Celebrity News: Tiger Woods Confessed 'Everything in His Past' to Lindsey Vonn





By Andrea Surujnauth

Tiger Woods and Lindsey Vonn have finally made their "downlow" relationship public. According to *Usmagazine.com*, the couple announced their relationship over Facebook on March 19th. They also posted their professionally photographed couple's potraits along with the Facebook announcements A source told *UsMagazince.com* that, "They're a really happy couple — not living together yet." Woods, 37-year-old professional golfer, announced that him and Vonn have "become very close and dating." Vonn, 28-year-old professional skier, gushed "it makes me very happy". But we can't help but think, what about Woods' past? After being married to ex-wife, Elin Nordegren, for 6 six years, Woods was caught cheating with multiple women. Is Vonn going to let that bother her? "He

confessed everything in his past to her and stuff — they're really into each other." claimed a source. Woods has two kids, Sam, 5, and Charlie, 4.

How do you know whether to trust someone who's cheated in the past?

Cupid's Advice:

So your dating someone that has cheated in the past and you don't know whether it is safe to continue a relationship with them. Can a person really change their cheating ways? Cupid is here with some advice for you:

- 1. Responsibility: Does your new beau own up to their mistake and take responsibility for it? If they admite to their wrong doing then this is a good sign that they want to change.
- 2. Transformation: Do you see an overall difference in the way the person behaves and runs their life? If the your honey seems to regret what they did and is trying to make a change in their lives then there may be hope for them.
- 3. Instincts: This is is the best way to tell whether you can trust someone who has cheated in the past. Go with your gut feeling. If you have that little knawing feeling in the pit of your stomach that is telling you not to trust them, then don't. Don't bother trying to make excuses to ignore the feeling you are having. If something is telling you that your sweetie is cheating, they probably are.

How do you know whether to trust someone that has cheated in the past? Share your ideas below.

Is Tiger Woods Capable of Being Monogamous with Lindsey Vonn?





By Susan Trombetti,

CEO of Exclusive Matchmaking and Relationship Expert

The breaking news this week is that pro golfer Tiger Woods and popular skiier Lindsey Vonn are officially dating. Many are skeptical of this situation, as Tiger is still getting over his reputation as a cheater stemming from the scandal with his ex-wife, Elin Nordegren. Well, let me just say that Tiger has so many cheating scandals in his history that I doubt he could be faithful again unless there are some drastic changes involving his inner circle, lack of opportunity to cheat, and possible therapy.

Related: Kourtney Kardashian and Beau Get Therapy

Why, you ask? For one thing, he is surrounded by "yes" people

who's financial situation is dependent on Tiger. I don't see them becoming moral against all odds and tying him up when he has the urge to cheat. They are loyal to him and will enable what isn't good for him just to make him happy. They may rationalize: "It's just women, and boys will be boys."

Other celebrity examples of this is Anna Nicole, who was surrounded by enablers like her attorney, and Michael Jackson, who was backed up by his doctor. These are drastic examples, but it's hard to say "no" when your boss says "jump". In Tiger Woods' case, he has his inner circle and his mother enabling his addiction to cheating. Plus, he has a history of it, as his dad cheated in the past. This is all he knows. In my opinion, what he really needs is some therapy or a 12 step program to become fully aware of the reasons behind his bad behavior and poor choice in so many trashy women. Then, Lindsey may have a chance.

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<u>Mate</u>

Here are some signs that a guy might be a serial cheater and unable to commit:

- 1. He excludes the word "faithful" in his marriage vows and takes issues with it like South Carolina governor Mark Sanford.
- 2. He tells you he cannot be faithful to any one woman. Let's face it, that is what they are saying when he tells you he cheated on all his exes.
- 3. They have an addiction to cheating like David Duchovny.
- 4. They have cheated in the past, like Eddie Cibrian or Bill Clinton.
- 5. They are powerful men who think the rules don't apply, like Silvio Bersculoni and Arnold Schwarzenegger.

- 6. They are men with big egos, deep pockets, and lots of opportunity, like Kobe Bryant and Tiger Woods.
- 7. They tend to go for the "bad boy" or "bad girl" like Sandra Bullock did with Jesse James.

Susan Trombetti is an expert matchmaker and member of the Professional Matchmakers Association. She has helped many discerning singles discover long-term relationships and partnerships that are both rewarding and fulfilling through her business, Exclusive Matchmaking.

Why Do High-Powered Men Like Dan Marino Cheat?





By Lori Zaslow and

Jennifer Zucher, founders of Project Soulmate

In light of the recent reveal that Dan Marino, CBS football commentator and Miami Dolphins' quarterback legend, fathered a love child in 2005, we can't help but wonder...

Why do high-powered men cheat on their wives and father love children without thinking they'll get caught?

Related Link: Single Life: To Play or Not to Play

It's complicated and not a blanket statement issue. A lot of people (not just men) come into power and money, perhaps because they are very self-involved or are driven by a feeling of powerlessness — or they get sucked in by their ego and lose touch with their morals, especially in the heat moment. The entitlement that often stems from power and wealth triggers irresponsibility and lack of empathy for others who don't have it that way.

People also make decisions about cheating in the moment, not considering the future. After all, it's one of many exit strategies people take in relationships to avoid hurt, intimacy and struggle because it externally fills voids that their partners are not fulfilling. The person doing the cheating isn't thinking about getting caught because they aren't thinking about the future in that particular moment.

Some are just assholes. Some are sociopaths and enjoy it. Many think that they are above their vows, and they have either rationalized what they are doing and/or love the thrill of possibly getting caught. Some just make stupid, immature, out-of-control mistakes from emotional issues — and then fear the backlash of hurting their wives or losing control of their reputation, so they cover it up. Everyone is different.

Why do wives stay with their cheating husbands? And vice versa?

Some people stay with a cheating spouse because they still

love their partner and feel that they can truly forgive them. Others don't leave because they are afraid to be alone. Some stay to give their kids the illusion of a happy family; because with kids involved, they feel that there is more reason to fight for the relationship. Some have to stay financially. Then there are some partners who stay because they have cheated too.

Infidelity is a symptom of an underlying problem. When someone gets caught, there is an opportunity to dig deep and work though all the issues that need to be discussed — trust being the first one, obviously!

Related Link: <u>Kristen Stewart Apologizes for Making People</u>
Angry

What damage will cheating have on the love child?

The love child will have his/her own issues with self-esteem, trust, role models and more, but no more damage than the other children involved. Anyone growing up with parents who don't do what's best for them can become hurt and resentful. Many follow in these footsteps, and many fall for these type of partners. Others swear off marriage completely.

Of course, those who go to therapy and keep working on themselves eventually can grow to be well-adjusted, happy adults in healthy relationships. But the relationship with the guilty parent often suffers long-term. Trust and abandonment will be the first of many damaging factors. The parent must clean up the mess of lies and have full disclosure to ever gain respect from the children. People forget that kids are very smart! Once you lose respect for a parent, it can change the way you view your life and your childhood — and the way you will potentially parent one day.

Even if you can forgive your partner for cheating, there are still repercussions, both immediate and in the future, that you both must face, especially if children are involved. Be sure to remember that as you work to recover from infidelity.

Lori Zaslow and Jennifer Zucher are the founders of Project Soulmate, Manhattan's premier matchmaking service for elite singles. You can follow Project Soulmate on Twitter and Facebook.

Celebrity Relationships in Need of a New Year's Resolution





By Courtney Allen

The New Year is here, and even the biggest celebs in Hollywood know what that means: it's time to pull out the glorious pen and paper. There is no better time like the present than to

leave the daunting past behind in the tabloids, whether it is love drama with exes, juicy scandals or shocking infidelity. 2012 may have proved to be rocky for these celebrity couples, but the upcoming year just may be looking up if they write their New Year's Resolution list with these things in mind:

Kristen Stewart and Robert Pattinson: These two Twilight stars had us watching in amazement as their seemingly perfect relationship flourished both on-screen andoff. It wasn't until this summer that their 'fairytale' took a turn for the worst. Stewart became the center of a cheating scandal between her married Snow White and the Huntsman director Rupert Sanders. Stewart caused jaw drops amongst her Twilight fans and costars as news of the flaming affair became public. Speculation over whether Stewart and Pattinson would stay together swirled for months. The answer to the question we were all once dying to know? Yes. The couple is together today. But one piece of advice for their partially tainted relationship: keeping Kristen's deceit in the past in order for it to successfully recover in the new year.

Related: Is Your Past Interfering with the Present?

Rihanna and Chris Brown: Chris Brown and Rihanna have quite the troubled past. The two world-famous singers started dating back in 2008. Between Rihanna's stunning face and body and Chris Brown's undeniably handsome facial features and lullaby-like voice, they instantly became one of the hottest, power couples in Hollywood. But in February of 2009, tragedy struck for the lovebirds. Brown was arrested for allegedly assaulting the "Disturbia" singer after a pre-Grammy bash. The two obviously went their separate ways as Rihanna filed a restraining order against Brown which was later dropped in 2011. Shortly after, rumors began to fly about the two rekindling their flame with the release of Rihanna's "Birthday Cake Remix" featuring the R&B singer. Looking back, the rumor seemed nothing less than the truth. Brown recently dumped ex-

girlfriend Karrueche Tran and now appears to be dating Rihanna based off pictures on her Instagram. Let's just hope these two have a healthier relationship this time around. If they commit to this New Year's Resolution, nothing can stop them.

Halle Berry and Oliver Martinez: Halle Berry and fiancé Oliver Martinez seem to be doing just fine besides one small problem: her ex. Model Gabriel Aubry is causing trouble in paradise for the couple. Berry and Aubry are right in the middle of custody battle over their four-year old daughter Nahla after splitting up back in 2010. Things got pretty heated over Thanksgiving when Aubry got into a physical altercation during a custodial hand-off with the bombshell's current boyfriend, French actor Gabriel Martinez. Aubry seems to be creating quite the mess for Berry and her new relationship. The cause of the fight is unknown, but pleasant words are definitely out of the question. Sounds like the three need to somehow find a way to kiss and make up for the New Year and for the future. With Nahla in the picture, Aubry isn't going anywhere.

Related: <u>How to Master Being in a Relationship</u>

Rupert Sanders and Liberty Ross: The couple on the other side of Kristen Stewart's cheating scandal has been through trying times since the infidelity went public last summer. Turns out Snow White and the Huntsman director Rupert Sanders was not only in a relationship, but was married to English model Liberty Ross. The couple was not seen together for several weeks following the scandal, leaving us to wonder if Sanders' position as director in the Snow White and the Huntsman sequel was the only thing he had lost. Luckily for Sanders, Ross seems to be giving him another chance after his slip-up with 22-year old Stewart. Sanders will now be walking on thin ice with his wife as he enters into 2013. All the New Year's resolving between them should come mostly from his end: proving that he can be trusted again; and of course for Liberty, giving him the fair chance.

What are some of your New Year's Resolutions for your relationship? Share your ideas with us!

Single Life: To Play or Not to Play





By Celeste Friedman

In recent weeks, there has been a deluge of articles, advice columns, radio and television interviews and panel discussions on infidelity, due to the General Petraeus scandal in the United States. Having invested in 38 years of marriage, Petraeus threw caution to the wind, having an affair with a woman he had employed to write his biography.

You may be asking still how Petraeus, the director of the CIA, kept his affair concealed for so long and if he actually

believed he could be successful in this kind of deception. Inevitably, America and the rest of the world became privy to a plethora of graphic details regarding the relationship with his mistress that we didn't really need to know.

Related: <u>5 Reasons Why Powerful Men Like Arnold</u> Schwartzenegger Cheat

On HealthGuidance.org, Elizabeth Danish began her November article, "Dating A Married Man" with stark reality, that a wise woman never dates a married man. She states that if you are searching for a life-long commitment, you are sabotaging your own success by snaring another woman's husband.

Are You Simply His Toy?

Once a boy is tired of playing with a toy, he abandons or throws it away. If you've run a comparison, you've most probably found that the cons out-weigh the pros when it comes to having an intimate relationship with a married man. Danish also brings home the point that a cheating man is the one in control of the relationship. He sees an affair as something that is romantically and sexually thrilling. It makes his life once again exhilarating and full of passion. Some men who cheat often have reinvigorated intimacy with their wives, according to Danish, in an attempt to cover their tracks, thus double dipping, if you will, between wives and mistresses.

Advantage- the Cheating Man

As long as he remains in his marriage, his priorities will be his family, as it should be. However, his mistress and best kept secret will be alone on Thanksgiving, Christmas and if it's that important to her, Valentine's Day. He will attempt to spend time with her before or after the holidays, to make up for not sharing in the celebrations.

Finally, Elizabeth Danish asks, "What was your goal when you

started the relationship with him?" It is likely that you wanted to have a lasting relationship with someone who is mature and sensitive. If you reconsider the goal, is it really achievable?

Related: You Cheated, So Now What?

Cheaters who Cheat and the Fools who Fall for Them

Stephany Alexandre, author of the book "The Cheat Sheet", leads you over to the dark side and into the secret lives of philanderers by giving first-hand accounts of cheating stories. Alexandre says the cheating experts know how to justify their acts, handle guilt, cope with double lives, and juggle the search for commitment with outside gratification. What are some of the signs that say he's cheating on you? Ariana Huffington, Editor of The Huffington Post states, 'texting is the new lipstick on the collar'.

Single 101's take . . .

Men who pursue extra-marital affairs develop a confidence that they will never get caught, especially when they meet all of their responsibilities as a husband, a father and bread winner. The majority of cheating spouses do get away with cheating on their mates. In one study, 70% of married women and 54% of married men had no idea their spouse was involved in an affair.

No matter how deep you have fallen for a married man, it is best to pull back and wait to see if he is serious about ending his marriage. If it ends in divorce, give yourself plenty of time to see if his love for you, (if that exists) is strong enough for him to emotionally invest in a real relationship with you. The emotional cost of waiting, if he's worth it, cancels out the shock and hurt you would experience if he cuts off the affair, due to the demands of keeping his marriage together and his infidelity unknown. Time will reveal true love. In some cases, does absence makes the heart grow

fonder?

After publishing Single 101: 101 Reasons to Celebrate Being Single, I met a woman who had made a personal commitment to living out the rest of her life as a single person. She had finally freed herself of relationships that left her feeling empty and filled with disappointment. After several years, she adapted well to flying solo. If she was introduced to a man, especially someone who was also single, she looked beyond any element that would create attraction or interest. Her goal was to enjoy a life filled with true friendships where she never had to deal with a jealous spouse or boyfriend anymore.

That Unexplainable Spark

Unsuspecting to fall, she was swept off her feet by a married man who initially dropped hints of having an unsatisfactory marriage for many years and stating that it was over. As the single girl and the man grew closer, they began sharing their attraction toward each other.

In her late fifties, she does not consider herself to be desirable and have anything to physically offer a man. Selfesteem is not an issue for her within the protective walls of living independently. She has dealt with a crippling disability for many years and disturbed by the opinion of many men and women that a man will sleep with 'anything'. However, she stepped over the threshold that she was determined never to cross and set herself up for the possibility of being disenchanted, alone and ashamed of being an 'anything'.

She imagines what the future would be like if she were to become the next woman he cheats on, yet she cares for him so much, she cannot bring herself to label him as a cheater. As much as we try to fight or ignore it, there is unrelenting power in attraction for the right or wrong reasons. When your feelings are so strong for someone, you are blind to the realities of deception. The need to be as close as possible to

someone can overpower the risk of deeply hurting others who may become affected.

Statistics show that an extremely low percentage of these affairs develop into actual committed relationships. So, do we protect ourselves and try to prevent emotional pain or do we take a chance, follow our instinct that craves intimacy, hoping that our actions may lead to real love and happiness?

To quote the lyrics from Train's "Drive By"- "on the up-side to a downward spiral, my love for you went viral and I loved you every mile you drove away."

Kristen Stewart and Rob Pattinson Land in NYC After London Thanksgiving





By Nic Baird

The vampire lovers, or Kristen Stewart and Robert Pattinson, returned to New York this Friday after spending Thanksgiving in London with the actor's family, <u>UsMagazine.com</u> reports. The star-crossed couple enjoyed the holiday with the blessing and company of Pattinson's sisters, Lizzy and Victoria. Though the siblings were publicly disgusted with Stewart's transgressions, they have since forgiven her and are on good terms, according to a source for <u>HollywoodLife.com</u>. Before returning to JFK airport from their holiday, the <u>Twilight</u> twosome flew to London, Madrid, and Berlin in the last few weeks to promote <u>Breaking Dawn: Part 2</u>, their final scheduled film opposite each other.

How do you know when to let your family in on your relationship?

Cupid's Advice:

Before telling mom and dad you have a plus one for family dinner, make sure the time is right. The fact is, all relationships are different. Cupid has some guidelines:

1. Time: The second date is not the time to meet the parents. Allow space to get to know each other. Any relationship, no

matter how fast you want to flash cook it, needs time. How much exactly? It depends how you spend it, but arbitrarily, one month at least.

- 2. Commitment: Your family wants to meet the dates you are serious about. Don't bring home everyone who catches your interest. It also puts your romance at risk by adding external pressures. And your family can't be expected to juggle your personal life along with you. You don't have to discuss commitment with your partner, but make a judgement call on how certain you can be about the future of your relationship before introducing them.
- 3. Mutual interest: This just means you should ask your partner if they'd be comfortable meeting your family. Ideally, they'll want to make a good impression, and if this is the case then they'll probably be a bit nervous. Be careful not to force your date into situations unwillingly.

When is it time bring your relationship to the family? Share your experiences below.

Wendy Williams Lashes Out at Heidi Klum for Relationship with Bodyguard Boyfriend





By Jennifer Ross

Wendy Williams speaks her mind about Heidi Klum's new relationship and it is not nice. Last Tuesday on *The Wendy Williams Show*, Williams criticized the Victoria's Secret model, insinuating that Klum and bodyguard boyfriend Martin Kirsten began their relationship while Klum was still married to Seal. She even went as far as implying that intimate moments may have taken place under Seal's nose while Kirsten worked for the family the past four years. "Seal, you know what that means — and not just when you were out of town." The TV host ended with giving Seal advice on revenge. "I don't how much you're worth, but she's worth more. You need half. You need yourself a new girlfriend; someone young, hot and with a long future in modeling, and really fertile."

What are some signs that your partner is cheating?

Cupid's Advice:

No one ever wants to find out their partner is cheating. As a result, many people will turn a blind eye to the infidelity and live in denial. A problem with this is that the truth will eventually surface and you will need to deal with it. So rather than wait for your mate to confess, here are a few signs that someone is cheating:

- 1. Private phone calls: Yes, there are moments when your partner will need to take a phone call into the next room for privacy. However, if your partner runs to the next room every time the phone rings, something is not right. Also, your mate may refuse to let you know who called or what the call was about.
- 2. Change in appearance: Another sign of cheating is if your spouse has changed their appearance, such as previously dressing conservative but now focuses on designer clothing. Also, your mate wasn't much for grooming but now is finicky about their hair style, jewelry, and/or make-up. A new love in their life will have them feeling more conscious about their look.
- 3. Overly defensive or angry: When a spouse is cheating, they may come off more defensive about answering for their whereabouts or any question at all. The defensiveness could lead to criticizing or controlling you for any little thing and impatience or aggression in just speaking to you. The infidelity signs will get stronger so pay attention.

What signs did you see that told you your partner was cheating? Comment below.

Kirstie Alley Reveals Her Past Secret Relationship with Patrick Swayze





By Jennifer Ross

Whatever her reasons were, Kirstie Alley just had to confess. In a surprise even to *Entertainment Tonight*'s host Chris Jacobs, Alley revealed on Monday night's episode that she had a very emotional and secretive relationship with then costar Patrick Swayze, while they were filming the 1985 movie, *North and South*. What makes this gossip even juicier is that the *DWTS* contestant, 61, and Swayze were both married! To clarify the details, Alley stated how their "affair" was emotional and not physical. "We did not have an affair. But again, I think what I did was worse. Because I think when you fall in love with someone when you're married, you jeopardize your own marriage and their marriage. It's doubly bad."

What are some reasons to keep your relationship a secret?

Cupid's Advice:

There's no doubt, secret relationships are filled with excitement. You and your secret lover arrange to meet in new places, away from your usual hang outs. You program each

others' phone number with a secret name. Besides having an affair, there are many legitimate reasons why people engage in such activities. Here are a few to think about:

- 1. You two are family friends: Suppose you and your best friend of 10 years fall in love with each other AND your families are extremely close, even celebrating holidays together. It's understandable not wanting to share your relationship with everyone just yet. Holding back the info gives you two the time to grow your love and prevents the unwanted family pressures.
- 2. Family approval: If you come from a Roman Catholic family and your secret partner is a devout Muslim, many feelings could arise when informing your family. Also is the case with interracial relationships. With many hearts at stake, it may be worth it to keep hush about your love until you know a future marriage is certain.
- 3. Same-sex: Sometimes the approval need not come from family. Sometimes, it's from you. There are instances when a person is not ready to admit their sexual preference to their family for fear of banishment. Often times, complete out casting is not the case. Even so, it's alright to take your time in gaining the courage to show your true self.

Why did you keep your relationship a secret? Tell us below.

Celebrity Couples Who Let an Affair Ruin Their

Relationship





By Jennifer

Harrington

Hollywood romances are notorious for being short-lived and frequently ending because of infidelity. Many star couples beloved by fans have ended relationships because of the heartbreak and scandal caused by one partner's wandering eye. No doubt healing any relationship scarred by cheating is difficult, but with the constant glare of the paparazzi and media, celebrities are in a far more challenging position when considering forgiving-and-forgetting their partner's indiscretion. Here's a look at a few high-profile couples who called it quits after an episode of the roaming-eye:

Brad Pitt and Jennifer Aniston: Both blond, beautiful, successful movie stars, Brad and Jennifer were media darlings throughout their five-year marriage. During this time, they were considered to be a rare success of wedded bliss in Hollywood. It all came to an end when Brad co-starred with

Angelina Jolie in the movie *Mr. and Mrs. Smith*. Team Jolie and Team Aniston t-shirts were worn by fans as speculation swirled that Angelina was the cause of Brad and Jennifer's split. Several years after Brad and Jen's divorce was finalized, Brad finally admitted that he fell in love with Angelina on the set of the movie while still married to Jennifer. Understandably, "Brangelina" is still a sore topic for the *Friends* star, and Brad now uses one word to describe his marriage to Jennifer: "pathetic".

Related Link: Brad Pitt Trashes Marriage with Jennifer Aniston

Arnold Schwarzenegger and Maria Shriver: Arnold, the bodybuilder turned actor turned Republican California governor, and Maria, the journalist from a prominent Democratic family, seemed to be an unlikely pair when they first started dating. But, married since 1986 with four children, they seemed to be living "happily ever after"... until the news broke in 2011 that Arnold had fathered a child with a former household staffer. Maria quickly filed from divorce. Today, the couple is focused on co-parenting their children. According to Arnold, "We work together even though we're going through a divorce... we make sure that the kids grow up to be really good human beings."

Related Link: <u>Five Reasons Why Powerful Men Like Arnold</u>
<u>Schwarzenegger Cheat</u>

Hugh Grant and Elizabeth Hurley: Hugh and Elizabeth were together for 13 years. However, when Grant was arrested in 1995 for soliciting a prostitute in Los Angeles, his relationship with Hurley, the Estee Lauder model, slowly began to crumble as Hugh admitted on *The Tonight Show with Jay* Leno that he had done a "very bad thing". The English lovebirds finally called in quits in 1998, but today, remain close friends and Grant is the godfather to Elizabeth's son Damian.

Recently, we saw the turbulence in Rob Pattinson and Kristen

Stewart's relationship, because of her wandering eye, so there's no doubt cheating is here to stay in Hollywood.

Why do you think cheating is so common place in Hollywood? What other celebrity couples can you think of that have been ruined by cheating? Comment below.

Sources Say Rihanna and Chris Brown Made Out at NYC Club





By Jennifer Ross

Are Rihanna and Chris Brown reuniting? A source told <u>UsMagazine.com</u> that Rihanna, 24, and Brown, 23, were caught making out at New York City's Griffin Club on Monday night. And that's not all! According to *Celebuzz*, Brown, who was seated at a different table than Rihanna, climbed over the

center stage to get to her. The two then began to dirty dance with each other, unworried about the public. Late into the night, they eventually left separately. Where was Brown's now ex-girlfriend and aspiring model Karrueche Tran, 23, in all this? Not by his side.

How do you know whether to give your ex a second chance?

Cupid's Advice:

Just about everyone deserves a second chance at one point in their life. While your partner may have been the main culprit to the problem, there were other factors to consider that may have been your fault. Even so, should you consider giving your partner a second chance, here are three tips to ponder before you do:

- 1. Time has passed: Enough time has passed to give you both the space to reflect back on what happened, who did what, and where did each of you go wrong. Without you and your partner separately analyzing the issue and your negative contributions, history will repeat itself.
- 2. Taken responsibility: After re-evaluating what went wrong, the two of you have either taken or begun to take the necessary steps in fixing the issue within yourselves. Working on yourselves first ensures that you can give each other the openness to work through it and have a real fresh start at love again.
- 3. The decision is agreeable: In deciding to reconcile, the two of you have agreed to do so protecting each other and lovingly together. By both being on the same path and honestly dividing up the work between each other, only then can your relationship move forward with the best chance of surviving.

What reason(s) helped you decide to give your partner a second chance? Comment below.

Liberty Ross Is Spotted With a Mystery Man Post-Cheating Scandal





By Erin Minty

After the dramatic cheating scandal between director Rupert Sanders and Kristen Stewart, his estranged wife Liberty Ross is moving on with her life and making the best of it. Just last week the newly separated Ross had a "triumphant" debut at New York Fashion Week; the 33-year old walked in Alexander Wang's runway show. Just after that, she was spotted Monday night, leaving her wedding ring for a new accessory: a dashing mystery man on her arm! According to <u>UsMagazine.com</u>, a source reported, "It's still too early to tell what will happen with them." But things are pointing toward a split.

How do you know when it's time to move on after a split?

Cupid's Advice:

Splitting up with your partner can be a tough decision, but an even tougher is sometimes deciding when the right time is to start dating again. Cupid has some advice on how to know when it's time to move on:

- 1. You start to picture yourself with someone else: One way to know that you might be ready to move on after a split is that you stop picturing your future with your ex and start picturing your future with someone else. That "someone else" may be just a blurry figure or an actual person you know, but the signs are there that you are ready to start dating again.
- 2. You stop obsessing over the past: Another sign that you're ready to move on is that you stop thinking about every little thing that went wrong about your last relationship. It may take time to heal fully, but if you don't think about it every second of every day, that will definitely help and it gives you time to think about your future relationships instead.
- **3. You feel comfortable opening up:** Trust can be a big issue after a break up, so when you feel comfortable opening up again, it is probably a sign that you are ready to move on. Don't move too fast, just consider the ability of sharing your life with someone again and it will come naturally!

How did you know when the right time was to move on after a split? Let us know below!

Seal Clarifies That Heidi Klum Did Not Cheat





By Nicole Weintraub

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

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

Cupid's Advice:

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

- 1. Hot and cold: If your relationship has been on the rocks or unstable recently, that could be a huge clue that your partner is experiencing a wandering eye. When we are not happy in current relationships whether it be due to the spark dulling or constant arguments, we tend to look elsewhere to see if we are missing out on anything. Keep an eye out for your partner being out of tune with you emotionally and keeping you out of their schedule.
- 2. Excuses, excuses: Honesty is one of the most important ingredients in a healthy relationship. When you start hearing excuse after excuse, it's time to start looking for more clues. One late night at the office is understandable, but when the same excuse comes up over and over again, chances are it's not just an excuse anymore.
- **3. Sudden changes:** Sudden changes in mood, behavior and scheduling may be indicators that your partner is unfaithful. Constant canceling and postponing plans that your partner has with you is a red flag. It may be a sign that your partner is seeing someone else, or it may be a warning that the spark is dulling in your relationship.

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

Celebrity Couples Who Have Been Hurt By Their Own Stardom





By Courtney Allen

In wonderful world of Hollywood, maintaining both a long-lasting relationship and a fast-paced career is evidently a huge challenge. The jam-packed schedules and non-stop tabloid mania in the everyday lives of celebrities leaves us constantly wondering when the next split will be—the fact they are going to happen is a guarantee. Nasty rumors of deceit, unexpected flings with co-stars and stress from an intense life can make stardom a celebrity couple's worst enemy. Unfortunately for these five celebrity duos, losing their battle to fame proved inevitable:

1. Kate and Jon Gosselin: Jon and Kate Gosselin first captured our hearts with their hit TLC show, Jon and Kate Plus Eight,

which documented their hectic life as parents of sassy-yetsweet twin girls and a set of adorable sextuplets. The Gosselins graced our television screens for seven seasons as they traveled the globe as a family, while we all hoped their marriage wouldn't end like many of the reality star relationships that preceded them. But Jon and Kate proved no different as the show slowly revealed Kate's exploding temper and ego while the tabloids unraveled Jon's late-night getaways with other women. Years later, the two had one of the most public divorces in Hollywood.

Related Link: Hollywood's Messiest Splits

- 2. Rihanna and Chris Brown: Rihanna and Chris Brown shocked the world when their relationship began in 2008. In our minds, the singers couldn't be a more perfect match, as they're two beautiful and unique voices with stunningly-good looks. Things quickly changed after an incident in 2009 in which Brown allegedly assaulted the female pop star. The two have made amends since then and rumors of a new relationship have spread, especially after the recent release of their song, "Birthday Cake (Remix)." But due to their long-lasting tabloid presence and heated past, we can't help but think that a second try will end in disaster.
- 3. Jennifer Aniston and Brad Pitt: The split between Friends star Jennifer Aniston and Brad Pitt, her "Mr. Perfect," was by far the most controversial divorces in the history of Hollywood. With Aniston's glowing skin and Pitt's captivating eyes, they always had America's attention. It wasn't until the 2004 production of Mr. and Mrs. Smith that things seemed to get off track. Pitt quickly fell in love with co-star Angelina Jolie while filming the movie, leaving him and Aniston's happily ever after in the dust as rumors swirled of an affair. Jen filed for divorce in 2005 and Pitt almost immediately began dating Jolie. Now called "Brangelina," the couple has six kids and have made their mark as one of the most powerful couples in Hollywood.

4. Kim Kardashian and Reggie Bush: Kim Kardashian bared it all for her E! show Keeping Up With the Kardashians, including her relationship with NFL star Reggie Bush. The reality show revealed their head-over-heels romance for several seasons. But after their final split, the unfortunate truth was revealed: Kardashian's stardom was too much for Bush, who never seemed to adjust. Kardashian has since been searching for her fairytale: a guy who accepts both her and her lifestyle. She found love in her marriage to Kris Humphries, but that relationship ended after just 72 days. Now the star is happily dating Kanye West. Thankfully, the socialite seems to be taking her new relationship slow, because if there's anything Kim has learned, it's that fame comes at a high price.

Related Link: Why You Should be Happy You Aren't Famous When it Comes to LoveLove in the Limelight: Why You Should Be Happy You Aren't Famous

5. Katy Perry and Russel Brand: California girl Katy Perry and British comedian Russell Brand began dating in middle of 2009. The two didn't waste any time getting serious as news of their engagement hit the headlines by the end of the same year. And in just ten months, the couple was married. The world watched the pop-star and her new hubby closely as we formed our opinions on whether they would last. Fourteen months later, the pair proved all the doubters right. Russell Brand filed for divorce last December, citing irreconcilable differences. But between both of their busy schedules and separated traveling, it's no wonder the pair couldn't stand the test of time.

Which celebrity couples do you think have been most hurt by their stardom? Share your thoughts with us!

"But We Were Drunk": 5 Reasons Why that Excuse is Lame





By Evan Goldaper

Nobody's perfect, and we all do things we regret every now and then, especially while in love. Of course, if you and your partner are close, you can expect them to forgive you when you make a mistake. But as Kristen Stewart and Robert Pattinson have shown, infidelity can be tough for anyone to overcome.

What can make a regretful situation even worse is if you try to make an excuse for your behavior. If you've done something while drunk and expect that to be an acceptable justification, you might find your partner even less understanding. "But we were drunk!" might be a classic explanation, but it's very

unconvincing. Here are five reasons why you shouldn't expect that to be a perfect failsafe:

Related: You've Cheated, So Now What?

- 1. You chose to get drunk in the first place: If you cheated on your partner, you have to be accountable for how you wound up in that situation. Remember that although you might not feel you had control of yourself after you were drunk, you certainly had control of yourself before then.
- 2. You know yourself: If you have a tendency to do crazy and unplanned things while drunk, then you've probably figured that out by now. Because you know how you usually act in circumstances like this, you should've known that you could put your relationship at risk.
- 3. You have a responsibility to your partner: When you're in a relationship, you can't act the same way you did when you were single. As someone's significant other, it's important to remain faithful. Don't set yourself up to challenge that: you're not scanning the dating pool any more.
- 4. You'd be hurt if you were on the other end: You know you'd be angry if your partner cheated on you, whether or not they were drunk. The same Golden Rule that applied back in kindergarten is true at times like this as well: don't do anything you wouldn't want someone else to do to you.
- **5. This won't go away:** Whether or not your partner accepts your apology this time, you can be certain that your misdeeds will permanently hang over your relationship. The next time you slip up, you can be almost certain that you'll be *breaking up*, so you shouldn't even get there in the first place.

What do you think about being drunk as an excuse for cheating on your partner? Tell us below.

Liberty Ross Emerges Without Wedding Ring Post-Scandal





Watch out ladies.

because Liberty Ross officially steals the title for Miss Independent. The British model stepped out in Los Angeles on Sunday with her two, young kids and a big smile. The only thing missing? Her wedding ring. Despite what the photos show, a source tells <code>UsMagazine.com</code>, "Liberty is very upset but hasn't made any decisions. It's too early to tell what will happen with them." What we do know from the source is that the 33-year old was aware of Sanders' affair with <code>Snow White and the Huntsman</code> star Kristen Stewart before the photos were ever leaked. The couple has not spoken post-cheating scandal.

What are some ways to know your relationship is no longer salvageable?

Cupid's Advice:

Deciding on whether to save a relationship can prove tricky depending on the situation at hand. Here are some great ways to help you decide if you should try to make it work or call it quits:

- 1. Destruction of trust: A relationship cannot function without trust. If you no longer have faith in your partner's actions and choices, the relationship is not worth it.
- 2. Lost feelings: Some experiences in your relationship hurt so bad that you no longer feel the same way about the one you love. If your desire to remain in a relationship fades, it's time to walk away.
- **3. Lack of concern:** Being indifferent about your relationship means that you are fed up with it. If you don't care about the success or failure of your relationship, you may want to end things.

What are some reasons for which you would end your relationship? Share your thoughts with us.

Reese Witherspoon Steps Out After Helping Rob Pattinson Hide Mid-Cheating Scandal





On Friday, Reese

Witherspoon stepped out in public for the first time since she lent her ranch to Robert Pattinson. The actress let Patitnson stay on her California estate while he recovered from the aftermath of his girlfriend Kristen Stewart's affair. Usmagazine.com reports that Witherspoon said Pattinson is a "very sensitive soul" whom she hopes will recover in the peace of her ranch. Still, Witherspoon has her own busy life to tend to, with her third child on the way.

How can you help a friend cope with infidelity?

Cupid's Advice:

Having a partner cheat is undoubtedly one of the worst things that can happen to a relationship, and it's tough to handle no matter how strong you are. If one of your friends is in this situation, it's always nice to help them out where you can. Here are some tips on how to do just that:

1. Let them vent: Nothing helps someone sort out their feelings and understand their own situation better than talking to a friend. Although you can offer advice, what's most important is just listening to what your friend has to say.

- 2. Provide a distraction: Invite your friend to go shopping, see a movie or just hang out. Spending time together will give them a chance to stop thinking about their partner's infidelity and let them know that someone still cares about them, even if they've been hurt by a loved one.
- 3. Give them space: When someone is in a difficult place, sometimes they don't want to talk to anyone, even their closest friends. Don't be offended if your friend wants some time alone to come to terms with what happened. Let them know you're available and they'll come to you when they're ready to talk.

How would you help a friend who was a victim of infidelity? Tell us below.

Find Out How Robert Pattinson is Coping with Kristen Stewart's Betrayal





Yes, we're also

still shocked that someone could actually cheat on a man-god like Robert Pattinson, but hey, that means he might be on the market, right? Unfortunately, it's hard to be happy that the Twilight stud is single because sad just isn't a good look for him. According to <u>People</u>, Rob is "heartbroken and angry, and sources tell the magazine that he's been drinking and relying on friends to deal with the pain." Kristen Stewart may have shattered his heart but she did publicly apologize and is not in the best shape after the split either.

What are some ways to cope when your partner cheats?

Cupid's Advice:

You may be feeling like you were drop-kicked in the stomach after your partner cheats on you, but in time that will pass. Here are some ways you can help that change along:

- 1. Don't blame yourself: It's human nature to ask "what did I do wrong?" or "how could I have prevented this?" But, in reality, it probably has very little to do with you. Your partner's actions are something only they have control over, not you.
- 2. Surround yourself with friends: You may think that you want

to be alone when your relationship is struggling, but keeping good company around you will help you feel better. Whether it's a smile or a small laugh, it's progress that will make it easier to get back to being yourself.

3. Let your anger out: Whether you take a kickboxing class or do some meditation, it's important to let go of any anger and stress that you're holding onto in order to heal. Once you're able to accept and release those_bad feelings, you will be on track to feeling better and moving on.

Have you ever had to heal after someone cheated on you? Tell us below.

Find Out What Kristen Stewart's Body Language Reveals About Her Cheating Guilt





It seems

that Kristen Stewart's shocking affair with her *Snow White and the Huntsman* director Rupert Sanders has marked the end of the actress' off-screen *Twilight* fairytale with longtime boyfriend Robert Pattinson. One body language expert even says the 22-year old showed signs of her infidelity months before the release of the photos on July 17th. In reference to a picture with Stewart, two of her co-stars and Sanders' wife, Liberty Ross at the movie's premiere, Dr. Lillian Glass tells *UsMagazine.com*, "This is the photo of the ultimate betrayal. Kristen has got what's called an ambivalent smile. Her eyes aren't smiling, but she's got like a half smile of her mouth." Sounds like Stewart has bigger issues than simply choosing between Team Edward and Team Jacob.

What are some signs that your partner feels guilty for something they aren't sharing with you?

Cupid's Advice:

The feeling of guilt has a very negative impact on the course of a relationship. It has the potential to weaken it for days, months, or even years. Here are some signs to help show your significant other may be hiding something:

1. Avoidance: Avoiding your partner reduces the amount of

guilt you would have to feel on a daily basis as opposed to being in their presence and constantly feeling guilty. Try to determine the underlying issue.

- 2. Unusually nice: Treating your significant other better than usual is a key sign of guilt. They figure if they're extremely nice, they can possibly make up for what they've done and even feel better about them self.
- **3. Lack of communication:** Minimal communication is an attempt to keep their secret from slipping. Try engaging in conversation in order to learn the truth.

What do you do when you're feeling guilty about something you haven't shared with your significant other? Share your experiences with us.

Reports Say Rob Pattinson Is Hiding Out at Reese Witherspoon's Ranch





Robert Pattinson has

been MIA ever since news broke that his costar-turnedgirlfriend, Kristen Stewart, cheated on him with Rupert Sanders, director of her flick Snow White and the Huntsman. Although Pattinson can run, he couldn't hide for long. Pattinson is now known to be at Reese Witherspoon's ranch. To help him escape the media, Witherspoon was kind enough to million offer her \$7 ranch in uр Ojai, Calif. <u>UsMagazine.com</u> reports that a source says Pattinson is "a total mess...He's questioning everything," but no official words from him have been made public. However, we all know how Stewart feels after she made a very sincere and public apology.

What are some ways to stay away from friends and family after a cheating scandal?

Cupid's Advice:

A cheating scandal is hard to escape. Not only does it haunt your mind, but you also get hassled by the outside world. Here are some ways to handle all of the pressure:

1. Exercise: The best way to get out of your house and simultaneously clear your mind is to exercise. Go for a nice long jog, or lift some weights to get all of your anger out.

Either way, exercise will help you feel healthy and in control of at least one aspect of your life, even if your relationship is struggling.

- 2. Take a weekend road trip by yourself: When your mind is racing, talking to friends and family can often only make you feel worse. Hitting the road and blasting your music will make you feel like nothing can touch you, letting you reflect on your situation during the alone time.
- 3. Retail therapy: A cheating catastrophe will make you feel terrible about yourself, whether you're the cheater or your partner was. When feeling down on the inside, a little physical change can be uplifting. Go shopping for some new clothes and spend some of your money on things that will make you happy.

How would you stay away from friends and family after a cheating scandal? Tell us below.

Kristen Stewart Publicly Apologizes for Cheating on Robert Pattinson





Twilight's perfect

celebrity couple, Robert Pattinson and Kristen Stewart, appear to be not so perfect any longer. According to People, although two weeks ago the two were spotted together and seemed happy Comic-Con, last week. Stewart's hidden at a relationship with Snow White and the Huntsman's director Rupert Sanders was revealed to the world. The actress released a public apology for the pain she has caused her boyfriend of three years on Wednesday. She said, "I'm deeply sorry for the hurt and embarrassment I've caused...This momentary indiscretion has jeopardized the most important thing in my life, the person I love and respect the most, Rob." Stewart apparently had hit it off almost immediately with 41-year old Sanders four years ago when they began filming Twilight. However, now that her relationship to the married director is no longer secret, it seems like her relationship with Pattinson has hit a rocky road.

What are some ways to make a sincere apology to your partner?

Cupid's Advice:

Everyone makes mistakes now and then, so it's important to know how to say you're sorry. There are certain ways to do so that ensure your partner will know how much you truly care.

Here are some ways to make a sincere apology to your loved one:s

- 1. Write them a letter: Some people are just not good at communicating in person. If that's the case with you and your beau, try writing a letter. A note can be polished and reworked so you can make sure you are putting in all your effort and saying all the right things.
- 2. Tell them how much they mean to you: The problem with some relationships is that one person feels unappreciated. Show them how much they mean to you by telling them. Even if you're sure your partner knows this inside, it's good to remind them every once in a while.
- 3. Show your romantic side: Romance doesn't necessarily have to be a candlelit dinner. Take this time to take your partner to that show they've been talking about or on a vacation they've been wanting. It will also allow some one-on-one time for you both to talk things out while rekindling the love.

What are some ways you would make a sincere apology to a loved one? Share your ideas below.

Kristen Stewart Cheats on Robert Pattinson With a Married Man!





Say it isn't so! The

most romantic couple on-screen and off may be in big trouble. According to <u>UsMagazine.com</u>, The Twilight Saga star, Kristen Stewart, 26, was caught cheating on co-star, Robert Pattinson, 26. Pictures show Stewart and the director of <u>Snow White and the Huntsmen</u>, Rupert Sanders, 41, kissing and hugging. To make matters worse, Sanders is married to Liberty Ross, 33, and has two children. Twihards everywhere are surely upset.

What do you do when you find out your partner has cheated?

Cupid's Advice:

Infidelity can make or break a relationship and if you've been cheated on, your confidence can take a huge blow. Cupid has some tips:

- 1. Investigate: Find out more about the infidelity and be prepared to learn some unpleasant details. Accepting the truth will help you figure out whether or not you should stay or go.
- 2. Communicate: Instead of getting revenge or picking up and leaving, talk to your partner about why they stepped out on you. Talking will help you understand why your partner betrayed you.

3. Cope: When you finally make your decision about the final status of your relationship, use a support system to get past the cheating. Do not hold grudges and always know your worth.

What would you do if you found out your partner cheated? Share your thoughts below.

Eva Longoria Didn't Question Her Worth When Tony Parker Cheated





Eva Longoria is a

tough woman on the inside, beyond her beautiful looks. The actress is getting back up on her feet after divorcing her cheating husband, Tony Parker. On Thursday, Longoria opened up on Lifetime's *The Conversation With Amanda de Cadenet*, saying

that she refuses to blame herself for what happened. She claims to have had a conversation with Parker about why he did what he did, but in a way most women wouldn't have done. "I really wanted to know, and if you genuinely want to get something out of somebody, you have to not judge," she said. Since her divorce, the actress has been able to accept the fact that what happened was out of her control, and to start having fun again. With her positive attitude, Longoria seems to be on the right track to happiness.

How do you keep from blaming yourself when your partner cheats?

Cupid's Advice:

Even if something bad has been done to you by someone you love, you can't help but thinking it's something that you did wrong. But guilt and blame will never allow you to get over the situation, and you have to accept what happened and move on for your own sake. Cupid has some tips:

- 1. Have a conversation with them: You can try what Eva Longoria did, and ask your partner to honestly explain why they cheated on you. It will get you some answers to questions that have been haunting you.
- 2. Look at it from their point of view: If it were the other way around, think about why you would have cheated. It's most likely out of temptation. People usually act on impulse and give in to things, so it probably wasn't because you did something wrong.
- 3. Remember that cheating is cheating, no excuses: Regardless of your partner's motives for cheating, it's still wrong. It's a lack of respect to you and the relationship. There shouldn't be any excuses for what they did, which means you especially shouldn't blame yourself.

What are some other reasons as to why you shouldn't blame yourself for being cheated on. Share your comments below.

3 Times in Your Relationship When It's Better to Be Safe Than Sorry





By Amy Osmond Cook,

Ph.D.

Zac Efron's well-publicized condom drop on the red carpet sparked Matt Lauer to comment, "Better to be safe than sorry, right?" Zac chuckled, "That's a great message to add to the many messages in the film."

Well, it turns out that "better to be safe than sorry" is a

great message that applies not just to condoms, but also to relationships in general. Here are three times when it really IS better to be safe than sorry:

1. You suspect that your partner is cheating.

Barring a traumatic past relationship, people want to trust their partners. So if you keep having that nagging feeling that he's cheating, it's better to look into the possibility than to turn a blind eye. Hopefully, your worry is unfounded. But, unfortunately, each of my friends who suspected her partner was cheating really did have something to worry about. Consider the words of Ronald Reagan when discussing his relationship with the Soviet Union: "Trust. But verify."

Related: You've Cheated, So Now What?

2. You see a mean streak in your partner . . . but only with the guys.

No matter how nice your partner is to you right now, his true colors will shine through eventually. If you see him losing it on some guy at the bar, you can bet that given enough time, you'll be on the receiving end of the dude gone postal. And don't think that his gallant desire to protect the "weaker" sex will prevent an eventual outburst: a large majority of women who suffer from domestic violence were hit the first time while they were pregnant. Don't mess with a nasty temper. It will always come back to haunt you.

Related: Hollywood Portrayals of Domestic Violence

3. You get cold feet before the wedding.

Stories of commitment phobes and runaway brides who left their partners at the altar abound. It is often assumed that "cold feet" before a wedding is normal. While it may be common, anxiety before marriage is nothing to sweep under the rug—it's a manifestation that something isn't right about the

relationship. Maybe it really is as simple as a commitment problem, and you need to get some tips from a professional about how to manage your impulse to run. But it's something that has to be worked out before the wedding, not afterwards. Just remember, an embarrassing day is much better than a life of misery or a divorce down the road.

Most of the time, it's best to give your partner the benefit of the doubt. But when you encounter a cheating heart, a bad temper, or feelings of anxiety, it's better to be safe than sorry.

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

Rumor: Did 'Bachelor' Ben Flajnik Cheat on Courtney After Their Engagement?





Although they got

engaged in Switzerland last November, things have been questionable between *The Bachelor*'s Ben Flajnik and Courtney Robertson. In the show's *After the Final Rose* episode, Chris Harrison asked the duo about cheating rumors which have been circulating about Flajnik. Although Flajnik ultimately denied the rumors, according to *UsMagazine.com*, there's indisputable evidence in the form of three photos catching him in the act. The photos supposedly prove that he's had "more than friend" relations with at least three women since being engaged to Robertson. One insider says, "Ben did not seem to care who saw him, considering his status on a prime-time reality show

about finding true love." Perhaps the truth will come out

How do you confront your partner about cheating rumors?

Cupid's Advice:

soon!

Cheating on a significant other is the ultimate betrayal of trust, so it's important to get the facts before jumping to conclusions. Cupid has some advice:

1. Approach the situation calmly: If you're too quick to accuse your partner of cheating, you'll destroy the relationship before hearing what your partner has to say about

the allegations. It could very well be some kind of miscommunication, so make sure to get the facts before letting your anger get the best of you.

- 2. Drop some hints: If you're not comfortable simply bringing up the topic, drop some hints that there's something important you need to discuss with your partner. Usually a change in your usual routine will draw some curiosity. That way, he'll be prepared for the serious conversation.
- 3. Be prepared: There's no doubt that cheating is not a pleasant conversation topic. Make sure you're prepared with the points you want to make before going into it, so you can get it all out right away. This way, you can keep the topic to one discussion instead of multiples over time.

How did you confront your partner about cheating rumors? Share your experiences below.