

# Celebrity Parent: Find Out More About Jesse Williams' Fight to Privately Parent



By Rhodesia Williams

In [celebrity news](#), Jesse Williams is still dealing with custody issues after his [celebrity break-up](#). According to *EOnline.com*, Jesse Williams' [celebrity divorce](#) from his ex-wife, Aryan Drake-Lee is costing him way more than a pretty penny. Although the [celebrity couple](#) filed for divorce in April 2017, they are still going at it when it comes to custody of their kids. Unfortunately, the [celebrity exes](#) are going tit for tat and it doesn't seem like it will end any time soon.

# This celebrity parent is battling to parent in private. What are some ways to keep your custody battle out of the limelight?

## Cupid's Advice:

When you break up or go through a divorce, fighting can be inevitable. Although fighting is never good, it is much better to argue in private rather than cause a show for people to watch. Cupid has some advice on ways to keep your custody battle out of the limelight:

**1. Agree on privacy:** If you can't agree on anything else, try to agree on keeping things between the two of you. When going through a sensitive time, keeping things private allow you and your ex to face the issues at hand without interference. Not only that, as heated as arguments get, people won't see how "heated" you can really get. We all do things out of anger so why advertise it just to regret it later.

**Related Link:** [Dating Advice: 7 Signs of Cheating You Need to Know](#)

**2. Keep it short and sweet:** Think about it. When someone asks about your current situation with your ex and you calmly say you aren't seeing eye to eye, they won't know what to say. Usually people rant and rave and tell people details and sometimes, that's just what people are looking for. While I'm sure you have one or two people you can trust to keep quiet, going into details with other's is an invitation to have your business spread.

**Related Link:** [Five Relationship Advice Tips for Breaking Up Without Hurting His Feelings](#)

**3. Keep Calm:** Sometimes you just want to break your ex's windows or bleach their clothes. Well, don't. Keeping calm during this time will just let people assume everything is fine, which isn't a bad thing. Reframe from doing anything that will cause attention because it will do just that, not cause any attention. Attention will bring more confusion and during a sensitive time like this, you don't need that. As upset as you are, you don't want people or your children to see it. Children repeat everything and all you need is for them to repeat something.

**What are some ways you keep your custody battle out of the limelight? Share below.**

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## **Celebrity News: Wilmer Valderrama Spotted Visiting Demi Lovato One Day After Her Overdose**





By [Haley Lerner](#)

In [celebrity news](#), Wilmer Valderrama was spotted visiting [celebrity ex](#) Demi Lovato at the hospital, just one day after the singer's drug overdose. According to *EOnline.com*, Valderrama's car was seen entering Cedars-Sinai Medical Center in Los Angeles, where Lovato is receiving treatment. A source said that Valderrama stayed at the hospital for over two hours and said, "He was somber and quiet and you could tell he was in a very serious mood. He arrived and left by himself." Lovato and Wilmer dated for almost six years until breaking up in 2016, but have remained on good terms. Valderrama is the first celebrity guest to visit Lovato in the hospital after she was rushed to the hospital by ambulances from her home in Hollywood Hills on July 24 after suffering an apparent overdose. Lovato's publicist confirmed the news in a statement, but refuted tabloid claims that the singer overdosed on heroin. "Demi is awake and with her family who want to express thanks to everyone for the love, prayers and support. Some of the information being reported is incorrect and they respectfully ask for privacy and not speculation as her health and recovery is the most important thing right

now.”

## These celebrity exes still clearly hold love for one another. What are some ways to support your ex during a trying time?

### Cupid's Advice:

In difficult times, sometimes the right thing to do is to be there for your ex. Cupid has some tips on how to support them:

**1. Show up:** Just like Valderrama did, sometimes the best thing you can do when your ex is struggling is to show up and be there for them. Just because you are no longer in a relationship doesn't mean you don't have to be supportive of them when they are going through something difficult. Just going to them to offer your support and presence is a huge help.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation](#)

**2. Keep it platonic:** One thing to remember when supporting your ex during a trying time is to not let things go too far and end up getting romantic. Your ex is going through a lot and a past relationship is easily something they can turn to for comfort, but you could end up getting hurt in the end if it doesn't work out. Make sure to support your ex only as a friend and make your boundaries clear.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**3. Rally their friends:** If you actually being around your ex might be too stressful for them, maybe try supporting your ex

in a different way. If you still have mutual friends, contact them and let them know they should reach out to them. You can also try to organize a get together where you all can be there for him, without things being as awkward as meeting with just the two of you.

**Have any more tips on how to support an ex in trying times? Comment below.**

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## **Celebrity Exes: Dennis Quaid Says Relationship With Meg Ryan Was His 'Most Successful'**





By Jessica DeRubbo

Dennis Quaid has a lot of fond memories about his 10-year celebrity marriage to celebrity ex Meg Ryan, according to *UsMagazine.com*. Quaid opened up about his past marriage to the *You've Got Mail* actress in a recent interview. "[It was] my most successful relationship," Quaid, 64, said on *Megyn Kelly Today* on Monday, July 23. "When we met, you know, I was the big deal. And then my career [came to a halt]. ... We'd go out on the streets of New York and it would be like, 'Meg! Meg!' And I have to admit it, I actually did feel like I disappeared. I didn't think I was that small, but I was. It was a growth opportunity. I learned from that." Quaid and Ryan fell in love on the set of their movie *D.O.A.* and wed in 1991. They welcomed a son named Jack, now 26, the following year, and then divorced in 2001.

**These celebrity exes aren't on bad terms; in fact, Quaid things on his**

# relationship with Meg Ryan fondly. What are some benefits of focusing on the positive when it comes to your ex?

## Cupid's Advice:

There's really no point in holding grudges, even when it comes to your exes. Cupid has some advice on why staying positive about your ex is the best thing:

**1. It cuts down on stress:** Thinking and feeling negatively about someone can take its toll on you mentally. Simply put, it can stress you out! Positivity always trumps negativity when it comes to keeping peace of mind.

**Related Link:** ['What to Expect When You're Expecting Has an All-Star Cast!](#)

**2. Good karma:** Whether you believe in karma or not, it can't hurt to put positivity out into the world. If you stay positive about your ex, he or she may do the same in return.

**Related Link:** [Meg Ryan & John Mellencamp Split After 3 Years Together](#)

**3. Keep bridges intact:** It's never a good idea to burn a bridge that may help you out later in life. Keep as many connections that you make intact along the way in life so as to have a bigger network to pull from when you really need something.

**What are some other positives to staying on good terms with your ex? Share your thoughts below.**



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# Rob Kardashian Shows Support for Celebrity Ex Rita Ora During 'Girls' Controversy



By [Haley Lerner](#)

In recent [celebrity news](#), Rob Kardashian showed support for [celebrity ex](#) Rita Ora in light of the controversy regarding her new song 'Girls', a collaboration with Cardi B, Bebe Rexha and Charli XCX. The song was criticized by artists Hayley Kiyoko and Kehlani as being harmful to the LGBTQ+ community. Monday on Twitter, Ora explained the song, writing, "'Girls' was written to represent my truth and is an accurate account

of a very real and honest experience in my life. I have had romantic relationships with women and men throughout my life and this is my personal journey. I am sorry how I expressed myself in my song has hurt anyone.” Kardashian, Ora’s ex-boyfriend, retweeted her message with six praise hand emojis. According to *EOnline.com*, Ora and Kardashian had a dramatic [celebrity break-up](#), but it seems the two have since moved on and are on friendly terms.

## **Rob Kardashian has his celebrity ex’s back during this drama. What are some ways to stay on good terms with your ex post-breakup?**

### **Cupid’s Advice:**

It shows great maturity to support your ex after a break-up. Cupid has some tips on how to keep things amicable post-split:

**1. Open communication:** While your first instinct after a break-up might be to block your ex on every outlet of social media while ceasing any interactions, it’s sometimes better to keep the channel of communication open. Don’t be afraid to contact your ex to tie up loose ends. Just because you aren’t in a relationship anymore doesn’t mean your ex doesn’t have to be in your life!

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**2. Keep a safe distance:** Communication is important, but on the other hand, you don’t want to be too friendly with your ex. What’s the point of breaking up if you’re still talking every day? Make sure to give each other some space for a few weeks post-breakup to let your wounds heal.

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**3. Don't get tempted by drama:** It's possible you might have some hard feelings about your ex after your split. Instead of keeping up old grudges over what went wrong in the relationship, let it go! Make sure you avoid participating in the gossip cycle about your ex. Don't worry about who your ex is dating or doing, focus on you.

**What are some other tips for staying on good terms with your ex after a split? Comment your thoughts below!**

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# **Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home**





By Rhodesia Williams

In [celebrity news](#), John Cena, 40, and Nikki Bella, 34, showed us a possible glimpse of hope in their relationship after they called off their engagement last month, according to [UsMagazine.com](#). Recently, Bella has been spending nights at Cena's house. Let's back track; if you haven't heard, John Cena and Nikki Bella were engaged and ready to tie the knot when the [celebrity couple](#) decided to call off their wedding on April 15th. This well known duo were together for six years, and news of their split shocked many. According to a source, Cena "doesn't want [Nikki] to have to deal with moving after everything they have been through as a couple." It sounds like Cena isn't fully ready to let go of his former fiance if you ask us!

**In celebrity news, this formerly engaged couple are still seeing a**

# lot of each other. What are some tips for cutting ties completely after a break-up?

## **Cupid's Advice:**

Sometimes spending time together after a break-up is the worst thing you can do, because it prolongs the inevitability of not seeing each other every day. It's important to cut ties completely, at least for a while, allowing you both to move on. Cupid has some tips:

**1. Move out:** If you are living together, someone has to go. It is never healthy to continue to live with someone you are no longer in a relationship. John and Nikki won't be able to heal if they continue to live together.

**Related Link:** [Fed up, But Can't Break Up](#)

**2. Spend time with friends and family:** Hang around people who love and care about you! It is not to say the person you are no longer with doesn't care, but you need neutral parties. Nikki Bella is on the right track by going and staying with her sister. Sometimes you need those sad movie watching, ice cream eating, let's just chill kind of nights.

**Related Link:** [How to Get Over a Break Up](#)

**3. Go out:** No need to try to jump back on the horse, but sometimes petting and feeding the horses will do. Go out for lunch, go listen to some music, bowl straight gutter balls! Anything to keep your mind off of the situation and to make you feel good. Everyone needs a laugh. Nikki Bella admits to going MIA but sometimes that doesn't help.

**What are some other ways to cut ties completely after a split? Share your thoughts below.**

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# Celebrity News: Ronnie Ortiz-Magro Still Loves Ex Sam 'Sammi Sweetheart' Giancola



By [Jessica Gomez](#)

In [celebrity news](#), Ronnie Ortiz-Magro allegedly still loves his celebrity ex Sam Giancola. According to [UsMagazine.com](#), a source stated: "Ronnie still loves Sam. Everyone knows it." This news comes after Ronnie's recent [celebrity break-up](#) with

Jen Harley, who is pregnant with his first child. The celebrity exes broke up over the weekend via Instagram for all to see, apparently over the lack of faithfulness in the relationship from both sides. On an episode of *Jersey Shore Reunion*, Ronnie said that he wasn't planning on marrying Harley. The reason seems to be because she just isn't Sam. Ouch! Sammi Sweetheart actually didn't go back to the *Jersey Shore* house because of Ronnie, and she is currently dating Christian Biscardi. We wonder where this whole situation is headed.

**This celebrity news conveys a concept that many of are not foreign to. How do you deal with realizing you are still in love with your ex.**

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

Sometimes it takes us longer than others to fall out of love with someone. It can depend on who that ex is, how the relationship was, or how it ended. However, cupid has some [love advice](#) on how to deal with still loving your ex:

**1. Analyze your feelings and the situation:** Be sure of what you feel. Sometimes we think we feel one thing when in reality we actually feel another. We are only human, so we do make mistakes. Also, evaluate the situation, think with your mind and not your heart. Only because you love an ex does not mean that you should be with them, or even have them in your life for that matter. Evaluate everything carefully.

**Related Link:** [Celebrity Break-Up: John Cena Opens Up About Nikki Bella Split, Says 'It Sucks'](#)

**2. Keep busy:** Be productive. Keep yourself distracted while bettering yourself, that's the best thing you can do after all. This can also detain you from taking any decisions that you may regret later. Give your mind some time away from your ex and do what you have to do. After giving it some time, take it from there.

**Related Link:** [Celebrity Break-Up: Anna Faris Learns Important Lesson From Divorcing Chris Pratt](#)

**3. Get closure:** When the time is right that is! Don't move too quickly. Sometimes what we want is to contact an ex, just for the hell of it. If you need closure, get some. Sometimes instead of closure, things may possibly get fixed, but don't go into it with expectations. After giving yourself the adequate amount of time and you're in a place that's as good as it's going to get for the moment, go for it.

**What are some ways you dealt with realizing you still had feelings for an ex? Comment below!**

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## **Celebrity News: Blake Shelton Allegedly Throws Shade at Ex Miranda Lambert Via Twitter**







By [Jessica Gomez](#)

In [celebrity news](#), Blake Shelton is feeling a way about his [celebrity break-up](#). According to [EOnline.com](#), Shelton went on a small rant on Twitter, one that looks to be aimed at his celebrity ex Miranda Lambert. The tweet read as follows: “Been taking the high road for a long time.. I almost gave up. But I can finally see something on the horizon up there!! Wait!! Could it be?! Yep!! It’s karma!!” Miranda has not yet responded to or spoke in respect to the tweet publicly. The former [celebrity couple](#) broke up earlier this month. Rumors circulated that it was due to Lambert cheating on Shelton with Anderson East. Ouch!

**In celebrity news, Blake Shelton seemingly dissed his ex Miranda Lambert. What are some ways to fully move on from a bitter split?**

## **Cupid's Advice:**

Fortunately, there are many ways to cope and move on from a bitter break-up. Cupid has some love advice on specific things to do to help you move forward:

**1. Travel:** Go somewhere new. Breathe in that different, fresh air. Experience a new culture and atmosphere, away from where all the negativity in your life dwells. Traveling is good for the mind and soul. It is a wonderful experience. Go alone or go with friends. You're sure to have a good time when you plan properly.

**Related Link:** [Celebrity Break-Up: John Cena Sends Messages About the 'Worst Day Ever' Post-Split from Nikki Bella](#)

**2. Find a hobby you love and stick to it:** What better thing to get your mind off negative than to find something you love and do it often. It's also productive, and depending on what it is, can help you in different ways. Shape your life differently by doing things that benefit you. Don't be afraid to experiment.

**Related Link:** [Why Sam 'Sammi Sweetheart' Giancola Avoided 'Jersey Shore: Family Vacation'](#)

**3. Care for yourself:** Eat well, exercise, stay on top of hygiene, and make sure to relax mentally and physically. Self care and self love are very important. If you feel like you don't have either, take strides into changing that, and you will see the positive change in your life unfold right before you.

**What ways have you moved on from a bad split? Share below!**

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# Celebrity Break-Up: John Cena Opens Up About Nikki Bella Split, Says 'It Sucks'



By [Jessica Gomez](#)

In [celebrity news](#), John Cena is having a hard time with his break up from Nikki Bella. According to [UsMagazine.com](#), Cena recently said, "It sucks. " He told *Entertainment Tonight* during CinemaCon 2018 in Las Vegas on Wednesday, "There's no other way to say [it]. I love Nicole with all my heart, and that's that." The former [celebrity couple](#) split earlier this month when, according to a source, Bella called off their engagement. May these [celebrity exes](#) get through this tough break-up.

# **This celebrity break-up isn't without heartache. What are some ways to cope with the loss of a close relationship?**

## **Cupid's Advice:**

Most break-ups are not easy – they affect us in various ways. Luckily, there are ways to deal with them. Here are a few:

**1. Being a break-up was the right choice:** Sometimes love can blind us, but it is important to know the reason for our decisions, and that it is in fact the right one. Try your best to skip any denial stage to make it easier for yourself. Assess the situation and be sure. But don't overdo it to the point you're blaming yourself or driving yourself crazy. Just make sure that you stand strong in knowing the break-up was the right thing to do.

**Related Links:** [Celebrity Break-Up: Anna Faris Learns Important Lesson From Divorcing Chris Pratt](#)

**2. Take care of yourself emotionally and physically:** Start off by making sure to eat well and exercise. Both eating and exercising are essential to your health and make you feel better after. As for emotionally, don't overwork yourself mentally. Give yourself a break to relax. Also, if you don't want to be alone during this time, then don't be. Reach out to family and friends. It's okay to do so. Alone time is important, too, however.

**Related Link:** [Why Sam 'Sammi Sweetheart' Giancola Avoided 'Jersey Shore: Family Vacation'](#)

**3. Think of the positive outcome:** It is hard to see it during a tough time – but it is essential that you do find it. Things

can look hopeless, and that can drag you into a downward spiral. It is important to find the good in all the bad situations we're in, no matter how small it may be. Just know that you are going through a hard time right now that will make you stronger in the long run. The future holds something much better. Positive thinking goes a long way.

**What are ways you dealt with a painful break-up? Share below!**

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## **Why Sam 'Sammi Sweetheart' Giancola Avoided 'Jersey Shore: Family Vacation'**





By [Jessica Gomez](#)

In [celebrity news](#), “Sammi Sweetheart” did not go back to *Jersey Shore: Family Vacation* because she was afraid that [celebrity ex](#) Ronnie Ortiz-Magro would try to get back together with her, according to [UsMagazine.com](#). On Thursday’s episode, Ronnie went off about not caring about Sam not showing up because he has a baby on the way with his girlfriend Jen Harley. Deena Cortese, another *Jersey Shore* member and Sam’s close friend had something to say in a confessional on the show: “Ron needs to stop talking about Sam and move the f–k on ... Sam told me that he used to call her on blocked numbers, and used to like, be really weird. She was afraid she was gonna get in the house and he would get drunk and spiral and try and get back with her or something.” Arguments about Sam have erupted in the *Jersey Shore* house regardless of her not being present. The former [celebrity couple](#) are a topic of discussion because of their dramatic roller coaster relationship that kept fans watching. Let’s see if Sam decides to make an appearance after all.

**In celebrity news, it seems Sam knows what she wants, and she doesn't want to get back with her ex. What are some ways you know you should not get back together with an old flame?**

**Cupid's Advice:**

A lot of the time we think of reasons to get back together with an ex, but neglect to reflect on the reasons we shouldn't. Cupid has some [love advice](#):

**1. They're involved with someone else:** This is something that may seem obvious. However, there are some people that decide it's time to compete and win their former lover back. This is not the best idea. Once someone is involved with someone else, it will most likely just bring problems into a relationship that you may rekindle. Just remember, if it's meant to happen between you guys, it will.

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**2. You have not forgiven them:** If you have yet to forgive your ex for any wrongdoings, then getting back together won't be the brightest idea. You will just have the same problems all over again, which is something you want to avoid. If you can't forgive, then it's time to move on – avoid yourself all the stress.

**Related Link:** [Back Together? Celebrity Exes The Weeknd & Bella Hadid Spotted 'Kissing All Night' at Coachella Party](#)

**3. They're still not trustworthy:** If you can't trust them,

then why go back to them? You would not want to enter a relationship with distrust, it just won't end well. It would be a different story if you didn't trust them before, but you feel like you can now. Remember, when there is no trust (for a good reason), it's best to keep things pushing.

**What reasons did you have for not getting back with an ex? Comment below!**

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## **Celebrity Break-Ups: Nikki Bella & John Cena Call It Quits & End Engagement**







By [Jessica Gomez](#)

In [celebrity news](#), [celebrity couple](#) John Cena and Nikki Bella called off their engagement. According to [UsMagazine.com](#), the now celebrity exes provided them with a statement: “While this decision was a difficult one, we continue to have a great deal of love and respect for one another. We ask that you respect our privacy during this time in our lives.” Cena had stated previously that the long time couple’s relationship took a lot of work. However, we do not know the reason for their split as of yet. We wish them the best of luck.

**In [celebrity break-ups](#), John Cena and Nikki Bella called it quits. What are some reasons to call off your engagement?**

**Cupid’s Advice:**

Calling off an engagement is rough. Nevertheless, it is better

to realize now that it's not working out rather than later after you're married. Here are some reasons why you would possibly call off your engagement:

**1. You argue all the time and cannot come to an agreement:** Relationships have to consist of good communication between partners. If you argue all the time, that is something you can work through. Now, if you argue all the time and just don't resolve anything, then there is a problem. If this is the case, your issues will likely build up and continue to cause havoc in your relationship.

**Related Link:** [Celebrity Break-Up: Channing Tatum & Jenna Dewan Silence Rumors About Their Split](#)

**2. There is no trust:** There are times in a relationship where there may be a lack of trust, and many times couples work through it. However, when at the point where you're engaged, trust should be something that is prominently there. There is no reason why you should not trust the person you are going to marry.

**Related Link:** [Celebrity Break-Up: 'Bachelor Winter Games' Star Lesley Murphy Breaks Silence After Split from Dean Unglert](#)

**3. There are things you cannot get past:** If you're marriage is going to work, you need to have moved on from past mistakes your partner has made. Sometimes we remain in relationships without forgiving our partner for a past discretion. When engaged, the slate should be wiped clean in a way. You are about to start a new chapter in your lives, and if you still have past demons knocking on your door, you may already be a step toward divorce without even being married yet.

**How did you or a loved one know it was time to call off your engagement? Share below!**

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# Back Together? Celebrity Exes The Weeknd & Bella Hadid Spotted 'Kissing All Night' at Coachella Party



By [Jessica Gomez](#)

In [celebrity news](#), [celebrity exes](#) The Weeknd and Bella Hadid were spotted kissing at a party for the 2018 Coachella Valley Music and Arts Festival, according to [EOnline.com](#). "They spent the whole night together and left together. Bella looked really happy," said a source. "They were definitely super

affectionate, cuddling each other while hanging out with their friends.” According to the source, the again-potential [celebrity couple](#) has been talking for months and finally made a romantic public appearance at the popular music festival since their split in 2016, but they are not yet exclusive. The Weeknd has been dating left and right, while Hadid wants to be exclusive. Let’s see what happens with this duo!

## **These celebrity exes might be rekindling their romance. What are some benefits to giving a past relationship a second try?**

### **Cupid’s Advice:**

Some past flames are not worth a second chance, but some relationships do end on a note where time can do the pair well. If this is the case for you, here are some benefits as to why giving it a second go is a good idea:

**1. You already know one another:** Although people sometimes change, you already know things about your partner and the relationship you had. This can give you a sense of comfort and trust. You both hopefully learned the same lesson from the first time as well. It will also be nice to get to know any new sides of them that they developed during your time apart.

**Related Link:** [Celebrity Exes: Robby Hayes Sparks Outrage After Sharing Amanda Stanton’s Private Tweets on Twitter](#)

**2. You know what didn’t work before:** So now you can make it better. You already had your trial and error periods that you can leave behind by taking what you’ve learned into your current and improved relationship. Hopefully this time around can take less work. You will face new problems, just hopefully not the old ones.

**Related Link:** [Celebrity Break-Up: Channing Tatum & Jenna Dewan Silence Rumors About Their Split](#)

**3. You have history:** This creates a real bond. The fact that you both knew each other a while ago and made tons of memories definitely helps with that bond. This can create a stronger sense of intimacy and will help you connect quickly this time around. It is important however to leave past mistakes behind, but never neglect to take them into account when it comes to bettering your relationship – just don't hold grudges.

**What are some ways your rekindled relationship worked the second time around? Share below!**

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## **Celebrity Exes: Robby Hayes Sparks Outrage After Sharing Amanda Stanton's Private Tweets on Twitter**





By [Jessica Gomez](#)

In [celebrity news](#), former [celebrity couple](#) Robby Hayes and Amanda Stanton took it all to Twitter! According to *EOnline.com*, Hayes shared tweets of private emails and texts between him and his [celebrity ex](#). The interactions shared was an argument about Disneyland annual passes. Stanton had first posted the following tweet that started it all: “I got a new debit card last month and got an email from an ex this morning forwarding me an email that his Disneyland Annual Pass payment was declined & to update my card info... I sure know how to pick em.” After, Hayes posted the interchanged messages captioned: “Lol is this how it happened or was I was trying to help you poor thing? Let’s evaluate below everyone ☐ (Read the whole thing).”

**These celebrity exes are certainly not on the best terms, especially**

# after what transpired this week. What are some ways to keep your relationships with your exes civil?

## Cupid's Advice:

Keeping a relationship with an ex civil isn't always an option, but it many times can be! Cupid has some tips on how to go about it:

**1. Be respectful toward each other:** Don't curse, don't be sarcastic – just don't say things that can be taken the wrong way. Between exes there can be lots of tension, so it is easy for one person to feel like the other is overstepping. Stay in your lane and give the respect you expect.

**Related Link:** ['Bachelor Winter Games' Star Lesley Murphy Breaks Silence After Split from Dean Unglert](#)

**2. Don't be spiteful:** This is not always easy, especially if you ended in wrong terms. However, two wrongs do not make a right. Try your best to not be petty. It will help in the moving on process as well. Also remember that this is a two way street, they should not be spiteful or vengeful either.

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**3. Keep it short and cordial:** Unless there is an important reason for you to be talking to your ex, it is preferred to keep the communication to a minimum. Be polite and straight forward. The less you have to deal with an ex, the more likely you will be able to take tip one and two above.

**Any tips on how to deal with an ex in a civil manner? Share with us below!**

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# Celebrity News: Jennifer Garner and Kids Visit Ben Affleck In Hawaii



By [Jessica DeRubbo](#)

It looks like these [celebrity exes](#) are keeping it friendly, as [Jennifer Garner](#) and her kids were recently spotted visiting [Ben Affleck](#) in Hawaii over Spring Break, while he's there to train for a Netflix action movie. According to [UsMagazine.com](#), Garner traveled to the Aloha State over the weekend with daughters Violet, 12, and Seraphina, 9, and son Samuel, 6. She even posted a photo on Instagram of herself



hiking with her trainer, Simone De La Rue during the trip. Though Affleck is currently dating Lindsay Shookus, who was spotted in Hawaii on March 26th, Shookus was nowhere to be seen when Garner and the kids were visiting. We're glad this former [celebrity couple](#) can keep it civil for their kids!

**In [celebrity news](#), Jennifer Garner and Ben Affleck are following through on their commitment to putting their kids first. What are some ways to put your kids first after a split?**

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

When you have kids and are going through a split, it's super important to focus on your children and how the things you're doing are affecting them. Cupid has some ways to make sure you're putting them first:

**1. Put forth a united front:** No matter what your beef is with your former significant other, your kids shouldn't catch wind of it. It's important to get on the same page with your ex before communicating with your kids. You want to make sure the messages coming from each of you are the same.

**Related Link:** [New Celebrity Couple: Ben Affleck Is Dating 'SNL' Producer Lindsay Shookus](#)

**2. Hang out as a family:** If it's possible, continue to spend time together as a family. This may be difficult if your split was particularly bitter, but do your best to get to a point where being together is doable. It will make your kids relax and feel as if their family hasn't been ripped apart forever.

**Related Link:** [Latest Celebrity News: Jennifer Garner Says She Is 'Not Interested in Dating' After Split From Ben Affleck](#)

**3. Make all decisions with your kids in mind:** Instead of thinking of yourself during your split (or after), think about your kids first. Each decision should be made with them in mind. Even if something isn't necessarily preferable to you, you're at a point where you can deal with it, while your kids are still growing and impressionable.

**What are some other ways to put your kids first after a split? Share your experiences or thoughts below.**

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## **Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation**





By [Karley Kemble](#)

Demi Lovato has always been vocal about her feelings toward her ex boyfriend Wilmer Valderrama. The [celebrity exes](#) previously dated for six years before their celebrity break-up in 2016. However, the pair made [celebrity news](#) a couple days ago, after they were spotted grabbing lunch together. Now, a source close to the former couple tells [People.com](#) that there is a chance they could become exclusive again. For now, though, the source says Valderrama and Lovato are “extremely close friends” though “there’s always potential they could give a romantic relationship another try.” Guess it is possible to be friends with an ex, after all!

**These celebrity exes are on good terms, and may end up back together. What are some reasons getting back together may actually**

# work out?

## Cupid's Advice:

Regardless what others may say, getting back with an ex is not always a bad idea. Sometimes time apart is what's needed to grow stronger. Cupid weighs in:

**1. It's all on the table:** If you're thinking about getting back together with an ex, the most important thing you must do is talk with each other. If there is any unfinished business or unresolved resentment, you must lay it all on the line. Once all the feelings are accounted for, be sure to set clear guidelines before jumping back in.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**2. You've forgiven:** Forgiveness isn't easy, but it is possible! Contrary to popular belief, forgiveness does not weaken your character: it shows you have the strength to accept the past, look beyond the mistakes, and move on. If you have come to terms with an ex who may have hurt you, but genuinely want to give them another chance, that shows a maturity toward both parties involved.

**Related Link:** [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

**3. You're both in better headspaces:** Break-ups usually happen because two people are unable to be on the same page. The time spent as a single person is pivotal in personal development. If you and your ex have given each other enough time and space apart, allowing each other to grow, then getting back together might be worth a shot. Though you already know each other, and the relationship is by no means "new," it is exciting to begin a new chapter and get to know each other's newfound headspaces.

Have you gotten back together with an ex? We want to hear about it: share your comments below.

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## Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date



By [Jessica Gomez](#)

In [celebrity news](#), celebrity exes Demi Lovato and Wilmer Valderrama were spotted having a lunch date at Sol Y Luna in Los Angeles, according to [UsMagazine.com](#). The former [celebrity](#)

[couple](#) dated for six years, and their [celebrity break-up](#) occurred in the summer of 2016. However, Lovato and Valderrama sparked rumors last year when they were spotted together in multiple places. Could these two be reconciling their celebrity relationship or are they just good friends? We'll have to be on the look out!

## **These celebrity exes are either on good terms as friends or may be giving their relationship another try. What are some benefits to remaining friends with your ex?**

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

Sometimes break-ups don't end badly, and in those times you may want to stay friends with your ex. Cupid has some advice on the benefits to staying friends with an ex:

**1. They know you:** If you guys end on a good note and stay cool with one another, then they can give you advice. The people we date get to know us in ways others don't. This comes in handy when it comes to your new relationship, because your ex can give you advice based on your past experiences and the fact that he indeed knows you in that way. Just make sure you are not dealing with a bitter or spiteful ex – you would not want to take the wrong advice.

**Related Link:** [Would Jennifer Aniston Get Back Together With Brad Pitt?](#)

**2. You've got history:** It's a shame to let all that history go to waste if you are both decent people that get along well after the break-up. Just because your romantic relationship didn't work out doesn't necessarily mean that a friendship

won't work. You never know – maybe you were not compatible as lovers, but you make great friends, and the history can make the friendly bond stronger.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

**3. You get closure:** Becoming friends with an ex can be a path into getting over them, but only as long as you're both ready and willing to actually be friends. If you're friends, then you obviously should have let go of any resentment between the both of you. The past is in the past, and now you've got a friendship. You didn't have to lose a good person just because it didn't work out.

**What are some reasons you stayed friends with your ex? Share with us below!**

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## **Celebrity News: Would Jennifer Aniston Get Back Together With Brad Pitt?**





By [Jessica Gomez](#)

Former [celebrity couple Jennifer Aniston](#) and Justin Theroux's split is raising a certain question: will [celebrity exes](#) Aniston and [Brad Pitt](#) be getting back together now that they're both single? According to [UsMagazine.com](#), Aniston and Pitt will not be rekindling their [celebrity relationship](#) after all. "Jen wouldn't consider being with Brad in a romantic way," a friend of Aniston's said. "But there is always a spot in her heart for him." As for Pitt, a source said, "Brad is sad to hear about Jen's divorce. He only wishes the best for her. However, Brad hasn't reached out to Jen, and has no plans to do so at this point."

**In this [celebrity news](#), fans are speculating about Jennifer Aniston and Brad Pitt now that both have gone through splits. What are some**



# things to consider before getting back together with an ex?

## Cupid's Advice:

Whether or not to get back with an ex is an important decision. It isn't always an easy one either. Cupid has some things to consider before making the choice:

### **1. Have you both moved on from the reason you both broke up?:**

Think about the reason why you both broke up in the first place. Was it for a good reason or was it circumstantial? Then, also think about whether you both have forgiven each other completely for past mistakes. If you have, then that can be a good sign – if not, then not so much. If you feel like you haven't forgiven your ex for something, then that problem will probably constantly arise during your reconciled relationship.

**Related Link:** [Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage](#)

### **2. Do you see a future with your ex?:** Why go back to an ex if you don't think it's going to be serious and no good future ahead? Think about this thoroughly – sometimes we see a future with someone, but that future comes with unnecessary obstacles and negativity. If this is the case, then it may be a sign that your ex is meant to stay an ex. Think about this while spending some time apart – it's something big to ponder.

**Related Link:** [Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

### **3. What are reasons to get back together and not get back together?:** Pro and con lists are good ones to make. Be fair and think about why you should get back together with your ex and why you shouldn't. Then, weigh it all. Certain things

weigh more than others, so be honest and just with yourself when considering all the information. Making a list with a friend can help, as long as that friend isn't necessarily biased.

What are some things you or a friend considered before getting back with an ex? Share below!

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## Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever



By [Carly Horowitz](#)

After continuous break-up drama, [EOnline.com](#) reveals that [celebrity exes Kourtney Kardashian](#) and [Scott Disick](#) are very happy with their new normal. Kardashian and Disick have figured out how to successfully co-parent their three children while still very much enjoying their personal lives. Both celebrity exes have seemingly moved on relationship-wisely as Kardashian dates Younes Bendjima and Disick has his arm around Sofia Richie. Kardashian and Disick schedule time to spend both as an entire family together, and individually with their children. In [latest celebrity news](#), Disick is still part of the Kardashian family, as he also spends time with [Khloe Kardashian](#) and [Kris Jenner](#).

## **These celebrity exes are proving they can be successful at co-parenting. What are some tips for successful co-parenting?**

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

It is important to maintain a happy and healthy relationship with your ex as you co-parent your children. It may be hard at first to put your personal feelings aside, so Cupid has some advice:

**1. Practice empathy:** Try to put yourself in both the shoes of your children and of your ex-partner. It is beneficial to try and understand how they feel in order to act accordingly and make the best of the situation at hand.

**Related Link:** [Parenting Tips: Co-Parenting During the Holidays](#)

**2. Put your children's well-being first:** Even if for some reason you are in an argument with your ex, keep in mind that

your children don't want their family outing rescheduled because their parents can't get along. Take a deep breath, and make sure you don't brush off your children's feelings.

**Related Link:** [Parenting tips: 5 Tips for Co-Parenting](#)

**3. Make a clear schedule:** Take time to organize the availability you have for family time – just time with your kids, and personal time. It's all about balance!

**How do you successfully co-parent your children? Comment below!**

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## **Celebrity Dating: Olivia Munn Denies She's Dating Chris Pratt & Shares Texts with Anna Faris**





By [Jessica Gomez](#)

In [celebrity news](#), Olivia Munn took it all to Instagram. The 37 year old actress took it upon herself to shoot down rumors that she and Chris Pratt are dating, and even shared a screenshot of messages between herself and Pratt's ex, Anna Farris, according to [People.com](#). "1. Not every woman is scorned and upset after a breakup," Munn wrote on her Instagram story. "2. Not every woman is 'furious' at another woman for dating her ex. 3. So even if I was dating @prattprattpratt, some tabloids got me and @annafaris all wrong," she continued. "4. Women respect and love each other a lot more than some people like to think." She then went on to make fun of her and Pratt's potential [celebrity couple](#) names. She then shared a screenshot of some texts exchanged between her and Farris, showing that it's all love between these ladies.

**These celebrity dating rumors just aren't true. What are some ways to**

# shoot down untrue rumors about your relationship?

## Cupid's Advice:

Sometimes rumors go around, and it can really suck. People handle untrue rumors differently, and it depends on the situation and the type of people involved. Cupid has some ideas on how to approach false rumors:

**1. Be straightforward:** Don't go around the bush. If you want to shoot down a rumor, being straight up is one of the best ways to go. Don't stay quiet and act like things are just fine. Just like Olivia Munn did publicly, face it head on and express yourself – shoot it down! Whether you're being upfront in person or otherwise, laying things down on the table is the simplest way to do it sometimes.

**Related Link:** [Jenni 'JWoww' Farley Talks Snooki & Jionni Divorce Rumors](#)

**2. Don't show frustration:** Do not allow others to see how much the rumors are affecting you because it can lead to the rumors escalating. Many times people make up rumors out of jealousy, boredom, attention, revenge, etc. Therefore, it's not a good idea to show that they're actually getting to you. Try to stay as calm as possible and handle the situation with grace.

**Related Link:** [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

**3. Don't fight fire with fire:** Handle things correctly. Don't let your emotions get the best of you because you need to think clearly. Think about what gives this rumor credibility, and tackle it from there. Find out where the rumor started and confront the source. Doing these things with a clear mentality is important because the situation can easily get out of hand

when neither party is thinking straight.

What are some ways you've handled untrue rumors decently?  
Comment below!

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# Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together



By [Karley Kemble](#)

In some very devastating [celebrity news](#), Lena Dunham and Jack

Antonoff are no more. According to [UsMagazine.com](http://UsMagazine.com), the couple has endured a [celebrity break-up](#). Antonoff and Dunham began their relationship in 2012, but were simply growing apart, say sources close to the pair. The split comes as a shock to some, as they appeared to be going strong just months ago, as seen through Dunham's social media postings and on an article she penned for *Variety Magazine*. Hang in there, guys!

## **This celebrity break-up comes after a five year relationship. What are some ways to adjust after a long-term relationship?**

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

Breakups are always challenging, and even more so when the relationship is long in tenure. If you're having a difficult time adjusting to your newfound single life, check out these tips from Cupid to help ease the pain:

**1. Delete, delete, delete:** In this digital age, we are connected to everyone digitally. Do yourself a favor and unfollow, delete, and/or even block your ex on all social media platforms. When you're trying to get over them, seeing their face plastered everywhere you turn. It really will help the healing process!

**Related Link:** [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

**2. Give yourself credit:** Some days will be easier than others. Instead of looking at the negatives, try flipping your perspective. You only cried five times today? Cool, yesterday it was seven so that's an improvement! You're allowed to mourn and allowed to be sad. Let yourself feel the pain for some time.



**Related Link:** [Rumor: Girls' Lena Dunham Is Dating Fun.'s Jack Antonoff](#)

**3. Do things you love:** Reclaim your independence and do things on your own. This is super important because it helps to dissociate the past from the present. Just because you and your ex went on lots of trips together doesn't mean you have to be a hermit for all eternity! It's totally unfair and is only a disservice to you. You deserve happiness as a single person, too!

**How have you coped after a breakup? Share with us below!**

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**Celebrity News: Taylor Swift's Ex Turned Her Into 'Quasimodo,' According to BFF Todrick Hall**





By [Karley Kemble](#)

[Taylor Swift](#) is infamous for being dramatic about her exes. If 2017 has shown us anything, it's that Swift is tired of being defined by the media. From winning a defining court case as a victim of sexual assault, to releasing her sixth album, Swift's past reputation is slowly, but surely being forgotten. In the latest [celebrity news](#), one of Swift's closest friend Todrick Hall has revealed some vulnerable details about her most recent [celebrity ex](#), reports [EOnline.com](#). According to Hall, Swift would "hunch over" at the mere mention of her ex's name – so he edited a photo of her to look like Quasimodo and told her, "You cannot turn into Quasimodo for this guy. Every time you say his name, you hunch over." Though her most recent relationship ended with a break-up, Hall said that his bestie is happier than ever with her current beau, Joe Alwyn.

**In celebrity news, even Taylor Swift fell victim to an unhealthy**

# relationship. What are some ways to know you're in an unhealthy relationship?

## Cupid's Advice:

Unhealthy relationships are emotionally draining, and it's best to end them before things worsen. If you think you might be in an unhealthy relationship, read these tips from Cupid:

**1. They're too attached:** Sure, it's normal to be a little clingy to your partner, but there is a line that must be drawn. Make sure you are aware of the differences between healthy attachment and emotional manipulation. Phrases like "I'll die if you ever break up with me" should never be taken lightly. Emotional manipulation is never, ever okay.

**Related Link:** [Celebrity News: Taylor Swift & Joe Alwyn Dance Together at Jingle Bell Ball](#)

**2. They constantly blame you:** If your partner finds a way to spin every argument or disagreement you have and makes *you* feel like the bad guy, that is a telling sign of an unhealthy relationship. You are entitled to your feelings and opinions, and your partner should never invalidate you for being too sensitive or for overreacting. Beware of this if it arises.

**Related Link:** [Relationship Advice: Getting Over a Grudge](#)

**3. You're changing for the wrong reasons:** You and your partner should bring out the best in each other. Any changes you make in your life should always be because *you* want to – not because you think it's what your partner would want for you. It's cliché, but staying true to your core values is important, and you should never lose sight of that!

**Have you or somebody close to you been in an unhealthy**

relationship? How did it end?

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# Celebrity Couple The Weeknd & Bella Hadid Are 'Still Totally in Love'



By [Rachel Sparks](#)

Is a reunion of this [celebrity couple](#) on the horizon? We hope so! A source told [UsMagazine.com](#) that [celebrity exes](#) The Weeknd and Bella Hadid “have been talking, texting, and FaceTiming each other pretty consistently” since he and [Selena](#)

[Gomez](#) broke up. The source continued to say that The Weeknd and Bella Hadid are still in love with each other.

## **This recently reunited celebrity couple are finding love once again. What are some benefits to rekindled love?**

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

At some point we all have wanted to get back together with an ex. It's normal. They know you and what you like and they're familiar and safe. While getting back together with an ex doesn't work for everyone, there are times that it can be the exact romance that you want in life. It all depends on your past with your ex. Was the breakup irreconcilable? You alone know what's best. Cupid has the [relationship advice](#) to help you decide:

**1. You know each other:** The best relationships are the ones where your partner knows you inside and out. They know your buttons and your insecurities, but they love you anyway. They know what makes you happy, how your brain works, your dreams, and how to support you. If your ex was great at all of these things, going back to that relationship can actually be a good thing.

**Related Link:** [Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split](#)

**2. You're friends:** Romantic relationships work best when there's a solid foundation as friends. Sure, friends becoming romantic partners doesn't always work out, but romantic partners need to be friends through it all. If your friendship never ended with your ex, consider going back. No matter what

[dating advice](#) says about dating an ex again, you will know if you're ready for that kind of thing and if it will be good for you both.

**Related Link:** [Celebrity News: Surprise! The Weeknd & Bella Hadid Are Hanging Out Again](#)

**3. A chance at redemption:** We've all messed up at relationships. We've all been too young, too immature, too inexperienced and regretted the outcome. When you go back to an ex, you're still the same people, but a little older and wiser. Sometimes that's all you need to make something a success. When you go back to an ex, make sure it's for the right reasons and that you're fully committed to making it work. Who knows, the person who was once an ex could become the love of your life and your future spouse. Treat them as if they could be.

**Have you gone back to an ex? Share you dating advice below!**

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**Celebrity Exes: Naomi Watts Cheers On Ex Liev Schreiber at Golden Globes While at Home with Sons**





By [Jessica Gomez](#)

In [celebrity news](#), Naomi Watts showed support toward ex Liev Schreiber while he was at the Golden Globes, according to [UsMagazine.com](#). Watts watched the Golden Globes from home with their two sons. She posted a photo Sunday via Instagram of her two kids hovering over the television cheering their daddy on. How cute!

**These [celebrity exes](#) are supporting one another even after their break-up. What are some reasons to continue supporting one another after a split?**

**Cupid's Advice:**

Seeing this former [celebrity couple](#) get along so well is a beautiful thing, and we should follow by example! Cupid has

some advice as to why you should be on a good note with an ex after a split, a good ex that is. Here are three reasons why:

**1. For the children, if you have any:** It is important for children to see their parents get along. It helps them through the separation process, and helps them feel balanced and in harmony. You don't want hostility and bad vibes around!

**Related Link:** [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

**2. Closure:** Why end on a bad note? Going through a break up can be a hard time with emotions running high. However, when your ex isn't a bad person, it's good to leave things on a good note. Resolve your issues and get closure – it brings peace and helps you move on.

**Related Link:** [Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

**3. You never know what life brings:** This is important! You may never speak or see your ex again, but then again, you may run into them again. It's always good to keep a good relationship or reputation with as many people as possible, although it's not always possible. Whether you run into an ex in the future in a professional setting or a social one, you would not want an awkward situation to unfold.

**Why do you get along with your ex? Comment below!**

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**Celebrity News : A-Rod's**



# Intelligence is Questioned by Ex-Girlfriend Anne Wojcicki's Mom



By [Rachel Sparks](#)

The [latest celebrity news](#) is full of low insults and, interestingly, a sincere compliment. Alex Rodriguez has been under fire by celebrity ex Anne Wojcicki's mom who, in short, called him the dullest lightbulb in the box. According to [UsMagazine.com](#), Wojcicki's mom stated that the only thing A-Rod knew how to talk about was baseball. That's not the impression you want to leave with your future in-laws. Wojcicki's mom did say that it was clearly evident A-Rod loved her daughter. [Jennifer Lopez](#), now part of one of the hottest [celebrity couples](#) with A-Rod, complimented her beau by saying

he can conquer anything. So, while you may not watch *Big Bang Theory* and debate particle theories, at the core, A-Rod is a great guy.

## **This celebrity news seems a little shallow to us. What are some ways to make a good impression on your partner's parents?**

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

If you're trying to build a lasting relationship with your partner, impressing their family will need to be a priority eventually. It's intimidating. You're trying to tell the people who love your significant other more than anyone else that you're deserving. If your partner has close relationship to their parents, impressing them, or lack thereof, could be detrimental to future movement of your relationship. Read Cupid's [relationship advice](#) to help you put your best face on for that monumental meeting:

**1. Act like it's an interview:** because it is. Dress to impress, as they say. Turn off your cell phone, shake hands, stand with confidence and power, and follow common protocols for respect. Be on your best behavior and act like you're getting a job, because you are. Your partner's parents expect you to take care of their baby (no matter how old they are) so you're interviewing for the role of supportive partner.

**Related Link:** [Relationship Advice: What to Do If Your Partner's Family Doesn't Like You](#)

**2. Southern respect:** "Sir" and "Ma'am" go a long way. Sure, major cities like New York and Seattle think these terms are out-dated, but they ultimately stand as a sign of respect.

Even though we're all adults, showing respect through the language you use sets the tone for how you're likely to treat their kid. Plus, you're impressing your S.O. when you treat their family with respect. Don't worry, you'll get rewarded afterwards.

**Related Link:** [Relationship Advice: How to Handle Your Significant Other's Family](#)

**3. Showcase your skills as a partner:** We said you're interviewing, right? Well how better can you interview than by showing off your skills as a partner? Shower your love with affection and admiration. Believe us, this will go very, very far for both your partner and their family.

**How do you try to impress the future in-laws? Share your advice below!**

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**Latest Celebrity News:  
Jennifer Garner Says She Is  
'Not Interested in Dating'  
After Split From Ben Affleck**





By [Rachel Sparks](#)

Former [celebrity couple Jennifer Garner](#) and [Ben Affleck](#) have been apart for nearly two years, but these [celebrity exes](#) are setting a new standard for co-parenting and remaining amicable exes. Garner told [UsMagazine.com](#) that she and Affleck do have plans for a family Thanksgiving together. An insider told the magazine that Garner even helped Affleck get into a rehab center as his alcoholism took a spiral downward. The latest [celebrity news](#) is that despite, or maybe because of, the sincerity of their friendship, Garner has been on one date in the past two years since her [celebrity divorce](#), but she's still not ready to start dating again.

**In this celebrity news, it looks like Jennifer Garner's break-up from Ben Affleck is affecting her long-term. What are some ways to**

# cope with a break-up so you can move on?

## Cupid's Advice:

Accepting the loss of someone meaningful in your life is painful at best and near-impossible at worse. When you've been with someone for as long as Garner and Affleck were together, what does life look like without that person? Moving on is hard, but at some point you want to accept the change so that your life can move forward. Here's Cupid's [relationship advice](#) to get you through a break-up:

**1. Burn, bury, block:** Sounds harsh? Unless you and your ex have kids together, moving on means letting go. Do whatever it takes for you to cut those ties with your ex. Burn the love letters, bury the stuffed zebra your ex won at the carnival, and block any way that they can get in contact with you. Doing so doesn't mean you never loved them, it just means you love yourself enough to know you deserve happiness. Being stuck with the pain of a relationship at its end is not happiness.

**Related Link:** [Dating Advice for Dealing with the break-Up Blues](#)

**2. Give happiness, get happiness:** Have you ever been in a Starbucks line and been at the receiving end of pay it forward? Yeah, it's pretty great. It also feels good to know you've made someone's day better. We know it's hard when you're feeling down to even consider bringing joy to other people, but the proof in the facts is this: helping others creates fulfillment and happiness. If you don't feel like dealing with people, find a way to volunteer behind the scenes; you'll still reap the emotional rewards.

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

**3. Focus on you:** In a relationship, we often think about what the other person wants. Ever been asked where you wanted to eat and said, "What do you feel like?" Couples form a group identity, so being on your own is terrifying, but it can be exciting. Try something new, start a diet, exercise, start a new hobby, go to a concert of a band your ex hated...the list of things you can do alone is literally endless. Rock out the single status. Learning to enjoy time alone is attractive, but it also makes any future relationships that much more meaningful.

**How have you gotten past a break-up? Share your relationship advice below!**