of former Alaska

governor Sarah Palin, and Johnston announced their second attempt at an engagement only weeks ago in the hopes of starting a real family for their 19-month old son Tripp. Palin told *People* that the breakup occurred after rumors surfaced about Johnston fathering another child with an as-yet-unnamed woman.

How do you know it's finally time to cut a bad guy loose?

Cupid's Advice:

There comes a time when a reunion is just impossible, no matter how much you wish someone can change. Dalmatians can't change their spots, and it's up to you to know when its time to quit.

1. One-sided attempts: If you're the only one in the relationship trying to make it work, then perhaps it just isn't going to. This lack of effort shows your partner isn't fully invested in the relationship – or you.

2. Repeated mistakes: There are some characteristics a person just can't change. If your mate makes the same mistakes repeatedly, it might be due to a character difference that will always keep you two apart.

3. Hurting others: As in Palin's case, her son Tripp's happiness is also at stake in the relationship. If other people, children or otherwise, are being negatively affected by your attempts at reconciliation, it's time to pull the plug.

Stephanie Pratt & Josh Hansen Call it Quits



Another love drama for the Pratt family! Stephanie Pratt's rep confirmed to [People](#) that the reality star and Josh Hansen "went their separate ways." The pro motocross racer tweeted on Monday, "Another dysfunctional move by Stephanie Pratt, I was under the impression u had to be someones bf in order to get dumped," as his rep says the two were never officially a couple. Pratt didn't let that slide, answering back with an expletive and exclamation-filled tweet. There aren't any other details available on the breakup, but it's seems the relationship ended on unhappy terms.

How can you end a relationship on good terms?

Cupid's Advice:

When it's time to end a relationship, you should always aim to leave it in nice conditions. Cupid has some tips:

1. Make up your mind: Don't threaten to leave your partner out of anger or spite because you want your way in an argument. A breakup shouldn't be used as a form of leverage unless you're truly prepared for that possibility.

2. Time and place: Pick a setting that allows you two the time and privacy to end it properly. For example, don't end it as your partner is leaving for work, or right after a crisis.

3. What to say: Don't patronize the other person with cheesy lines like, "It's not me, it's you," or, "I'm not good enough for you." Although it may seem like you're ending it gently, these generic lines might hurt his or her feelings more. Just say what you need to say.

Hulk Hogan Supports Ex's Engagement





Wrestler Hulk Hogan wishes his ex-wife Linda the best of luck with her engagement to 21-year-old Charlie Hill, [RadarOnline](#) reported last week. Though the exes have had troubles since their divorce, Hogan says he is “ecstatic” over his ex-wife’s engagement. Linda Hogan and Hill will reportedly marry next summer, and have been dating since 2008.

How should you react when an ex gets serious with someone new?

Cupid’s Advice:

>Although Hulk Hogan initially had some problems with his ex-wife’s new – and much younger – love interest, he eventually supported the situation. While you might not agree with an ex’s new choice in love, it’s important to be the bigger person, and at the very least, keep things cordial.

1. Hey! No technology: Cryptic tweets and Facebook statuses are still obvious to anyone who knows you or your ex. If you have something to say and can’t tell your ex in person, then don’t post it on your profile where anyone can see it.

2. Be open: In the event that your ex still wants you in his

or her life, you'll most likely meet the new partner. Don't back down from this situation, and be as open-minded as possible when meeting him or her.

3. Back off: Once the first encounter has happened and the new relationship is in full swing, let your ex be the one to determine where things go. You are not the one in the potentially fragile new relationship. Be as supportive as you can, and as involved as your ex wants you to be.

Kim Kardashian Supports Ex Reggie Bush



After several breakups, Kim Kardashian and Reggie Bush seem to be on friendly terms these days. With the controversy surrounding Bush over his Heisman trophy and his USC career, his reality TV star-ex backs him up 100 percent. "Reggie worked hard for that Heisman and deserves it. He earned it!" Kardashian told [People](#) last week. The NCAA ruled that the 25-year-old New Orleans Saints player had violated the association's rules by accepting expensive gifts during his stay with the USC. Kardashian added, "I really don't think it's fair to give it back."

When is it appropriate to defend your ex?

Cupid's Advice:

Whether you're single or in the arms of another, an ex calling for support should be answered with caution.

1. Reciprocation: Sometimes an ex isn't calling simply because they want someone to lean on. If your ex has a tendency to do this, ask yourself, "What's in it for me?" You don't need to listen to someone else's problems if this person isn't in your life anymore.

2. Emergencies: If your ex is calling because his or her car broke down and you're the only one available to turn to, then he or she probably doesn't have ill intentions. If *you* were in the same situation, would you reach out to your ex for help? If so, go ahead and lend a hand.

3. Opinions: Supporting an ex through a tough time may lead to misleading statements. If both of you are clear on where your relationship stands, then these comments, as seen with Kim Kardashian, can simply be considered an opinion.

Jesse James Wins Custody of Daughter



Monster Garage host and Sandra Bullock's ex, Jesse James, won physical custody of daughter Sunny on Tuesday, reported [E! Online](#). James and his ex-wife Janine Lindemulder have gone through a tug-of-war custody battle over their child, specifically because James wanted to take Sunny to his home in Austin, TX. The reason? James told the judge that he wanted Sunny to live close to Bullock, who has a positive influence on his daughter. Sunny will remain with her mother until the end of the summer, and will then head to Austin with James.

How can you make a move a smooth transition for a child?

Cupid's Advice:

A big move can be a very traumatic experience for a young child, particularly in the case of a family being split up. James has the right idea in taking Sunny to a spot where she already has roots – thanks to Bullock – but there are other key steps to help the child settle in and start a new life.

1. Lay groundwork: By keeping a child involved in the moving preparations, they will feel more in control of the move. This will enable them to not feel as if they are being forced from their home, and make them more open to new arrangements.

2. Make it quick: Drawing out goodbyes before a move and the move itself can lead to a more upsetting experience for a kid. Plan the move so it runs smoothly before setting it in motion, and have a goodbye party to make leaving people seem a lighter affair.

3. Nesting effect: By nature, people are nesting creatures, who like to have their own space where they can create a home. Children have those same needs. Let them pick their room and have a say in how it's laid out, painted, and decorated. This will, again, give them a feeling of control.

Frank Dumps 'Bachelorette' Ali Fedotowsky for Ex-Girlfriend





This week on ABC's *The Bachelorette*, Ali Fedotowsky found herself dumped by Frank Neuschaefer, one of the final three bachelors competing for her heart and hand in marriage, reported NJ.com. Prior to the show's trip to Tahiti, Neuschaefer stopped off in Chicago to visit Nicole, his ex-girlfriend, one last time. The moment he saw her, old feelings rushed back, and he realized he was still in love with her. Neuschaefer told Ali what happened, saying, "The second I saw her, all the old feelings kinda came rushing back. Ali, I'm sorry."

What do you do if you think you still have feelings for an ex?"

Cupid's Advice:

Love can be complicated and unrelenting. If you find yourself between a current love and a former flame, read Cupid's ways on how to choose between the two:

1. Weigh your feelings: Being in love with two people causes a lot of emotion that can cloud your instincts. Take a moment

and write down your feelings for each, and then read through the list. Sometimes, the answer will be right in front of you.

2. Physical vs. emotional: Picture yourself with each of them separately, and figure out what draws you to them. You might find that while the physical attraction fades, the one you truly love will remain in your heart.

3. Talk to others that know you: If you still can't make up your mind about who you should be with, phone a friend and ask their opinion of your relationship with each. Do they see you as happy? Stressed? Bored? When you're with the one you truly love, you'll find positive attributes, such as contentment, happiness and bliss.

Kelly Osbourne Parties After Breakup





Hello Sin City! The newly single Kelly Osbourne hit up Las Vegas and partied with friends last week after her recent breakup with British model Luke Worrall. Osbourne spent Thursday night celebrating best friend Blake Wood's birthday. "She seemed really happy and not phased by the breakup," a source who saw her that night told [People](#). The 25-year-old and her friends did lemon drop shots and danced the night away at Haze Nightclub after a lobster, crab, and steak dinner at Union Restaurant.

How can you bounce back after a breakup?

Cupid's Advice:

Finding out he wasn't your Prince Charming can be tough. Here are some of Cupid's ways to speed up the process:

- 1. Take the high road:** Don't spread rumors or make negative comments about your ex behind his back. Remember, there was something about that person that made you fall head over heels for him or her at one point.

2. Get your mind off the bad things: Keep yourself preoccupied with work or hobbies to keep busy mentally. This will help you focus on the important stuff.

3. Channel your energy: Take whatever feelings of resentment or revenge you may have for your ex, and use it towards something productive, like exercising or staying in shape.

Kelly Osbourne Calls Off Engagement



Kelly Osbourne and her fiancé, model Luke Worrall, have called off their engagement, [People](#) reported last Wednesday. The

split comes on the heels of reports that Worrall cheated on Osbourne. That day, she tweeted that she would not comment on the split. The two got engaged in November 2008.

How can you deal with a breakup online?

Cupid's Advice:

Osbourne used technology to communicate her feelings with her friends and fans. However, the web is a public forum that must be approached with care. Here are some of Cupid's tips on dealing with a breakup on the Internet:

- 1. Personal boundaries:** In an avenue that basically has no barriers, it's important to have your own limits for the amount and content of the information you put out on the web.
 - 2. Censorship:** There are certain things that shouldn't be mentioned in a public setting. Avoid any of the "B" words: boys, breakups, bosses, bank accounts, and bodily functions. Add any others you feel necessary, but basically, if you wouldn't talk about a topic to a group of people you don't know, don't put it online.
 - 3. Be true to yourself:** You have the ability to create a whole image for yourself online. This means you also have the ability to recreate your online identity after the split. Revamp your profile, or tweet some inspirational quotes. Keep yourself positive and moving forward, even if it's just online.
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Jesse James Wins First Round of Custody Battle



Jesse James, ex-husband of Sandra Bullock and West Coast Choppers CEO, won the first round of his custody battle with second wife, the [New York Post](#) reported Monday. James and ex-wife Janine Lindemulder, an ex-porn star, both provided statements against each other, including James claiming Lindemulder told him she was on anti-depressant drugs. For now, James has sole custody of their daughter, Sunny.

Can a custody battle lead to a solid family life in the end?

Cupid's Advice:

A custody battle should end up with the child placed in the best home possible. A messy fight between parents doesn't help an already hard situation, especially if the child(ren) aren't old enough to understand what's going on. Keep them away from the proceedings when you can.

- 1. Lips are sealed:** Don't talk about the custody issues outside of the courtroom unless lawyers are present. This protects both parties from bringing any private matters into the battle later on, and also protects the kid from becoming involved.
 - 2. No place likes homes:** Make both parents' living arrangements a real home for the child. Regardless of how the custody proceedings end, the youngster should feel comfortable living with either parent. A stable home environment for the child must be provided when all is said and done.
 - 3. No one new:** This is not the time to bring any new relationships into the child's life, especially a romantic one for either parent. In a time of uncertainty for a kid, including a new face in the home will only add to the confusion.
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Kelsey Grammer Asks Separated Wife to the Tonys





According to sources from the [New York Post](#), Kelsey Grammer asked wife Camille Donatucci to accompany him at this year's Tony Awards – even though he dumped her via telephone a month ago. Donatucci stayed at the London Hotel, and made public appearances with the *Frasier* star during her stay, but the actor would not let her into his apartment, or discuss any means of reconciliation, said the sources. Donatucci, Grammer's third wife, filed for divorce in June, citing "irreconcilable differences." She is seeking custody of their daughter, Mason, 8 and son Jude, 5.

How do you face your ex in public?

Cupid's Advice:

Breakups can be painful – what happens if you run into your ex while you're out? Cupid has some tips on maintaining your grace:

- 1. Expect it:** While you shouldn't be paranoid about seeing your ex, realize that it can happen, especially if you have the same circle of friends, or live in neighboring areas.

Acknowledge your feelings after the break-up – you don't want to lose your cool, especially in public.

2. Talk smart: It's always good to have a few conversation topics in mind in case you see your ex, so you don't start rehashing the past. Don't bring up inside jokes or shared past experiences; your ex might assume you aren't over your relationship.

3. Go ahead – look good! Be confident in yourself. If you appear happy and upbeat, your former partner will think you've moved on (and it won't look like you're still wallowing – even if you are). Seeing you smiling and carefree will only show your ex what he or she is missing.

Christina Milian & The Dream Announce Separation





On Monday, a rep for The Dream confirmed the separation of the producer from wife, singer Christina Milian, to [US Weekly](#). The confirmation of the split came shortly after the website released photos of The Dream playing on the beach with a mystery woman. The couple married this past September, and have a daughter, Violet, who is 5-months-old.

How can you maintain the honeymoon stage through the first year of marriage?

Cupid's Advice:

The first year of marriage can be the hardest, especially once the actual honeymoon is over. Even if it's rough, you can make it through as a couple and a family by keeping the spark alive, and keeping things special.

1. Survive PHD (or 'post-honeymoon depression'): It isn't easy to come back to the real world after spending a vacation in paradise with just you and your mate. Ease back into your routine, and remind yourselves that just because the trip has

ended, doesn't mean the passion has to fizzle, too.

2. Pick a date night: You are getting settled into your new life together, which often means doing a lot of tedious errand running and paper filing. Schedule dates together once a week. Get out of the house and be a couple on the town.

3. Celebrate the small things: Once you're married, everything can become a 'first' again – make each of those firsts count. Have friends over when you are completely moved into your new place. Start a new tradition for your first holiday season as a married couple. In short, start making new memories together.

Melissa Etheridge's Custody Battle





Melissa Etheridge is singing a different tune these days as she and her ex, Tammy Lynn Michaels, are facing off in a custody battle. According to [RadarOnline](#), Michaels filed for full custody of the couple's 3-year old twins last week. The couple broke up after nearly nine years together, when Etheridge filed to officially dissolve their partnership earlier this month, citing irreconcilable differences. The singer asked for joint custody of the children, and that the court not award any financial support to Michaels. The actress has been verbal about her feelings concerning the issue.

What should you know before you engage in a custody battle?

Cupid's Advice:

A custody battle may be one of the biggest fights of your life. Let Cupid help:

1. Why the fight? Are you engaging in a custody battle for legitimate reasons, or are you fighting just to make your ex

suffer? Regardless of what happens, you're both parents to the child, and his or her best interests should be put first.

2. Remain civil: As difficult as it may be, remain polite when it comes to the kids. You don't want the court to see you as a person who can't control their feelings.

3. Become a record keeper: Prove you are a good parent. Record all activities you do with the child, as well as any problems you have with your ex.

Levi Johnston Makes Nice with the Palins



After many months of a bitter war of words, Levi Johnston apologized to Bristol Palin and her parents last week. Talking exclusively with [People](#), Johnston said, “Last year, after Bristol and I broke up, I was unhappy and a little angry. Unfortunately, against my better judgment, I publicly said things about the Palins that were not completely true.” He continued, “I have already privately apologized to Todd and Sarah. Since my statements were public, I owe it to the Palins to publicly apologize.” Johnston is the father of Bristol Palin’s one-year old son, Tripp. The two called it quits in March 2009 after campaigning together during Sarah Palin’s 2008 vice presidential run. The two are making a conscious effort to reconcile and do what’s best for the baby.

What’s the best way to mend a relationship with your ex and his or her family?

Cupid’s Advice:

It’s unfortunate that a breakup can sometimes lead to exchanging harsh words, not only between the couple, but by the entire family. Here’s Cupid’s advice on making amends:

1. Accept responsibility: Being aware that something you said or did was wrong makes your apology more genuine. Explain this, and reassure the family it won’t happen again. No one is perfect, and everyone makes mistakes.

2. It’s really about you and your partner: Before you can move onto the family, make sure both of you can forgive each other, and understand what you want out of the relationship. Trusting each other, despite being exes, should always come first.

3. Children are key: If children are involved, as is the case with the Palins, reconciliation is even more important. Everyone can agree that it’s important to create a healthy environment for the child.

Melissa Etheridge's Ex Surprised by Divorce



Melissa Etheridge filed divorce papers to end her nine-year domestic relationship with actress Tammy Lynn Michaels on Saturday, [E! Online](#) reported. Michaels commented on the news that day on her blog, and wrote, "Gentle waves/ no noise for awhile/ or maybe gentle voices/and SMACK!!!!!! FILE FOR DIVORCE!!!!/ even though we both promised, agreed, handshook, pinkyswore/no filing until after tour/in the fall," Michaels wrote Saturday. "Her broken promises told to me by headlines....could you stop blind sighting me?/ Have a good concert." The 49-year-old singer filed on the grounds of

irreconcilable differences, and requested that Michaels receive no financial support. The actress' response? "I know she doesn't want to give me money. trust. i'm borrowing cash left and right from people to get through this summer, and feed my kids, with a stomach full of ulcers, thank you. no stress here. :-)"

How can you deal with the financial burden of divorce?

Cupid's Advice:

Divorce is typically a financial burden for both parties.

Read Cupid's suggestions for coping with a decreased cash flow.

- 1. Be mindful:** Before spending money, ask yourself whether the purchase will bring long-term enjoyment, or just temporary pleasure.
- 2. Create a budget:** Creating a budget will provide the financial organization needed to save for future monetary needs.
- 3. Allow others to help:** Let go of your pride and acceptance assistance. Help may come from friends, family, or even the government. If you need it, ask, before you dig yourself deep into debt.

Me1 Gibson's Break-Up Takes a New Turn



Mel Gibson continues to draw attention regarding his break-up with baby mama, Oksana Grigorieva. [RadarOnline](#) reported last week that a taped phone conversation between the actor and his ex-girlfriend included less than flattering racial remarks directed towards her. Gibson has a history of potentially detrimental comments, and has a documented history of drunken misbehavior.

Are there more effective ways to break-up?

Cupid's Advice:

When a relationship ends there are going to be hurt feelings, but if you deal with them properly, you'll have a better chance of coming to terms with your break-up. Read how Cupid deals with negative emotions:

1. Express yourself: When you find yourself in the middle of a nasty break-up with, it's healthy to get those feelings out. Try to turn your feelings into positive energy – and don't direct the negativity to your ex. It won't solve anything.

2. Talk to someone unbiased: When you're going through an emotional upheaval, logic tends to be forgotten. Go to a trusted family member or friend to confide in, and listen to their suggestions. They'll tend to be more objective since they aren't directly involved in the situation.

3. Be understanding: You are not the only person feeling hurt. Consider your former partner's feelings before reacting.

Elin Nordegren's \$750 Million Divorce Settlement





Tiger Woods and Elin Nordegren's marriage is coming to an end... in a very pricey way. According to last week's *The Sun*, Nordegren will get \$750 million in exchange for keeping quiet about the golfer's affairs. Among the other deals, Woods is banned from bringing single women around his two children, and the two will split several properties. Nordegren will also get sole physical custody of the children, but they will split legal custody. A pal told the Sun, "Everything's signed. Elin is ready to file for divorce at Orlando County Court. She expects to in the next seven days."

How should you best come to terms that your marriage is over when it's time to split the assets?

Cupid's Advice:

Most couples are not dealing with the dollar figures that Woods and Nordegren are, or dealing with the public eye. However, divorce is divorce, no matter how you slice it. Cupid is here to help:

1. Face reality: Realize that the marriage didn't work out, and that life will now have new challenges. While there's no way to work through pain quickly, seek counseling, as well as help from family and friends during this difficult time.

2. Communicate: Whatever the reason for divorce, it will be hard on the both of you. Talk with a lawyer to review the assets in question, though the process may be easier if you and your ex try to work out what is best first.

3. Don't put the children in the middle: Speak with a lawyer to understand all custody options, including legal custody, child support, and visitation. As Cupid has mentioned in the past, it's important to try and maintain the lifestyle your child has become used to.

Divorce Finalized for Sandra Bullock & Jesse James





Sandra Bullock and Jesse James finalized their divorce last week, [People](#) reported. Though it's uncertain if the couple had filed a pre-nuptial agreement, the *Associated Press* confirmed that the papers cited "discord or conflict of personalities" as the reason for the split, and the proceedings were amicable.

Is it possible to have a cordial divorce?

Cupid's Advice:

When it comes to divorce, the nature of the marriage often indicates how things will go after it ends. Despite the sticky nature of their split, Bullock and James seemed to have a mature and respectful marriage while they were in it.

- 1. Over is over:** Make sure all of the issues of your marriage are resolved before you sit down at the table to negotiate a divorce. If not, any festering issues could come out at the table and affect the proceedings.

2. Keep it private: Other than you and your respective lawyers, there is no reason to get anyone else involved – even good friends. It only makes things more complicated after the settlement.

3. Take time: After the divorce is finalized, separate yourself from your ex. No calls, emails, or other communication unless it's about the kids, or an emergency. It's important to heal the wounds and be alone. Once you have things figured out, maybe you can be a part of each other's lives again.

Michael Douglas Goes to Court Over Earnings Dispute with Ex-Wife





It seems like Michael Douglas may never be rid of his ex-wife. The [New York Post](#) reported Monday that Diandra Douglas filed a lawsuit in June against the actor, stating she has rights to half of his earnings from *Wall Street: Money Never Sleeps*. When the couple divorced 10 years ago, the decree gave her rights to future earnings from spin-offs, residuals, and merchandising off Micheal's films made when they were married. The judge will determine whether or not Diandra is entitled to any money, as the new movie is a sequel, not a spin-off.

What's the best way to deal with an ex years down the road?

Cupid's Advice:

Divorce is typically a messy business, and can sometimes be more stressful than the marriage was. See Cupid's ways to help you out when dealing with an ex-spouse:

1. Try to see their perspective: After your divorce is

finalized you may think you'll never have to deal your ex again. Unfortunately, this is almost never the case. When you are faced with an issue involving that person, put yourself in their shoes before immediately arguing against them.

2. You loved them once: Keep in mind that there was once love shared between you two. At the very least, establish some ground rules, such as basic respect when you need to communicate.

3. Move on with your life: Even though you are no longer a couple – especially if you have children together – your ex-spouse will need a place in your new life. Accept this as a fact of life, so you can get past this.

Martina Navratilova's Off-Court Financial Battle





This is no love match. Tennis legend Martina Navratilova has found herself fighting an off-court battle with her ex, Toni Layton, reported the [Telegraph](#) last week. Now, Navratilova is trying to put an end to this messy breakup by settling and paying Layton an estimated \$3 million. Layton sued Navratilova two years ago for alimony, saying Navratilova suddenly dumped her after an eight year relationship, and caused her “emotional, mental and physical trauma.” Layton also apparently threatened Navratilova, saying she would air all of the couple’s dirty laundry if the tennis legend didn’t pay up.

What should you do if you’re being threatened in some way by a jilted ex?

Cupid’s Advice:

It should never have to come to this, but being able to protect yourself from any threat is essential. Let Cupid help:

- 1. A threat is a threat:** First and foremost, understand that if someone threatens you it should be taken seriously.

Whether it's verbal, as in the case of Navratilova, or physical, it should not be ignored. Any form of domestic abuse, which includes threats against you or a family member, is against the law!

2. You're never alone: Calling 911 is a good first course of action if you feel threatened. Laws vary from state-to-state; you'll want to understand your options. Don't worry about making things worse by involving the authorities; they're there to help and protect you. If you're a minor, inform your parents of the situation and let them help you figure out the best course of action. There is also the National Domestic Violence Hotline at 1-800-799-SAFE.

3. The ABC's of AVOs and TROs: There are special court orders that can be put in place if your ex, or even your current spouse, is threatening you. These are called injunctions, and can force someone to refrain from doing certain acts. These come in the form of a Temporary Restraining Order (TRO), or an Apprehended Violence Order (AVO) if you feel your harasser is becoming violent.

Tiki Barber's Divorce Settlement





After 11 years of marriage, former football great and NBC *Today* show commentator, Tiki Barber, is finding himself in the middle of a “giant” divorce settlement, reports the [New York Post](#). Several months ago, the father of four left his college sweetheart, Ginny Barber, who was pregnant with twins at the time, for a 23-year-old NBC intern. Now, the *Post* says he is trying to “low-ball” his wife by claiming he’s broke and unable to pay the settlement since being let go from his NBC gig.

If you and your ex can’t come to terms in an amicable way, how should you negotiate the best possible divorce agreement?

Cupid’s Advice:

Ending a marriage is unfortunate under any circumstances. Being prepared and obtaining counsel will help you through the process. Here’s Cupid’s advice:

1. Know your legal rights: Consult with a lawyer to help evaluate any assets in question. This can include how social

security benefits factor in, or your rights to a portion of a 401(k), pension, an IRA account, and even life insurance. Other key items you'll want to consider are a business, cars, home, securities such as stocks and bonds, collectibles, and everyday household items such as pots, pans and dishes. Take inventory!

2. Become financially savvy: Many couples go through marriage with only one person handling the household finances. When putting together a divorce settlement, it's critical that you are aware of money issues and the kind of numbers you are dealing with. It's also important to establish credit under your own name if you haven't done so already. This will help develop your own creditworthiness when trying to get your piece of the pie.

3. Children are priority: When children are involved, you'll want to work out the best possible settlement for them. Divorce is hard enough. It's important they continue to live the same lifestyle. Key factors to keep in mind include health insurance, college tuition, the family home, and general expenses.

Mel Gibson vs. Oksana Grigorieva: Restraining Orders





[RadarOnline](#) reported Friday that 54-year-old actor Mel Gibson filed a sealed restraining order against ex-girlfriend Oksana Grigorieva, the mother of his seven-month-old illegitimate daughter, Lucia. However [TMZ](#) reported an hour later that Grigorieva filed a domestic violence restraining order against the actor, claiming he was violent towards her. Gibson's restraining order was filed to keep his ex from releasing certain information, as well as ensuring child visitation rights.

How do you deal with child visitation after a not so amicable break up?

Cupid's Advice:

While no breakup is immune to problems, there are ways to ensure your children don't bear the burden of your issues.

1. Ask for help: If you and your ex can't stand to be in the same room together, find a close friend or family member that can assist with figuring out a schedule that works for the both of you.

2. Hire a mediator: A professional can meet with each of you separately and come back with an arrangement that gives both parents equal time with the kids.

3. Include the children: Ask the older ones about their wishes. It's important to include them in your decision if you can. This will go along way to help them understand the breakup isn't about them.

Is Jesse James' Move to Texas an Attempt to Win Sandra Bullock Back?





They may be broken up, but Jesse James won't stay too far from Sandra Bullock. The TV personality told [TMZ](#) last weekend that he will move into his Texas house so his ex-wife can stay closely involved in his kid's lives. James said his three children – from different women – want to remain close to the actress. Regarding the future of his relationship with Bullock, with whom he is estranged from due to his infidelity, James told TMZ, "Whatever happens, happens." The move will take place after he returns to the U.S. after filming a special in Israel for the History Channel on a kibbutz.

Is there ever a good way to reconnect with an ex?

Cupid's Advice:

Assuming that James is looking to re-develop his relationship with Bullock, here are a few pointers he might find handy:

1. Make sure reconciliation is mutual: In order to successfully make peace after a break, both parties must be willing to work on re-building their bond. Forcing someone to

love you will only push him or her away further.

2. Accept responsibility: There is no excuse for bad behavior. Don't try to turn the tables and blame it on your partner. Accept and admit to your error.

3. Time: Allow your partner the time and space they need to think about the relationship on their own. Time may not heal all pains, but it helps.