Celebrity News: Demi Moore Suffered Miscarriage at 6 Months Pregnant While Dating Ashton Kutcher





By Ahjané

Forbes

In <u>celebrity news</u>, Ghost star and actress <u>Demi Moore</u> opened up about her miscarriage with <u>celebrity ex Ashton Kutcher</u>. Her Inside Out memoir shares details of her battles with body image, career, childhood trauma, and infidelity. Moore admits in her memoir that she started to drink after she found out that her then-husband was being unfaithful. According to UsMagazine.com, the <u>celebrity couple</u> was expecting a girl whose name would have been Chaplin Ray.

In celebrity news, Demi Moore opened up about a miscarriage she suffered with Ashton Kutcher in her memoir. What are some ways to support your partner who has gone through a miscarriage?

Cupid's Advice:

Seeing the "positive" come up on a pregnancy test for many women can be very exciting. Welcoming a bundle of joy to the family can be the happiest time in a woman's life. However, some pregnancies result in a miscarriage and can leave a heavy impact behind. It's not easy to uplift a person who has just encountered something traumatic. Cupid has some advice that will help you and your partner get through this difficult time:

1. Don't expect them to tell you how they are feeling right away: Everyone has a different way of processing hurtful situations. It's important that you keep an open heart and be mindful of the situation. Avoid saying insensitive things like, "You can have another one". Not everyone is able to conceive right away or it might be hard for them to do so. Be there for them and offer any help they will allow.

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2. Offer to attend therapy sessions with them: Therapy can help bring ease to the situation if your partner is willing. The therapist will be able to discuss the "root" of the problem and give you ways to make appropriate approaches to help with conversations at home. This also may take several

sessions for them to be comfortable about telling you how they really feel. Don't force or rush them to talk.

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How Therapy Helps Their Marriage and Parenting

3. Find ways to take their mind off of the situation: A good distraction is always a way to alleviate the mind. Start a new hobby with your lover. Take them to a cooking class or Yoga. Doing something relaxing will help them release all their stress and breathe in positive vibrations.

What are some ways you helped your partner through a difficult time? Tell us about it in the comments below!

Celebrity News: Miley Cyrus & Kaitlynn Carter Step Out for Date Night in Matching Outfits





By Meghan

Khameraj

In <u>celebrity news</u>, pop star <u>Miley Cyrus</u> and actress Kaitlynn Carter were spotted in matching outfits for date night in New York City. According to <u>EOnline.com</u>, the pair stepped out in coordinated black ensembles. Cyrus wore black slacks, a blazer, and a crop top while Carter donned a black leather miniskirt, a blazer, and a blouse. Although the <u>famous couple</u> has been spotted together during the last two months, this was one of the first times they've been out in New York City. A source for <u>EOnline.com</u> reports that this <u>celebrity relationship</u> is getting more serious, "Kaitlynn has been a huge support system for Miley and they haven't left each other's sides. Their relationship is getting more serious."

In celebrity news, Miley Cyrus and Kaitlynn Carter wore matching outfits for their date night. What are some cute ways to coordinate

your clothes for date night?

Cupid's Advice:

Miley Cyrus and Kaitlynn Carter looked super cute in their matching black outfits. However, it's easy to go from cute to corny when it comes to matching outfits. Luckily, Cupid has some advice that will help you and your significant other look coordinated and cute instead of tacky:

1. Wear dark colors: Just like Cyrus and Carter, stick to dark colors for a classy matching ensemble. You want to highlight that you're matching with your partner while also making it look natural. Bright colors will distract from the coordination and look as though it's forced.

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2. Pick a vibe: If you want to go for a more subtle approach to matching with your partner an easy way to do so is to pick a vibe or an aesthetic. Are you trying to channel high fashion or a look from a certain era? You don't necessarily have to match colors or specific articles of clothing, but as long as you both go for the same general idea you'll both look chic!

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<u>Asghari Reflects on Their Relationship</u>

3. Keep it simple: Simply, don't overdo it. We've all seen those pictures of celebrity couples in the early 2000s coordinating outrageous outfits. You don't want to follow in their steps. If matching outfits scare you, try to coordinate accessories instead of entire ensembles and work your way up.

What do you think of matching outfits? Let us know in the comments below!

Celebrity News: Hayden Panettiere Spotted Holding Hands with Boyfriend Brian's Brother After Drama





By Meghan

Khameraj

In <u>celebrity news</u>, Hayden Panettiere was spotted hand-in-hand with her boyfriend Brian Hickerson's brother. According to *UsMagazine.com*, the <u>celebrity couple</u> fell apart when Brian was taken into custody for domestic violence in May after Panettiere had "marks on her neck" after the incident. A judge also granted Panettiere with a protective order stating that Brian was not allowed to come within 300 yards of her or

contact her. Since then, Panettiere has been spending a lot of time with her ex's brother, Zach Hickerson, but this isn't the start of a new <u>celebrity relationship</u>. Sources for *UsMagazine.com* state that Panettiere and Brian's brother are not a celebrity couple or romantically involved in any way, and in fact, "they have been friends for as long as she's been dating Brian; Zach and Brian are close."

In celebrity news, we're wondering if Hayden and Brian's brother are involved as more than friends. What are some ways to keep gossip from affecting your relationship?

Cupid's Advice:

Hayden and Brian's brother are walking a thin line between just friends and celebrity couple. While your relationship may not be as public as Hayden and Zach's, Cupid has some advice that will help keep gossip out of your relationship:

1. Build trust: Your relationship should be built on a solid foundation meaning that you and your partner trust each other. It's easy to let gossip create tension in your relationship but if you truly trust your partner then the rumors and gossip will have no impact on your relationship.

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<u>Funeral for Gigi Hadid's Grandmother</u>

2. Address the gossip: If gossip or any potential rumor makes you or your significant other uncomfortable you should address it. Express how you feel with your partner without causing a fight. If you're both open and honest you should be able to address the rumors effectively.

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3. Focus on each other: Gossip and rumors may persist even after you address them. If they are still having a significant impact on your relationship then it is best to just focus on your partner as long as you two are on the same page. People will always find something to gossip about so as long as it doesn't change your life it's best to just ignore it.

What do you do if there is gossip going around about you? Let us know in the comments below!

Celebrity Couple News: Why Jana Kramer & Mike Cuassin Are So Open About Their Marriage





By Hope

Ankney

In <u>celebrity news</u>, <u>celebrity couple</u> Jana Kramer and Mike Cuassin discuss why they are so open about their marriage. According to *EOnline.com*, the two stars explained their openness after being asked why people feel connected to their podcast: *Whine Down With Jana Kramer*. Kramer said, "Because we don't hold back and we talk about real stuff and we don't sugarcoat anything and we're not like, 'Our marriage is perfect.' We are very open and honest about our struggles, which then opens the door for our listeners to have that same experience and be able to relate."

In celebrity couple news, Jana and Mike are very open and honest about the ups and downs of their celebrity marriage. What are some ways being open about the issues in your marriage can help you resolve

them?

Cupid's Advice:

The way a couple decides to communicate within their marriage can tell a lot about how successful and sustainable that marriage will be. Discussing issues when they arise can save a lot of heartaches later, and it also builds a sense of trust and vulnerability within the two of you. It can be tough, but Cupid has some love advice on how being open about problems in your marriage can actually lead to a healthier and stronger relationship:

1. Allows you both to be heard: A marriage is a two-way street. In a relationship, it's only natural to want to feel heard and validated when things that upset you. When healthy communication is enacted in a marriage, the two of you will be able to feel like your need for being heard has been met. It also helps present issues not turn into bigger issues down the road.

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2. Creates a safe-space: More often than not, marriages can fall into a routine of tiptoeing around the other when it comes to certain subjects. It's almost like you're both keeping secrets just to appease each other and not start a conflict. But, consistently being open about issues within your relationship can create a place of vulnerability and calm between the two of you. Having this comfort of never feeling judged around your partner helps in facilitating a safe space that allows both of you to confide in each other anytime something feels off.

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<u>to Lisa Rinna Works</u>

3. Helps in understanding one another: The most critical aspect of being open about your issues in a marriage is that it causes your partner to understand why you're upset. Bad communication can cause one-sided perspectives that blind someone as to why their spouse is reacting the way they are. Sitting down and being open about your issues can help in understanding why something has caused an issue within your marriage. It strengthens a relationship and allows you both to understand each other's point of view when something like this arises in the future.

What are some ways that being open in your marriage has helped you resolve conflict? Sound off below!

Celebrity Exes: Kristen Stewart Is 'So Happy' Ex Robert Pattinson is Batman





By Hope

Ankney

In <u>celebrity news</u>, it's nice to know that <u>Kristen Stewart</u> and <u>Robert Pattinson</u> are <u>celebrity exes</u> who are actually on good terms. According to *UsMagazine.com*, over the weekend, Stewart gushed over how happy she was for Pattinson snagging the role of Batman. Speaking to *Variety.com* at the Toronto Film Festival, the actress exclaimed, "I feel like he's the only guy that could play that part. I'm so happy for him. It's crazy ... I'm very, very happy about that. I heard that and I was like, 'Oh man!' It's awesome."

These celebrity exes still show each other support in their careers. What are some benefits to staying on good terms with your ex?

Cupid's Advice:

Kristen Stewart and Robert Pattinson are exes that have tons of history, yet they still stand on good terms with one another. They make it look easy to continuously support an ex after a break-up, but we all know how difficult that can be. But, there can be upsides to staying friendly with an ex. Cupid has some advice that can have you reaping the benefits of staying on good terms with one of your exes:

1. This person knows you better than others: If your relationship started off with the both of you being friends, chances are this ex knows you better than most people do. If the relationship didn't have a messy end, it may be good to keep this person a part of your life. Besides, if you're both up to it, you can give each other relationship advice since you both dated each other. Who else can give you better relationship advice than that?

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Her Love Life

2. Your ex brings out your strengths: It's obvious that one of the main reasons they were in a relationship with you is because they saw how wonderful you were. If you can stay friends after a break-up, this ex is a valuable person to come to when your self-confidence has been beaten down. They'll be able to remind you of the best parts of who you are. Not to mention, they'll be able to give you this pick-me-up from an outsider's perspective.

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Suki Waterhouse on Movie Date

3. It can be rewarding: Having very positive and genuine interactions with your ex after a relationship has ended can be a very healthy part of the healing process. It's rewarding to be able to know you are both mature enough to handle being friendly towards one another. The fewer people you so hastily cut from your life, the more people you will have in your corner. It also gives you a sense of growth if you make an effort to stay friends with someone you had a failed relationship with.

What are some ways that you have benefitted from staying friendly with an ex? Tell us down below!

Celebrity Couple News: Tyler Cameron Attends Funeral for Gigi Hadid's Grandmother





By Meghan

Khameraj

In <u>celebrity news</u>, *The Bachelorette* star Tyler Cameron supported girlfriend and model Gigi Hadid at her grandmother's funeral. According to *EOnline.com*, the <u>celebrity couple</u> was spotted alongside Bella Hadid, Anwar Hadid, Anwar's girlfriend

and pop singer Dua Lipa. Hadid's grandmother passed away at the age of 76 after battling cancer six times throughout her life. The celebrity couple began dating last month, but have grown extremely close during their short time together. Cameron has also grown closer with Hadid's friends, such as Lover singer Taylor Swift and world-renowned tennis star Serena Williams.

In celebrity couple news, Tyler is supporting his new love during a tough time. What are some ways to show your support for your partner amid tragedy?

Cupid's Advice:

Although they've only been together for a month, Tyler Cameron supported his girlfriend Gigi Hadid during an extremely personal and difficult time. Cupid has some advice to help you be there for your partner without overstepping:

1. Listen: When your partner is going through a difficult time, the best thing you can do is to just listen to them. If they need to vent or cry, offer a shoulder to cry on, but don't make the situation about you or how you're feeling.

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2. Give them space: No one wants to be coddled when all they want is some alone time. Allow your significant other to work out their issues alone if they need to, but be sure to let them know that you're always there if they happen to need you. It might be difficult, but finding the right balance of space and support will make your partner feel less alone and not

suffocated.

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<u>Asghari Reflects on Their Relationship</u>

3. Be patient and understanding: The worst thing you could possibly do during a difficult time is to not be considerate of what your significant other is going through. It could take weeks or months for your partner to get back to the way they were before the tragedy, but if you show your support hopefully your relationship will come out of the difficult time even stronger than it was before.

What are some ways your partner can make you feel supported? Let us know in the comments below!

Celebrity News: Jen Harley Posts Pics of Jersey Shore's Ronnie Ortiz-Magro With a New Girl





By Meghan

Khameraj

In <u>celebrity news</u>, Jen Harley opened up about her rocky celebrity relationship with Jersey Shore star Ronnie Ortiz-Magro. According to *UsMagazine.com*, Harley posted several Instagram stories calling out Ortiz-Magro for his infidelity. Harley claimed that one picture showed a woman with her arms around Ortiz-Magro. A source for *UsMagazine.com* defended Ortiz-Magro, stating, "Ronnie did not cheat. That girl is a friend of his and that was from a boat party on Monday with a bunch of people." Ortiz-Magro's infidelity wasn't the only thing Harley revealed. She also claimed that she has been "bullied and abused" by Ortiz-Magro, MTV, and the cast of Jersey Shore: Family Vacation. This isn't the first time the celebrity couple has hit a bump in their relationship. During the filming of Jersey Shore: Family Vacation, Ortiz-Magro brought two different women home, which Harley also called out on her Instagram. Though the pair has been coming for each other's throats lately, they have been on speaking terms for the sake of their 17-month-old baby, Ariana Sky.

In celebrity news, the drama isn't

over between these this Jersey couple. What are some ways to keep the drama after a split to a minimum?

Cupid's Advice:

Ronnie Ortiz-Magro and Jen Harley have hit yet another bump in their relationship. Though their dirty laundry has been exposed to the world, the couple needs to maintain a civil front for the sake of their daughter. Cupid has some advice that will help you avoid any unnecessary tension between you and your ex:

1. Talk it out: It's better to get all of your feelings out early so they don't sneak up on you after you and your ex have made amends. Take some time and talk about the things in your relationship that really bothered you. The key to successfully airing out your grievances is to always keep it civil.

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2. Communicate only when necessary: Don't hit your ex up to hang out or update them on your personal life. If you need to talk to your ex make sure you only do so when you absolutely have to. For many couples, this may be the case if you share children or pets.

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<u>Divorce Affects Katy Perry Relationship</u>

3. Focus on yourself, not your ex: We're all guilty of creeping on an ex's social media profile. While that might be comforting in the early stages of a breakup, you shouldn't spend your time wondering what they are doing. Focus on

bettering yourself in your spare time instead of checking their tagged photos!

Do you maintain contact with any of your exes? Let us know in the comments below!

Celebrity Exes: Tyler Cameron Sets the Record Straight on Feelings for 'Bachelorette' Hannah Brown





By Hope

Ankney

In <u>celebrity news</u>, <u>The Bachelorette</u> runner-up, Tyler Cameron,

has officially set the record straight about where he stands with Hannah Brown. According to <code>EOnline.com</code>, the star popped on Twitter Wednesday to dismiss claims that he had been shading <code>The Bachelorette</code> star. What started with an accidental liking of a tweet shading Brown ended with Cameron writing a series of tweets defending her. Sharing how much respect he had for Brown, he stated "…that girl deserves no shade and nothing but success. She empowers women and deserves all the accolades. She empowers women and created so much conversation on how women should be treated. I am grateful for our time together and all that I learned from her."

These <u>celebrity exes</u> are keeping their feelings positive all the way around. What do you do if your exis throwing shade at you?

Cupid's Advice:

When an ex decides to throw shade your way, it triggers an almost immediate emotional reaction. It's hard to ignore the issue and not let it affect you or your behavior. It's even worse if this ex has thrown something like this at you before. But, is it worth giving them the satisfaction of visibly showing how upset it made you? Not at all. Take a look at a few of Cupid's suggestions for <u>relationship advice</u> on how to deal with an ex that is trying to shade you:

1. Delete their social media from your accounts: A big mistake people make is keeping their exes on their social media as friends, followers, etc. It not only keeps a break-up fresh, but it's easy to go on their pages and keep up with their every move. Deleting them as friends or unfollowing their accounts will help you deal with an ex that might cryptically tweet about you or like shady tweets that could be indirectly

addressed towards you. In fact, after wiping them away, you might not even know they're doing it anymore.

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2. Take a breath: Taking a long, deep breath can do wonders for how you react towards an ex throwing shade. It'll help you balance your composure by trying to keep your mind and body calm. And, if you feel like you need to respond, taking a moment to collect yourself and your thoughts before you reply can do wonders for how the entire situation will go.

Related Link: <u>Celebrity News: 'Bachelorette' Hannah Brown Says</u> 'Thank You, Next' to Questions about Tyler Cameron & Gigi Hadid

3. Surround yourself with positivity: There's nothing worse than being alone or around negativity when an ex decides to throw something your way. The isolation and negative energy will only fuel you to respond with something you'll regret later. When an ex is exhibiting this behavior, try and find friends full of positivity to surround yourself with. They'll bring your mood up while further encouraging you and keeping you motivated to be above the nonsense.

How have you dealt with an ex that's thrown shade at you? Tell us down below!

Celebrity News: Brody Jenner is 'Happy' for Miley Cyrus &

Ex Kaitlynn Carter





By Hope

Ankney

Three cheers for supportive exes! In <u>celebrity news</u>, Brody Jenner is speaking out about his ex, Kaitlynn Carter, and her new fling with <u>Miley Cyrus</u>. According to *UsMagazine.com*, Jenner is "happy that Kaitlynn's moved on and found love." The two <u>celebrity exes</u>, reportedly, have no hard feelings towards one another. They had a clean split that helped them to stay close friends, allowing Jenner to not be bothered by Carter and Cyrus's relationship.

In celebrity news, Brody Jenner isn't holding any ill will toward his ex, Kaitlynn Carter and her new

relationship with Miley. What are some ways to keep jealousy at bay when your ex moves on?

Cupid's Advice:

Even Hollywood's stars go through jealousy after break-ups. It's a normal feeling to have, especially after seeing an ex with someone new. Jealousy can consume, but it doesn't have to be that way. Fortunately, Cupid has some <u>relationship advice</u> on how to keep the eye of jealousy away when your ex has moved on:

1. Distract yourself: Keeping one's mind busy after seeing an ex with a new fling is an important step in keeping jealousy at bay. Distraction can be your best friend when all else fails, and you just need time to turn your brain off from it all. Throwing yourself into a new hobby, double-downing at work, or even spending more time with friends could be the perfect way to keep your mind from wandering to your ex and the person they're with.

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2. Try to bring closure to the relationship: Many studies state that journaling, venting to loved ones, and creating arts and crafts are just some things that bring closure after a break-up. By creating a safe space where you can let out all your feelings without judgment, the less likely you'll become jealous and act on that jealousy. It could also help you find out more about where this jealousy is stemming from, and how you can de-construct it.

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3. Embrace your 'wins:' Break-ups take such an emotional toll on us. It's even worse when it seems like they've moved on before you. You've got to learn to let go by discovering all the 'wins' that the relationship gave you. By studying the positive sides of the relationships and understanding that those things were 'wins' to you even if the relationship ended, it helps you come to terms with the loss before jealousy overrides it. What did this person teach you about yourself? Did they encourage you to embrace something you wouldn't have otherwise? That's the 'win' that keeps the memory of the relationship positive.

Have you ever had to overcome jealousy after you saw an ex with someone new? How did you do it? Sound off in the comments below!

Celebrity Couple News: Britney Spears' BF Sam Asghari Reflects on Their Relationship





By Meghan

Khameraj

In <u>celebrity news</u>, fitness model Sam Asghari opened up about his <u>celebrity relationship</u> with pop icon <u>Britney Spears</u>. According to <u>UsMagazine.com</u>, Asghari revealed to <u>Entertainment Tonight</u> that he was hand-selected by Spears to star in her "Slumber Party" music video in 2016. From then on, sparks began to fly between the <u>celebrity couple</u> as they exchanged numbers and started to date like a normal couple. On New Year's Day of 2017, they announced their relationship to the world via Instagram. Since the couple made their celebrity relationship Instagram official, they made their red carpet debut at the <u>Once Upon a Time In Hollywood</u> premiere this July. A source for <u>UsMagazine.com</u> reports, "He is such a positive light in her life. No one makes her smile this much — other than her boys."

In celebrity couple news, Britney Spears' boyfriend is opening up on how the pair got together. What are

some ways to initiate things with your crush?

Cupid's Advice:

Britney Spears and Sam Asghari are completely head over heels for each other. However, just like any other couple, they had to get through the nerve-wracking first move. Cupid has some advice that will help you talk to your crush without breaking a sweat:

1. Find common interests: If you want to get closer to your crush the easiest way is to find something that you both have in common, whether that's a similar hobby or a favorite band. Talk to your crush about your similarities to foster a deeper friendship that could grow into something more.

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2. Hang out in person: Texting and direct messaging is probably the most prevalent form of current communication, but messages can get lost in translation and honestly it's just not the same as hanging out in person. Try to grab coffee with your crush and talk about your common interests.

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3. Be open: Although it can be scary to let your crush know that you want more than just a friendship, it is a simple way to avoid future heartbreak. You don't want to cry to sad Taylor Swift songs because you spent so much time pining over unrequited love. If you are open with your crush you can get rid of any doubt in your mind and either enjoy your newfound relationship or start to move on.

What are some ways you have initiated things with a crush in

Celebrity Wedding: Miles Teller Marries Longtime Girlfriend Keleigh Sperry in Hawaii





By Hope

Ankney

In <u>celebrity news</u>, Miles Teller and long-time girlfriend Keleigh Sperry have tied the knot! According to *EOnline.com*, the <u>celebrity couple</u> got married over Labor Day weekend in Hawaii. The ceremony was held in a Catholic church on Maui while the reception was hosted at a beautiful waterfront venue

at The Ritz. A source told the publication that the <u>celebrity</u> wedding was "very Hawaiian, just what the couple asked for." They toasted with champagne and thanked every guest for flying there to be with them on their special day.

This celebrity wedding was a very Hawaiian affair! What are some themes to consider for your wedding?

Cupid's Advice:

Decorating isn't always the best part of planning for a wedding, but hosting a theme can really liven up the occasion. Themed weddings are always fun as they allow a couple to really express their style and creativity. It proves to be much more immersive as the theme can tie into invitations, hashtags, wedding cake, and more! Here are Cupid's suggestions of fun themes to consider for your wedding:

1. Under-the-sea wedding: A personal favorite is a wedding that has an underwater theme because it is a fun and unique way to entertain your guests! You can get crazy with table decorations by incorporating brightly colored fish into the centerpieces, print off aquatic invitations, and you can even set-up a photobooth station with a sea-life backdrop for everyone to take fun photos in front of. The color palette for this theme is so varied, you don't even have to worry about colors clashing. And, if you're invested enough, you might even be able to host your reception at a real aquarium!

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2. Halloween wedding: A Halloween-themed wedding is one that never fails to be a memorable event. If you enjoy the holiday

and love to dress up, consider this idea as one to plan your wedding around! Guests could come dressed up to the ceremony or reception in any costume they pleased as the decorations and meal revolve around the spooky day. There's not a shortage of inspiration for ideas to really get into the Halloween spirit. Besides, who wouldn't want to come to a wedding that doubles as a costume party?

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3. Game of Thrones wedding: With Game of Thrones ending earlier this year, a themed wedding of the series is great for any die-hard fan! Wedding planning can be quite the adventure, but why make it seem like a chore when it can be filled with mothers of dragons, iron thrones, and medieval undertones? Host your ceremony in a woodland setting, wear a crystal wedding tiara, have an hors d'oeuvre grazing table to feast like kings, and really lean into the Game of Thrones universe with your decorations. This themed wedding will excite any fan that wants to experience the series one last time!

Have you experienced any themed weddings that you really enjoyed? Leave your suggestions below!

Celebrity News: Miley Cyrus Gets Close to Kaitlynn Carter at Lunch with Mom Tish





By Hope

Ankney

There was lots of love for Labor Day weekend! In <u>celebrity</u> <u>news</u>, it seems that <u>Miley Cyrus</u> and Kaitlynn Carter are getting closer as they were seen grabbing lunch with Cyrus' mom, Tish, in Los Angeles on Sunday. According to *UsMagazine.com*, the <u>celebrity couple</u> was spotted in a parking area of a local restaurant, with Cyrus' arm wrapped snugly around Carter, both sporting smiles. This is the second time the two have been seen getting lunch with Tish in the past two weeks. The duo spending more time with one another comes shortly after their respective break-ups with Liam Hemsworth and Brody Jenner.

In celebrity news, Miley Cyrus is getting closer to Kaitlynn Carter after Liam Hemsworth filed for

divorce. What are some steps you can take to move on after an intense split?

Cupid's Advice:

Not everyone is experiencing a <u>celebrity break-up</u>, but the hurt generated by splits are universal. Break-ups are hard, and it's even harder when an ex quickly moves on with someone new. But, it's not impossible to get over a heartbreak! Fortunately, Cupid has some <u>relationship advice</u> on steps to take after you go through an intense split:

1. Remove the rose-colored glasses: Sometimes, it's easy to forget that we are all just human. It's natural to almost idealize an ex-partner after a break-up, experiencing insecurities and wondering if you'll ever find someone that matches up to them. But, it's important to make an effort to see the limitations of this person. They have flaws, doubts, and insecurities, themselves. They were never perfect, and it's better to find the logic in the realistic nature and incompatibilities of the break-up to be able to properly move on.

Related Link: Celebrity Break-up: Miley Cyrus & Liam Hemsworth
Split Less Than 8 Months After Wedding

2. Surround yourself with good friends: Good friendships are important for many things, but they are especially important when life-altering situations occur like intense break-ups. They tend to be your biggest supporters, rooting you on and giving you the love and positivity you need. They are there to distract you and pick you up when you're feeling down. When relationship problems arise, these people are the ones that help you put the relationship into perspective, making it easier to see the ex-lover objectively.

Related Link: <u>Relationship Advice</u>: <u>How to Approach Social</u> Media Post-Breakup

3. Find a great therapist: Therapy is a very helpful tool when going through hardship. It acts as a safe space to open up about feelings and communication without being judged. Working through loss, like a relationship, in a setting where you can freely talk and further your introspection is significant in easing the pain. A lot of people feel more comfortable speaking out about these kinds of issues with someone they hold no personal attachment to than those they know. Find a therapist you can trust being vulnerable around, and you might have a healthier time moving on from your past relationship.

Can you think of other steps you've personally experienced that helped in getting over your most intense splits? Let us know in the comments below!

New Celebrity Couple Pete Davidson & Margaret Qualley Travel to Venice Ahead of Red Carpet Debut





By Meghan

Khameraj

In the latest <u>celebrity news</u>, Pete Davidson and Margaret Qualley went to Italy together! According to an insider for *UsMagazine.com*, the newly announced <u>celebrity couple</u> have "been seeing each other for a couple of months." Though the couple has been together for a few months, they are set to make their first public appearance as a <u>famous couple</u> at the 76th Venice Film Festival.

In celebrity news, this new celebrity couple is ready to step out as an official couple together. How do you know when to take your relationship public?

Cupid's Advice:

Pete Davidson and Margaret Qualley are taking their relationship to the next level with their first official appearance as a celebrity couple. While this is a big and sometimes scary step, Cupid has some relationship advice that

will help you figure out if you're ready:

1. You both want to go public: This may seem obvious, but if you and your partner aren't on the same page, then going public will only add fuel to the fire. Talking about your relationship with your partner in the early stages will allow your relationship to be more honest.

Related Link: <u>Celebrity News: Kendall Jenner & A\$AP Rocky</u>
Attend Sunday Service After He's Released from Prison

2. You picture a long-term relationship: You wouldn't want to announce your new relationship to all your friends and family just to break up a few weeks later. If you can't picture yourself with your partner in the future, then it's time to rethink going public.

Related Link: <u>Celebrity News: Jennifer Garner Has Found a</u> 'True Partner' in John Miller

3. You're ready for opinions: With a public relationship comes public opinion. You and your significant other should be ready to deal with any negativity that might surround your relationship. Focus on the positive that comes with having a public relationship, such as honesty and trust.

What are some tell-tale signs that a relationship isn't ready to go public? Let us know in the comments below!

Celebrity News: Orlando Bloom Reveals How Past Divorce

Affects Katy Relationship

Perry





By <u>Katie</u>

Sotack

Actor Orlando Bloom is determined to learn from his and Katy Perry's past divorces before entering into new matrimony. Once married to Miranda Kerr, Bloom learned the importance of growing with a partner and laying down a foundation for commitment, according to Eonline.com. In an interview with NBC's Sunday Tonight, Bloom reiterated his desire to make this marriage last, saying, "She's remarkable and so I'm always so impressed with that and I'm encouraged". The celebrity couple continue to grow closer as Bloom teaches Perry to embrace the small moments.

In <u>celebrity news</u>, Orlando Bloom opened up about how his past divorce impacts his relationship with Katy Perry. What are some ways your past relationship can affect your new relationship?

Cupid's Advice:

Don't let the ghost of relationships past haunt your new romance. Learn from the mistakes from your ex and bring new perspective into your next relationship:

1. Intimacy: There's a lot from a past relationship that can cause anxiety in future partnerships. For example, being cheating on may make you jealous and paranoid as a future partner. This is a normal reaction, but it's something to learn from. Take your trauma and turn it into intimacy by confiding in your new significant other about your concerns.

Related Link: Celebrity News: Cassie Rudolph Defends
'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on
'BiP'

2. Know yourself better: Each relationship and opportunity that enters your life should teach you something about yourself. Start your new relationship with a thorough understanding of what went wrong last time and how you can grow from that.

Related Link: <u>Celebrity Couple Kelly Ripa & Mark Consuelos</u>
Send Daughter Off to College

3. It's a part of you: your past relationships are your history. You're bound to feel nostalgic or sentimental about

your past at some point in this new relationship. Take a breath and realize you can miss what you once had with someone without wanting it back.

How have you turned your past relationship into fuel for your new one? Share in the comments below!

Celebrity News: Cassie Randolph Defends 'Bachelor' Colton Underwood After He's Deemed a Bad Kisser on 'Bip'





By <u>Katie</u>

Reality TV show <u>Bachelor in Paradise</u> brings all the drama. This Monday, Colton Underwood came under attack for his less than par kissing abilities. Cassie Randolph hopped to her man's defense with a tweeted gif of the two locking lips and the caption, "Kiss me dammit you good kisser you". According to <u>EOnline.com</u>, Derek Peth posed the question to the <u>BiP</u> girls about their worst kissing experiences. Sydney Lotuaco, Caitlin Clemmens, and Tayshia Adams all agreed Underwood's skills could use some work.

In <u>celebrity news</u>, Cassie Randolph is standing by her man's kissing skills. What are some ways to learn how to kiss better?

Cupid's Advice:

The date's going really well, and you can see a future with this one. They're attractive, smart, and hilarious, but then the end of the night comes. They lean in for you, and you find that they kiss with all tongue and teeth. Fear not! All that first date potential isn't wasted on your ideal partner's worst kiss. Here are some ways to improve:

1. Take cues: Your partner will kiss how they want to be kissed. Note the subtle movements of their lips and tongue and whether they apply a lot of pressure or a delicate touch. Take cues from their style, body language, and sounds on whether or not you could up your game.

Related Link: <u>Celebrity News: 'BiP' Star Caelynn Responds to</u>
Blake Releasing Their Texts

2. Use bodies: A great kiss should inspire your whole body, not just your mouth. Use your physical being to your advantage

by working in hands. Grip their waist, tangled their hair, cup their face, etc. There's a million and one ways to set your partner's nerve endings on fire, the lips are only one aspect.

Related Link: <u>Celebrity Break-Up</u>: <u>'Bachelorette' Alum Jordan Kimball is Using Dating App After Split from 'BIP' Love Jenna Cooper</u>

3. Avoid repetition: It may be tempting to stay in on place when your nervous for a kiss, but make sure to spice it up. Move your head and hands to create an unexpected experience for your partner. Great kisses are all about surprises.

What's your go to kiss move? Share in the comments below!

Celebrity Couple Kelly Ripa & Mark Consuelos Send Daughter Off to College





By <u>Katie</u>

Sotack

It's off to school season, and <u>celebrity parents</u> are not immune to their nests becoming smaller. *Live!* host <u>Kelly Ripa</u> and *Riverdale* actor Mark Consuelos recently sent their second oldest and only daughter off to college. Consuelos uploaded a photo with the caption "2 down... 1 to go", referring to the couple's third child. Using the same picture, Ripa shared the news via Instagram, where many celebrity friends were sympathetic to the news. Lisa Rinna, *Real Housewives of Beverly Hills* star, who recently sent her daughter off to college as well, commented several sobbing emojis in solidarity.

This <u>celebrity couple</u>'s nest just got a little bit smaller. What are some ways to deal with an empty next when your children leave home?

Cupid's Advice:

It's college season in America! Parents cry and young adults

rejoice as they ship off to schools across the country. Empty nesting may seem daunting at first, but think about all the perks of your children leaving home:

1. Reconnect as a couple: It's likely that you and your partner have not lived alone since before your child was born. Once your baby moves out, recommit to your relationship. Being home alone with your partner means date nights in and walking around in your underwear again. A child leaving is nothing lost; it's readjusting to a life you once had.

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<u>Luyendyk Jr. Calls Wife Lauren the 'Hottest Momma'</u>

2. A new relationship: When your child moves away, your relationship will morph. Likely, it'll get better. The saying "absence makes the heart grow fonder" is absolutely true in this case. Instead of relying on you for their needs, they will learn to care for themselves. In doing so, your relationship will become more balanced and less demanding on your end.

Related Link: Celebrity Baby News: Jade Roper & Tanner Tolbert
Reveal Baby Boy's Name

3. It may not be permanent: It today's economy, moving out is not always permanent. It's very possible your child will be moving back in after college or if their job goes south. This is both totally normal and hope for you to have your baby under your roof again.

How are you dealing with an empty nest this back to school season? Share in the comments below!

Celebrity Wedding: 'Bachelorette' JoJo Fletcher & Jordan Rodgers Get Engaged ... Again





By <u>Katie</u>

Sotack

Almost a year after his initial proposal on *The Bachelorette*, Jordan Rodgers proposed to JoJo Fletcher all over again. The <u>celebrity news</u> was revealed on Rodgers' Instagram on Saturday, featuring a photo of the couple showing off Fletcher's new rock. The caption went on to explain that their first proposal for the show was real and meant the world to both of them. However, as they began planning their wedding, they wanted to do it their own way, in private. Cue proposal number two!

Perhaps there will be a <u>celebrity</u> wedding on the horizon finally for this *Bachelorette* couple. What are some ways to make your partner feel special during a long engagement?

Cupid's Advice:

Wedding bells are in your future, but the road to the chapel is a long one. Fear not! Long engagements are challenging, but there are ways to reassure your partner and reaffirm your love during the process.:

1. Remember the date: Commit to small gestures that remind your partner you are excited for your nuptials, however far down the line they may be. Write the date with doodled hearts on your fridge's whiteboard, or leave your partner a sticky note reading "one year to go!" However you remind your significant other of your excitement, make it a fun, any day surprise.

Related Link: <u>Celebrity Wedding: Dwayne 'The Rock' Johnson</u>
<u>Secretly Marries Lauren Hashian in Hawaii</u>

2. Keep the romance going: Wedding planning can throw your brain into overdrive. While the details may be tempting to take over your life (and all your conversations), share a world with your partner outside of your wedding. Find a balance between excitement for your wedding and commitment to your love life by scheduling date nights where wedding talk is off the table.

Related: <u>Celebrity Wedding</u>: 'Vanderpump Rules' Stars Tom <u>Schwartz & Katie Maloney Get Official Marriage License in</u> <u>Vegas 2 Years After Wedding</u> 3. Take small steps: Do not let your engagement drag without any planning whatsoever. Even if your wedding is set years down the line, make yourself a schedule. Try to settle at least one detail a month so that both you and your partner feel you're moving forward.

How do you shower your partner with love? Share in the comments below!

Celebrity Break-Up: Find Out Why Katie Holmes Ended Relationship with Jamie Foxx





By Ashley

Johnson

In the latest <u>celebrity break-up</u> news, <u>Katie Holmes</u> officially made solidified her split from Jamie Foxx after six years, on Monday, August 19. Just four days earlier, Foxx had been spotted out with a mysterious blonde, and then not too long after was spotted with singer Sela Vave in Hollywood. According to *UsMagazine.com*,, a source said, "It has been many years of him stepping out with other women. He's disrespectful and their lives were different. His partying ways don't fit with hers as she's focused on raising her daughter and working."

In celebrity break-up news, Katie Holmes had her reasons for breaking things off with "disrespectful" Jamie Foxx. What are some ways to know your partner is respectful?

Cupid's Advice:

Break-ups can be hard, especially when it involves <u>Hollywood</u> <u>couples</u> in the spotlight. Luckily, Cupid is here to give you <u>relationship advice</u> on how to know if your partner is respectful, so you can avoid having relationship problems like Katie Holmes and Jamie Foxx:

1. Makes room for 'quality time': Everyone has busy lives and a multitude of responsibilities to deal with on a daily basis. However, if you and your partner can prioritize your relationship and make time for each other, that shows you two truly respect the relationship. You can tell your partner really makes an effort to spend quality time with you when they stick to important plans and don't constantly try to reschedule, or when they make an effort to show up on time for special events.

Related Link: <u>Celebrity News: Jennifer Garner Has Found a</u> 'True Partner' in John Miller

2. Appreciates your differences: Each and every one of us are different: we all have different personalities, pet peeves, needs, desires, etc. While it is unlikely that you and your partner are going to agree on everything or have the same exact perspective, it is important that you and your partner embrace the differences between each other. If your partner really respects you they will try to understand your way of thinking, if not completely agree with it... they may even learn something new if they are willing to appreciate the differences between you two, rather than discourage them.

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Relationship Is On Hold

3. Supports your goals: Your partner should be your #1 supporter, and if they are not, maybe they are not the best person for you to share your life and dreams with. Having a support system and someone who believes in you is essential in any relationship. If your partner doesn't rain on your parade and does nothing but shower you in love and support, then they are probably a keeper.

Can you think of any other ways to know if your partner is respectful? Share them with us in the comments below!

Celebrity News: Jennifer Garner Has Found a 'True

Partner' in John Miller





By Katie

Sotack

In <u>celebrity news</u>, Jen and Ben are officially over. <u>Jennifer Garner</u> announced she has found solace with her new partner John Miller, a Cali Group CEO. After a hectic year divorcing <u>Ben Affleck</u> and supporting him through two stints in rehab, a source told *UsMagazine.com*, "John is the complete opposite of Ben. Jen feels like she's finally found a true partner." Both Garner and Miller are committed to keeping their relationship low-key as well as being successful co-parents to their kids from previous marriages.

In celebrity news, Jennifer Garner feels like she's finally met her

match. What are some ways to know you've met your "true partner"?

Cupid's Advice:

Sometimes you just *know* you've found the one. Butterflies flutter in your gut, and your heart swells just looking at them. But, a true partner goes far beyond falling in love. Here are <u>relationship tips</u> to be sure your significant other is the one:

1. You want the same things: A partner should share your goals. When it comes to spending your life with someone, they should generally want the same things. If kids, a suburban house, and a steady career are in your future, love won't save your relationship with a kid-hating, apartment-renting, daredevil.

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Split Less Than 8 Months After Wedding

2. They support you: Of course not all goals need to be share. However they should stand by your individual goals and root you on as you achieve them. For example, if you want to eat healthy and get fit your partner doesn't need to do the same. However a partner that undermines your attempts to stay on track by offering you ice cream every night is not trying to help you succeed.

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3. You're both willing to work: Aside from goals, communication is the key to a healthy relationship. A partnership likely won't have to same communication styles. But true significant others should be willing to compromise and workshop communication for a healthy relationship.

What are some other ways to know you've met your match? Share your thoughts below.

Celebrity Couple News: Kaley Cuoco & Karl Cook Still Don't Live Together 1 Year Into Marriage





By Ashley

Johnson

<u>Kaley Cuoco</u> and Karl Cook gained attention in the latest <u>celebrity news</u> by rejecting traditional marriage norms. According to *UsMagazine.com*, they are still living separately after an entire year of marriage. Their lives and <u>celebrity</u>

style keep them traveling and working in different locations, and ultimately apart from each other. While the <u>celebrity</u> couple has a rather unconventional living arrangement, it proves to have been successful, and the stars say that having their own space has worked well for them and their relationship.

In celebrity couple news, Kaley Cuoco is taking "unconventional" to the next level. What are some ways living with your partner can change your relationship?

Cupid's Advice:

While Kaley Cuoco and Karl Cook may be living separately, for now, they eventually plan on moving into their dream house. which is currently in the works. Living together can be a whole new world and a big step for a relationship, but Cupid has some <u>relationship advice</u> on how to deal with the ways living with your partner can change your relationship:

1. No privacy: You are perhaps going from seeing your partner at least once a week to seeing them at least once a day. Co-habitation means you and your partner will be sharing multiple spaces together, whether it is the kitchen, bathroom, or bedroom. It is essential that you not only get comfortable sharing space and materials with your partner but also get comfortable sharing yourself with your partner. With a new lack of privacy, you and your partner will only learn more about each other and each other's most personal habits, for better or for worse. Of course, no privacy does not mean you cannot set some boundaries for each other if you need to... and that can easily be done through honest communication!

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Split After 4 Years Together

2. New fights: A new living arrangement means new rules. While you may be used to living one way, that is certainly not the only way to live. You and your partner may have different cleaning habits, sleep habits, monetary habits, etc., and it can take some time to adjust to. It is unlikely you two are going to agree on every single thing, but you can learn to find common ground. Whether it is figuring out household chores or household finances, you are going to have to sit down with your partner to make a reasonable plan for both of your well-being.

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Call It Quits

3. More intimacy: Going to bed every night with your partner and waking up every morning together can create an important bond. Living together means your partner is going to be your "go-to" person. If you need a hug or just someone to sit and listen to a problem you are having, your partner is probably the first person you will run to. Whether it is through physical comfort or intimate conversations with each other throughout the day, you and your partner are definitely going to feel a whole lot closer to each other.

Can you think of any other ways living with your partner can change your relationship? Let us know in the comments below!

New Celebrity Couple: Tarek

El Moussa Confirms Heather Rae Young Is His Girlfriend





By <u>Mara</u>

<u>Miller</u>

In the latest <u>celebrity news</u>, we have a new <u>celebrity couple</u> to announce! According to <u>EOnline.com</u>, Tarek El Moussa confirmed that Heather Rae Young from <u>Selling Sunset</u> is his girlfriend. Moussa and Young sparked romance rumors back in July after they were spotted kissing on a yacht in a marina in Redondo Beach, California. Moussa said this about Young: "She's amazing. She does such a great job, she did <u>Selling Sunset</u>, and that show was incredible. So, I really admire her work ethic and her heart. It's been a long time since I've started falling in love...I've been on my own for close to three and a half years now and to finally find someone again, it's a really big deal for me, because a few months ago if you would have asked me, I would say 'I'm gonna be on my own forever and I'm happy being alone,' and you know what, I realize what I

was missing now." Young recently met Moussa's two children, but has yet to meet his <u>celebrity ex</u>, Christina Anstead.

This celebrity couple is coming into the public eye after much speculation. What are some ways to know when it's time to bring your relationship public?

Cupid's Advice:

It can be hard to decide when you make your relationship public, especially if you and your new partner are private and want to enjoy your new love together. But, eventually, it will need to happen! Cupid has some ideas on how to know when to make your relationship public:

1. You don't mind them meeting your family: You know it's time to bring your relationship public when you're okay with your new partner meeting your parents, siblings, or even your kids (if you have them), and you've met their family.

Related Link: Celebrity Break-Up: 'Flip or Flop' Star Christina El Moussa Officially Files for Divorce from Tarek

2. You don't want to date anyone else: You know you're ready to make your relationship public when you delete the dating apps and delete the numbers of other potential partners because it feels like you're cheating otherwise.

Related Link: <u>How to Move On After Heartbreak</u>

3. You're leaving your stuff at each other's house/apartment: You know you're serious about each other when you start leaving clothing or other important items at each other's respective homes. In fact, it may seem like one of you are

moving in on the other, but you just need to ask to make it official!

What are some other ways to know when to make your relationship official? Let us know in the comments below!

Celebrity News: 'BiP' Star Caelynn Responds to Blake Releasing Their Texts





By Ashley

Johnson

In a celebrity interview with *UsMagazine.com*, *Bachelor in Paradise* star Caelynn Miller-Keyes opened up about the scandalous text messages between her and Blake Horstmann. She

says she thought that she and the reality TV star were on the same page and explains how mortified she feels.

In celebrity news, the *Bachelor* drama is heating up! What are some ways to make sure you're on the same page with a potential partner before getting involved?

Cupid's Advice:

Not all couples are perfect (not even <u>Hollywood relationships</u>). Sometimes people are on the same page, and other times they are on completely different books. Since budding relationships can be confusing sometimes, Cupid has some <u>relationship advice</u> on how to make sure you're on the same page with a potential partner before getting involved:

1. Communicate: In every and any relationship communication is necessary. By having frequent and honest conversations with each other, you and your partner can learn more about each other and each other's feelings, thoughts, intentions, and so much more.

Related Link: Celebrity News: Brooks Laich Says He's Proud of Wife Julianne Hough For Saying She's 'Not Straight'

2. Share goals: In your honest conversations with your partner you should also be sharing your goals with them. Their goals do not have to be the same exact as your own, but they do have to be similar. For example, you both may have completely different career goals, but it is important that your romantic goals are the same, in that they want the same thing as you out of the relationship.

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Relationship Is On Hold

3. Prioritize: Relationships can be a big commitment and it can be tricky trying to prioritize them at times with busy schedules, and lives in general. Sometimes people are ready to make that serious commitment, and sometimes they are not. Check in with your partner to understand all their priorities and see how much of a commitment they can, or are willing, to make to you and the relationship.

Can you think of any other ways to make sure you're on the same page with a potential partner before getting involved? Let us know in the comments below!

Celebrity News: 'BiP' Star Blake Horstmann Releases Texts with Caelynn Miller-Keyes After Intimate Night





By Ashley

Johnson

Bachelor in Paradise star Blake Horstmann has proven that he is not afraid to share the most intimate details of his romantic life with the world. According to UsMagazine.com, just a few days ago, the reality TV star revealed scandalous text messages sent from Caelynn Miller-Keyes on his Instagram story and has gotten backlash ever since.

In celebrity news, things are being clarified after the drama with Blake and Caelynn was shown on the first episode of *Bachelor in Paradise*. What are some reasons to keep your intimate life private?

Cupid's Advice:

Not everyone has the luxury of keeping their relationships private (especially <u>celebrity couples</u>), but if you do have the choice, Cupid has some <u>relationship advice</u> on reasons to keep your intimate life private, unlike Blake Horstmann and Caelynn

Miller-Keyes:

1. Too many opinions: Everyone is going to have an opinion about your relationship whether you like it or not. A lot of those opinions will be unsolicited and can be detrimental to your relationship if you dwell on them. However many opinions people may share on the Internet or social media, no one will ever know the facts of the relationship simply because they are not in it, only you and your partner are.

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2. Social pressure: Social media allows you to share the version of yourself you want to share with the public, and never all versions of yourself. This being said, your followers and subscribers only see one version of your relationship with your partner, which can put pressure on you to only show the best parts of your relationship rather than the worst. Having to live up to a certain standard for your relationship can be exhausting and strain your relationship if you start doing more things to look happy in your relationship and less things to be happy in your relationship. It's more important to be present in your relationship rather than get lost in your relationship's social media presence.

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3. Safety: By making your relationship public, you could be letting in the wrong people. Hollywood relationships are often subject to aggressive paparazzi and stalkers. While you may not necessarily be swarmed by paparazzi everyday, you are still subject to others having too many intimate details about your relationship. This includes jealous exes, or other people who may not wish the best for you and your partner. When the wrong people know the whereabouts of you and your partner at all times, it only gives them the opportunity to troll you,

making you feel the opposite of secure in your relationship, and at times unsafe.

Can you think of any other reasons to keep your intimate life private? Let us know in the comments below!

Celebrity News:
'Bachelorette' Hannah Brown
Says 'Thank You, Next' to
Questions about Tyler Cameron
& Gigi Hadid





By Ashley

In a <u>celebrity interview</u> with *UsMagazine.com*, Hannah Brown made it clear that she is ready to take on life as a single woman after her <u>celebrity break-up</u> with Tyler Cameron. The reality TV star says she is focused on exploring her new opportunities as a single woman and is ready to move forward from *The Bachelorette* with or without a man.

In celebrity news, Hannah isn't letting anyone draw her into talks surrounding Tyler Cameron's dating life. What are some ways to move on when you see your ex moving on?

Cupid's Advice:

While all celebrity relationships do not last, the relationship you have with yourself does. We are rooting for Hannah in her new journey! Cupid has some advice on how to move on from an ex like Hannah Brown and many other single celebrities:

1. Focus on yourself: Self-care is always the best way to go. When we take care of ourselves and give ourselves all the love and affection for a change, we realize just how much we needed it and realize that self love is enough. Focusing on yourself and taking the time to heal on your own can help you rediscover yourself and learn more about who you are. You can learn more about your likes, dislikes, and everything in between.

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<u>Relationship Is On Hold</u>

2. Enjoy your hobbies and friends: Just taking the time to do things you enjoy again can remind you what you really value in

life. You can now focus all your time and energy on everything you have ever wanted to do, whether it be painting, going to concerts, traveling the world, or spending more time with friends. Friends are there for you when you need them the most. They can help distract you from your ex and past relationship and can be a shoulder to lean on when you just need to vent.

Related Link: Celebrity Break-Up: Bradley Cooper Enjoys a Boys' Night in L.A. After Irina Shayk Split

3. Take a break from social media: Focusing on yourself means you can't have any distractions. Social media is the easiest way to stay up to date with your friends, and unfortunately, your ex. With just one click you can get lost in your ex's feed. Being single means you now have time to focus on yourself, not your ex and their whereabouts. Embrace the distance from your ex... this may even mean blocking or unfollowing them on all social media for the time being.

Can you think of any other ways to move on when you see your ex moving on? Let us know in the comments below!