

You've Cheated, So Now What?



By Melissa Caballero

You've done the unthinkable. You've cheated. But whether it was a one-night stand or an ongoing affair, something has to be done. You must find the courage to confront yourself, your life and your relationship. The aftermath of cheating is not an easy obstacle to maneuver through, but you are not alone. Reaching deep within can reveal many of the answers to those heart-wrenching questions that are most likely burdening your conscious. Whether you're a celebrity couple overcoming the adversity of the paparazzi exposing your cheating-capades or an everyday couple trying to find your way, here are a few tips on how to handle your embittered situation:

1. To tell or not to tell. If your affair was truly a one

time lapse in judgment, it may be most beneficial to keep this information to yourself. Although you might think it will take a huge weight off your shoulders to confess, you will only be hurting your partner and destroying any trust that exists between you. If you choose to keep it quiet, remember not to blab to your friends or post eluding comments on Facebook, increasing the risk of your partner finding out. You must only do this if you truly believe you will never cheat again.

However, if after you've cheated you feel there is no way to exist in your relationship without revealing your wrong doing or if in fact you want to end things and move on, disclosing the information may be the right choice for you. Without disclosure, it may not be possible for you and partner to move on in a truly honest relationship.

2. Work it out or end it. Was this really just a one-night stand or are you finding yourself chronically hooking-up? Infidelity often happens because something is missing in the relationship. After you've cheated, you may realize you the made the biggest mistake of your life. If this is the case, you need to communicate with your partner about how you're feeling, and what's lacking in your relationship. Doing so, will make it easier to fix these things as a couple. This doesn't necessary mean you have to confess, but simply use your infidelity as a learning curve.

However, the lesson may very well be that you are no longer committed and you need to move on. Your actions may have been a subconscious act to sabotage your current relationship

Related: [5 Reasons Why Power Men Like Arnold Schwarzenegger Cheat](#)

3. Accept the consequences. Whether you fess up or not, every action has a reaction. Being unfaithful is a detrimental behavior and will impact your life drastically.

If you do expose these actions to your partner, you have to be prepared for the worst. You cannot expect your partner to brush off this information or even forgive you. If you mutually decide to overcome this hurdle together, you must give your partner space and time to heal. You must also give constant reassurance that you have learned from your mistake and are willing to move on honestly and faithfully. If you and your partner are committed to each other post cheating, the healing process may bring you even closer together.

Related: [NY Ink's Ami James Chats about New Season and Inking Your Partner's Name](#)

4. Find forgiveness within yourself. Mistakes happen. Rather than beating yourself up, step back and forgive yourself. Doing this allows you to free yourself mentally. While you are still responsible for your actions, this release of emotion can allow you to work on yourself, your relationship- whether it is the current one or a new one- and help you to change your bad habits and find personal growth from within.

How did you and your partner handle a cheating situation? Share your comments below.

Can Cheaters Ever Change?





By Sarah Foulkes, **GalTime.com**

It can be a devastating blow to a committed relationship. One partner strays and the other is left picking up the pieces—and left with difficult decisions. If your significant other cheats on you— can he or she change? When is there hope to salvage the relationship... and when is it hopeless?

The latest example: after ten years of marriage and sticking by her husband through his self-admitted infidelity in 2003, Vanessa Bryant has filed for divorce from NBA star Kobe Bryant citing 'irreconcilable differences'. Reports say Vanessa believes the basketball star was up to his old tricks again.

It's obviously a difficult time for the Bryants, who put out a joint statement through their publicist:

"The Bryants have resolved all issues incident to their divorce privately with the assistance of counsel and a Judgment dissolving their marital status will be entered in 2012. We ask that in the interest of our young children and in light of the upcoming holiday season the public respect our

privacy during this most difficult time.”

Which leads us to the question, can cheaters ever change?

According to Sharon Rivkin, a licensed marriage and family therapist, and expert in dealing with extramarital affairs, ***some cheaters change and some don't.***

“The cheaters that don’t change are the ones where the cheater feels a huge sense of entitlement, is a narcissist, lacks any sense of remorse, and has virtually no impulse control,”

Rivkin says. “The cheaters that can change are the ones who do not have a character disorder or addiction and who have cheated because they were very unhappy in their relationship, their relationship had deteriorated to the point that they were not getting their needs met, and they had very poor communication skills.”

Rivkin emphasizes that an affair never happens out of the blue— and is actually an extreme symptom of a relationship that’s been in trouble for some time. It actually serves as a powerful catalyst that can either end a relationship or take it to a greater level of intimacy.

So what are some signs that a cheater will (or will not) change? Those willing to change show that willingness with their actions, Rivkin shares.

Signs that a cheater will change are:

1. A sense of remorse and pain over cheating.
2. The willingness to get help individually and/or as a couple to change the issues that caused the cheating in the first place.
3. The willingness to show their partner their cell phone, emails, etc. without getting defensive.
4. The ability to break off the affair to work on their primary relationship.
5. Admitting that they DID cheat (no excuses) and that it

was wrong.

Signs that a cheater will not change:

1. No remorse.
2. History of cheating in other relationships and reluctance to seek help.
3. Continuing to be secretive with their phones, emails, texts, etc.
4. Inability to stop the cheating. Character disorder, i.e., narcissism, sex addiction.
5. Inability to actually admit that what they did was wrong...lots of rationalizing, excuses, and blame.

Of course not everyone is dealing with a husband who plays professional basketball and who is allegedly cheating on them.

But when is it time to give up and get out of a relationship?

"When the cheating continues even though the partner is saying they aren't cheating," Rivkin affirms. "If a person continues to cheat, like Kobe Bryant, there is virtually no hope that this behavior will change."

According to Rivkin everyone needs to explore their own relationship and circumstances.

"When couples don't stay together, it has less to do with the particular circumstances of the affair than with the couple's long-term history, and with their willingness and ability to explore it," Rivkin says. "Sometimes it seems the reservoir of resentment and hostility is just too overwhelming, and that so much damage has been done that there is little left to salvage. For some people, they are done with one indiscretion and some aren't. The only right answer is what is right for you."

After all is said and done, Rivkin expresses that if you feel you can't trust them again, even if they show signs of change, you may need to walk away.

“It’s not a failure or a sign of weakness to leave a destructive relationship,” Rivkin states.

What are your thoughts on cheaters changing? What about the Kobe divorce?

Why Men Look at Other Women



By Marcelina Hardy

How many people look at Demi Moore and think, “Wow, she is so hot!” ... and yet Ashton Kutcher couldn’t stop turning his head, body and well, everything else towards other women.

So what is it? Why do men look at other women when they have the lady of their dreams standing right beside them? Don't worry ladies. It's much less heart wrenching than you think, but yes, they still need to quit it.

Related: [5 Reasons Why Men Cheat](#)

Creating Perfection When There Is None

No one is perfect, not even Demi Moore. Guys have this wish fulfillment that they can create the perfect woman by piecing them together. What they do is look at the huge boobs on one girl and then places it on the tight butt of another. Then they take the perfect, long, tight legs of another girl and join it with the flat tummy of another. In their minds, pieced together, is the perfect woman. They daydream about this with all of their pieces put together.

Something is always missing though, and it never seems quite right. This is why: It's the one thing that makes them love you for who you are, no matter what you look like – your heart and soul.

See, the images they collect of other woman are just that, images. It's like taking puzzle pieces, putting them together and seeing a complete image, but they can't do anything with it. They can't have fun with that, and they aren't in love with that. They aren't attached to the image, and they just don't have any sense of belonging and care for it.

Related: [How To Gracefully Deal With Rumors In A Relationship](#)

Sure, it's exciting for them to see the "perfect woman" because it's something they created. However, the thrill is gone once they create it and realize it's not real.

Stopping the Wandering Eyes

Does that give men the right to continue to gawk over other

women? No, it's disrespectful to you and to other women. The next time your man turns his head, don't make a big production about it. Wait until you're not emotionally charged about it and then calmly say:

I noticed that you looked over at that woman earlier today. I just want to let you know that it upsets me. It would make me happy if you wouldn't do that.

Do not say anything more. He will most likely feel defensive about it, but also surprised that you aren't starting trouble over it. Watch his behavior change right before your eyes. Soon, he'll be staring at you and no other women will matter.

Are you having a difficult time communicating with your partner? Communication is essential in a healthy relationship. If you need help in your relationship, Marcelina Hardy, MSEd can help. She is a relationship coach with 10 years of experience helping people improve their relationships and move on from relationship trauma. Visit her website, Relationship Repair for help.

Justin Bieber Denies Fathering a Baby





Baby, baby, baby noooo way! Justin Bieber recently became the father of his new puppy, Baylor, with girlfriend, singer and actress Selena Gomez, but he denies all accusations that he fathered the (human) child of Mariah Yeater. The 20-year-old Californian told STAR magazine that she and Bieber, 17, had sex backstage at a show in L.A. She gave birth to her son three months ago, and has filed a paternity lawsuit against the young pop sensation. A rep for Bieber told UsMagazine.com, "While we haven't yet seen the lawsuit, it's sad that someone would fabricate, malicious, defamatory AND demonstrably false claims. We will vigorously pursue all available legal remedies to defend and protect Justin against these allegations."

How do you handle others' claims that your partner is cheating?

Cupid's Advice:

Hearing that your partner is cheating on you is humiliating and infuriating. If you're told your partner's been sneaking around, here's some ways to react:

1. Get the facts: Don't believe everything you hear without finding out exactly what people are saying, and who's saying it. Rumors get twisted, but they have to start somewhere. Get your facts and your sources straightened out, and then proceed to deal with the situation.

2. Confront the source: If someone tells you that your partner is cheating, turn around and directly ask your significant other. It might be difficult, but usually that fear comes because we're afraid of their answer. Make sure that you don't back down too easily if they try to persuade you otherwise. They've lost your trust, and they need to win it back by proving themselves.

3. Don't act irrationally: Just because you hear that your partner has cheated, that doesn't mean you should try to even the score by cheating on them. All previous trust within the relationship will vanish, and repair may be impossible, especially if your partner ends up being innocent. Wait until you're positive your partner is cheating, and then handle the situation maturely, whether that's breaking up or choosing to work things out.

How did you handle rumors that your partner was cheating? Share your experiences below.

Demi Moore Hits the Red Carpet Alone, But With Wedding Ring



So far, both Demi Moore and Ashton Kutcher have kept quiet about their supposed marital woes, despite being constantly hounded by the tabloids. Although reports have recently surfaced that Kutcher cheated on Moore on their sixth wedding anniversary, the actress was still spotted on the red carpet with her wedding ring firmly in place. [E! Online](#) reports that Moore was not hurting for male companionship though, as she was surrounded by men at the NYC premiere of her latest film, *Margin Call*. Although men including Simon Baker, Paul Bettany, Penn Badgley and Zachary Quinto shared the red carpet with Moore, the actress did choose to attend the premiere without a very obvious date.

What are some ways to keep your marital woes from prying eyes?

Cupid's Advice:

Every marriage has its issues, but it's how you handle them

that counts. Cupid has some ways to keep your problems from curious outsiders:

1. Discuss in private: Although you may have the urge to talk to you partner about an issue you're having immediately, do all that you can to keep it inside until the timing is right to discuss it ... which is when you're not in public.

2. Don't spill to friends: When you're angry with your mate, it can be tempting to run to your friends to complain. This will only serve to make things worse. Make sure to confront your significant other before confiding in your pals.

3. Interact in public minimally: If the problems in your marriage are big, it's probably best to stay out of the public eye together. The temptation to fight despite the fact that you're in front of people can sometimes be too great when your issues are major. Practice some independence from each other during this time.

What are other ways to keep your problems from your peers? Share your thoughts below.

David Boreanaz Says His 2010 Affair Strengthened His Marriage





Now that his 2010 affair is behind him, *Bones* star David Boreanaz is speaking out about the power of positive thinking, according to UsMagazine.com. The actor says that after he cheated on his wife Rachel Uchitel, it ended up being a “bonding experience.” He explains, saying, “In a sacred ground like marriage, you find yourself out of it at certain times for reasons unknown that can be destructive. There could be a demon that kind of comes out and overtakes you.”

Although his infidelity was no doubt a rocky point in his marriage, he also says, “Do I believe in giving up? No, I don’t. I’m a fighter. I’m a lover.”

How do you overcome cheating in your relationship?

Cupid’s Advice:

It can be difficult to surpass unfaithfulness in a relationship, but it’s not impossible. Cupid has some suggestions:

1. Couples counseling: The most important thing you can do is hire a third party to listen to you air your grievances. A

counselor will keep you “in check” so to speak, and you’ll have a safe place to share all of your feelings with your partner in order to potentially work them out.

2. Open communication: Instead of cowering away from each other, keep the lines of communication completely clear and in the open. Be brutally honest about everything in order to avoid any further suspicion.

3. Time: If you’re truly dedicated to your relationship, it’s going to take time to overcome the break in trust that cheating creates. The best thing you can do it to stick with it, and work at it.

What are other ways to overcome cheating in a relationship? Share your ideas below.

Ashton Kutcher and Demi Moore Are Silent Following Cheating Allegations





First, Ashton Kutcher was accused of cheating on his wife, Demi Moore, and now there are even more rumors flying around. After spending their anniversary apart, [RadarOnline](#) reports that the two Twitter lovers no longer follow each other on the social networking platform. To make the gossip even juicier, Moore and Kutcher have reportedly been living separately for the last two months. Moore and Kutcher are both keeping silent about the allegations and talks of divorce.

How do you deal with the public backlash when you're having conflict in your relationship?

Cupid's Advice:

When you and your partner are having problems, it can seem like meddling family and friends are worse than the paparazzi. Here are some ways to go about combating the public:

- 1. Keep silent:** If all you can think to say is mean-spirited, it's probably best to keep quiet. It's your business, and no one else needs to know what's going on in your relationship.
- 2. Don't pick a fight:** If your better half is going around

telling their side of the story, don't address them. Instead, find the people he's been speaking to and tell them your side personally.

3. Take the advice: Sometimes people want to know about your problems just to give you advice. Entertain them, but make your own decisions.

Do you and your partner have your own paparazzi? Share your experiences below.

Ashton Kutcher's Alleged Mistress Hires a Lawyer



A 23-year-old woman, who is accusing Ashton Kutcher of cheating on wife Demi Moore with her last Friday, has hired a top Hollywood attorney. according to [RadarOnline](#). "She is due to meet with an attorney tonight (Tuesday). She is freaking out," one of her friends said. As a result of the alleged cheating, *Star* magazine is preparing to hit the newsstands Wednesday September 28 with a sensational report about the couple's marriage being "officially over." "Ashton and Demi have separated and the marriage is over," a source close to the couple told *Star*. "The relationship ended because of Ashton's serial cheating. It's a painful time for Demi."

What are some signs to look for when you think your mate may be cheating?

Cupid's Advice:

You have a good feeling that your partner is cheating, but how do you know for sure? Here are some common signals:

1. Work habits change: If your significant other is suddenly working late or at odd hours, you may want to look into the real reason behind it. It very well may be career-related, but it's best to make sure.

2. Privacy: If your significant other demands more privacy, there may be a reason. If he begins password-protecting his computer, hiding his credit card bills or isn't comfortable allowing you to use his phone, you should make sure to ask why.

3. Behavior changes: If your lover is spending less time with you, and more time on the phone or they can't account for where they've been, question them. If you're immediately accused of being too suspicious, and your questions are never answered, then something is definitely wrong.

Share with our readers if you know other signs that mean

your partner is cheating.

Is Ashton Kutcher Cheating on Demi Moore?



The rumors are flying that *Two and a Half Men*'s latest newcomer Ashton Kutcher has been cheating on his wife of six years, actress Demi Moore. Although the tabloid news has yet to be confirmed, some recent Twitter behavior from each half of the duo is causing some speculation, according to [People](#). The day before their wedding anniversary, Moore chose to share a quote from Greek philosopher Epictetus, which reads, "When we are offended at any man's fault, turn to yourself & study

your own failings. Then you will forget your anger.” While the actress chose someone else’s words to voice her emotions, Kutcher took the opposite approach and decided not to post anything at all on his wedding anniversary. This may actually speak volumes, because the actor is known to be very active in showing his love for his wife via social media.

How do you gracefully deal with infidelity rumors in a relationship?

Cupid’s Advice:

1. Regroup: Before acting at all, take a deep breath. You can potentially make things worse than they already are if you react badly to something that ends up not even being true. Let the news sink in before you even speak to your significant other about it.

2. Get the facts: Don’t go public with your emotions until you’re sure you’ve gathered all sides to the story. Avoid taking the rumors you hear as fact and simply confront your partner about it, and then hear him or her out before acting.

3. Find support: Social media is probably something you want to stay away from after you’ve begun dealing with cheating allegations. Instead, find someone you trust to confide in, like a family member or a friend. They may be able to point you in the right direction.

How did you deal when you heard rumors your partner was cheating? Share your thoughts below.

The Real Life 'Desperate Housewife' Michaela Salahi Says Love with Journey Neal Schon Is True



D.C. Housewives star Michaela Salahi tried to prove that true love never dies. Sadly, it was at the expense of her current ex , Tareq Salahi. Now, Michaela and Journey singer Neal Schon have picked up right where they left off after the rocker invited the reality star couple to his concert in Virginia not long ago. [E! Online](#) reports that the pair have had a secret relationship via phone up until their recent reunion, as the two had met nearly 15 years ago originally. The love-struck couple are excited to have finally revealed

the nature of their relationship to the media. Schon exclaimed, "I'm very happy, very happy after waiting for her for 15 years." Salahi admitted to dating both Schon and her ex-husband back in the late 90's. However, after being diagnosed with Multiple Sclerosis, she decided upon a more settled lifestyle with her now ex. The two both remember the night of the concert as a whirlwind of emotions that ended in Michaela going home with her husband out of respect, but then packing up her belongings and heading out not even two weeks later.

How do you prove you're in love to family and friends?

Cupid's Advice:

It's important not to try too hard when trying to make your relationship believable. Everyone has different ways of expressing love, so it should come off naturally:

1. Too much PDA: A lot of kissing and unnecessary touching is not the best way to prove your love. It makes it seem as if you're trying too hard. A quick peck here and there is cute, but try to keep your hands to yourselves.

2. Body language: It's is easy to know how a couple feels toward each other by observing their body language. Make sure to lean into your partner when speaking to them. A few coy smiles and longing gazes won't hurt either.

3. Declare it: Telling your friends and family that you love your significant other is always a sure way to let them know how you feel. They may not be able to notice the subtleties of love between you and your partner, but a verbal message comes across loud and clear.

How do you prove your in love to your friends and family? Tell us your story below

5 Ways Technology is Ruining Your Dating Life



By Melissa Tierney

There's no denying we are a society addicted to technology. While this fact may not necessarily be a bad thing when it comes to your day-to-day life, our technological habits may be making it impossible to form 'real' relationships with the targets of our affection. It seems that the days of in-person or over-the-phone conversations are gone, and instead we are left with e-mail, texting, or social networking sites as the normal way of communicating, normally in 140 characters or less. So although technology may make it

easier to meet someone, does it really help nurture a relationship?

1. Tuning Out the World Around You: It's become a part of life to have our Blackberry stuck to our ear whether we are at work, running errands or even out with friends, but what does this say about us? Experts agree, when people are glued to their phones it's a sign that they aren't open to meeting new people. This is the complete opposite message you want to be sending if you are indeed "on the market." If you seem preoccupied and uninterested, no one is going to approach you in order to get to know you, let alone ask you out. Whether you're out alone or with your friends, take some helpful advice and put the phone down – you never know who may be watching you, waiting to make his or her move.

2. More Likely to Cheat: Studies have proven that people who are addicted to technology and social networking are more likely to cheat. Since they are constantly 'meeting' new people every day, and communicating with them via the Internet, it is more likely to turn a friendly conversation into flirting. The worst part of this is that others don't even consider what they are doing as 'cheating' or 'flirting'. By being able to meet someone with the click of a mouse, it makes people appreciate less what they already have.

3. Cyberstalking: With sites like Facebook, Twitter and Four Square, people are now able to track down their partner's whereabouts without being caught. By engaging in this kind of behavior, you can ruin an existing or new relationship. When you cyber-stalk your honey, you're going to over-analyze everything they do: who they are talking to; who they have pictures with; and where they are going. This may indicate a trust issue in the relationship. While you may be tempted to cyber-stalk your beau, don't do it – it will cause nothing, but problems.

4. Not Paying Attention: How annoying is it to go on a date with someone who won't turn their phone off and focus his attention on you? Just because you have your phone with you, that doesn't mean you should be responding to a text, e-mail, or call. When you're on a date, you should be focusing your attention on the other person and what he or she is saying.

How are you supposed to get to know someone who you might possibly have a future with if you can't even focus and pay attention in the present?

5. It's Not Official Until It's On the Internet: Apparently relationships are no longer 'official' until they're spread all over the internet, which makes many people feel uncomfortable. So it begs the question – is it necessary to plaster your relationship status all over Facebook? On the one hand, some believe that unless you have something to hide, you and your beau should both change your relationship status on Facebook as well as indicate who you are in a relationship with to show you are both 'off limits'. Conversely, others believe that your 'status' shouldn't be broadcast on a website and that it isn't anyone else's business. Either way, 5 years ago this situation wasn't something we had to deal with and it's another reason why technology may be ruining your dating life.

What other examples can you think of that demonstrate technology is taking a toll on your dating life? Share your thoughts below!

'Bachelor' Star Elizabeth

Kitt's New BF Is Spotted on Cheating Website



Elizabeth Kitt seems to be unlucky in love, to say the least.

After being dumped by Jake Pavelka on *The Bachelor* and splitting from ladies' man Jesse Kovacs after dating him on *Bachelor Pad*, it looks like Kitt has found another winner.

Her current squeeze, Joshua Rowley, has been spotted on Cheaterville.com, where he is listed under the headline, "Cheater is looking for easy girls online". Rowley denied the accusations of infidelity, telling [RadarOnline](#), "This is hilarious. I was only on-line dating for a week before I met Elizabeth, then I logged off. To whomever the woman is who posted this, thanks, it is a good picture. Elizabeth and I had a good laugh over this!"

What do you do if you keep ending up in dead-end

relationships?

Cupid's Advice:

Some of us seem to be doomed to end up in relationships that go nowhere. Cupid has some tips on how to avoid those dead-end affairs:

1. Date outside your comfort zone: Like bad boys? Try dating nice guys. If you start dating people who aren't your usual type, you might get different results.

2. Change your behavior: Love is a two way street, and after every breakup, you need to think about what you could have changed. Take what you learned to make the next relationship better.

3. Ask for help: Your friends have been with you through all the ups and downs in your love life. Find out their opinions about your next boyfriend or girlfriend to see if they think you're going down the wrong path again.

How do you break the cycle of bad relationships? Share your comments below.

Find Out if Your Partner is Unfaithful with 'The Cheat Sheet'





By Melissa Caballero and Krissy Dolor

Have you ever had that aching suspicion that your partner was cheating on you? You find yourself pacing back and forth worrying where they are, who they're with and not knowing what to do? Maybe you start beating yourself up even though it's not your fault. *The Cheat Sheet* by Rea Frey and Stephany Alexander can help ease your nerves and give you the tools to find out for yourself if your partner really is bunking up with someone else. Stephany Alexander is an infidelity expert and founder of WomanSavers.com, a forum for women to speak to each other about men, abuse and infidelity. *The Cheat Sheet* will help guide you and give you the advice you need to find out if your man is being unfaithful. We had the opportunity to speak with Stephany to find out more about this common issue. Here's what she had to say:

What was the inspiration behind WomanSavers.com?

I started WomanSavers.com in 2002, after getting out of a bad relationship. I've had a history of abuse throughout my life. I was abused as a child and experienced date rape as a young adult. I even had to file a restraining order against one of

my boyfriends who became physically violent with me. I tried online dating and when I signed up for all the matchmaking websites, I experienced a lot of bad dates. I thought I knew what I was doing and it was just a numbers game. However, I found that there were a lot of men who were misrepresenting themselves on the Internet. I became very bitter after all of this. Then one day I was walking along the street and an idea just hit me like lightning. The only way women are going to survive in the future is by sharing information with each other. Now, they have an open forum to speak to other women about men.

What were some of the obstacles you've had to overcome when launching WomanSavers.com?

WomanSavers.com was very controversial and I had to alter the terms of agreement many times. I had to build a shelter against lawsuits, death threats and stalkers because men were not okay with this sort of information being leaked out. However, we do follow very strict rules that comply with U.S. laws that third-party providers are not held liable for what someone else writes as long as we do not edit the post. In fact, before a woman submits a post she has to agree that she is telling the truth or she can be sued in a court of law. It has been a very stressful process.

What can we expect to find in your new book, *The Cheat Sheet*?

The Cheat Sheet is a book about how to catch a cheater. It also shows you the best way to catch them, what to do once you have, how to move forward and how to fool proof your relationship to avoid cheating. The book has a lot of real-life stories about infidelity ranging from all races and genders.

Do you think there is a surefire way you can prevent cheating?

There is no surefire way, but there are steps you can take in order to improve your relationship. For example, keep yourself out of situations where cheating can occur. I would never go to a happy hour and have cocktails with a male that I work with, especially one I may be attracted to. That's one way to help prevent the possibility of cheating. You have to be especially careful when you or your partner has a profession that requires you to travel because it creates more opportunities to cheat. One way to help overcome the long distance is by calling your wife throughout the day or scheduling Skype videos with each other for more intimacy.

Why do you think people stay with partners who have cheated?

Well, some people have a lot more to lose. People stay in bad relationships for 3 reasons: One reason is their children. Parents don't want to break their family unit. Another reason is finances. A lot of people would rather keep their comfortable living situation rather than downsize. The third reason is co-dependency and insecurity; people are scared to be alone.

What is the number one piece of love advice you have for singles out there who are dating?

The most important thing that you can do is research and gather all of the information you can about the person you are about to go on a date with. Get his or her first and last name as soon as you can. Run a background check, especially if you're serious about them. Google them. Go on WomanSavers.com. I know it sounds a little stalker-ish but if you allow the wrong person into your life it can ruin you emotionally, financially and physically. The more you screen, the more likely it will be in your favor to end up Mr. and Mrs. Right. Also, don't take anything for truth if it sounds fishy. Many times women fight their own gut instinct.

Cupid thanks Stephany Alexander for her time! You can

find *The Cheat Sheet* on Amazon. For more on Alexander, visit her website at www.StephanyAlexander.com. Here's to confirming your sneaking suspicions!

Celebrity Breakups: Who Burned Who?



By Tanni Deb

Celebrities might seem like they have it all – a successful career, beautiful looks and a significant other who everyone runs after. Though their lives may appear perfect, don't be fooled by the glitz and glamour of Hollywood's shine. We all

know that some romances don't last, and the following pairs are no exception. Here are five celebrities who were bitten by the cheating bug – and then burned by their former flame:

1. Britney Spears and Justin Timberlake: Timberlake admitted to falling in love with Spears when they first met on the set of *The Mickey Mouse Club* in 1993. "I was infatuated with her from the moment I saw her," he told CBS News. The couple started dating five years later, but ended their relationship in 2002 when Spears allegedly cheated on Timberlake with choreographer Wade Robson. Shortly after their split, Timberlake released 'Cry Me A River,' a revenge song for Spears. However, the N'Sync singer later told MTV, "The song is not about her. The video is about me."

2. Meg Ryan and Dennis Quaid: This actor pair divorced after she was caught cheating with Russell Crowe while filming *Proof of Life* in 2000. She used Quaid's infidelity to explain her own actions and accused him of adultery throughout their marriage. Quaid fought back and said, "It was eight years ago, and I find it unbelievable that Meg continues publicly to rehash and rewrite the story of our relationship." Although Quaid and Crowe both have new loves in their lives, the *You've Got Mail* star remains single.

3. Valerie Bertinelli and Eddie Van Halen: Bertinelli revealed to Oprah Winfrey in 2008 that she and her ex-husband cheated on each other. "He claims to this day that I cheated first, but I don't know," she said. "I don't know about the timing." Although their 25-year marriage ended in 2006, they remain friends. Bertinelli even attended Van Halen's wedding to Janie Liszewski in 2009.

4. Elizabeth Edwards and John Edwards: When John Edwards admitted to having an affair, his wife Elizabeth Edwards got the ultimate revenge. In her will, which was released on January 2011, she left all of her possessions to her children.

Well, can you really blame her? After all, who bothers leaving something to their cheating spouse?

5. LeAnn Rimes and Eddie Cibrian: This couple is a double whammy. Rimes not only ruined her own marriage, but also Cibrian's, as the couple cheated on their spouses with each other while filming *Northern Lights*. They eventually tied the knot this year, despite rumors about Cibrian cheating on Rimes with his estranged wife. The saying "once a cheater, always a cheater" comes to mind in this situation.

Have a couple in mind who didn't make this list? Let us know in a comment below!

New Movie Review: How to Cheat





By Ashley DelBello

What drives someone to cheat? Director and writer Amber Sealey sets out to explore this question in her independent and somewhat provocative film, *How To Cheat*, which was shown throughout June at the Los Angeles Film Festival. Typically, when we think of cheating we think of it happening after a night of drinking or unexpectedly, but what happens when a person actually sets out to cheat?

Meet Mark (Kent Osborne), an unhappy husband in his thirties, stuck in a marriage where he and his wife Beth (Amber Sealey) are trying to get pregnant, but are repeatedly unsuccessful. Mark feels like something is missing from his life and that his best years are behind him so he decides to try online dating while still married. Through these quick snippets of dates, we learn that Mark can't lie about being married.

Naturally, the majority of the women he meets have an adverse reaction to it. All, but one, Cue Louise (Amanda Street,) a free spirit with a drinking problem, who is also searching for something to fill a void in her life. She can tell almost immediately that Mark has someone at home, but still continues

with the date. As you can probably guess they end up sleeping with each other and a series of atypical events unfold.

As a single woman, I assume it's a fear that every woman has once they enter into a committed relationship – will my boyfriend/husband become bored and cheat? I know it's a fear of mine. However, I also have the opposite thought. Will I get bored and think about cheating? Does that make me a bad person because I have these thoughts? I don't think I would go through with it, but I am human. I've made mistakes too.

I spoke with Sealey about her film and she believes that cheating doesn't always happen out of the blue. Sometimes the individual does make a conscious decision to cheat. However, her film doesn't set out to portray Mark and Louise as bad people. "I wanted to look at the characters with the least amount of judgment and not lay the blame on any one of them," she said. Sealey explained that Mark's character is essentially a good guy who has always done the right thing. He doesn't necessarily want to hurt his wife, but he feels that being "the good guy" hasn't really gotten him anywhere.

Since Sealey takes such an objective stance toward each of the characters, the film is a very raw and real portrayal of what marriage and relationships look like today. This is made even more true by the fact that she didn't script out the entire movie. She only wrote an outline of it and guided the actors in the direction she wanted the film to go during production.

When I spoke with Street about how she was able to get into her character of Louise, the "other woman," given that there was no script or lines for her to follow. She said, "It was really important for me to find what part of me could connect to this dynamic and try to bring the humanity there." While cheating or entering into relationship with someone who is

married may not be something that one normally contemplates, *How to Cheat* does an excellent job in pointing out that relationships can be scary and that we as humans are very complex individuals.

For more information and updates on where *How To Cheat* will be played next, check out its Facebook page or www.howtocheatfilm.com.

Arnold Schwarzenegger to Give Maria Shriver Generous Settlement





Looks like Arnold Schwarzenegger still feels guilty over the end of his 25 year marriage to ex Maria Shriver. According to [RadarOnline](#), the ex-governor is prepared to give his ex a hefty settlement in the divorce, much more than is required under California state law. Both Schwarzenegger and Shriver's lawyers seem to be getting along and are working together to come to a joint settlement. Schwarzenegger said he is the one to blame for the collapse of his marriage, and he is willing to give Shriver whatever she needs. He's also filing for joint custody of the couple's sons, which is a decision Shriver agrees with because she still wants her ex to remain a major part of their children's lives. It's so sad to see the end of such a seemingly perfect marriage, but at least the pair are putting their differences aside to do what is best for their children and themselves.

How do you show your ex that you still care?

Cupid's Advice:

It's tough to show your ex that you still care about him or her whether you went through a rough break-up or even a major divorce. Luckily, Cupid has some tips on how to show your ex

that you still care:

1. Admit you're wrong: By standing up and realizing you messed up and taking responsibility for what happened, you show your partner that you not only feel horrible for what you did, but also that you do care about him or her and his or her feelings. If you and your ex aren't on speaking terms, take a tip from "Mr. Big" in Sex and the City the movie and write a letter to your ex to express how you feel.

2. Make it up: You can't fix what's already broken, but you can do the next best thing and try to make the best out of the situation. Take a tip from Arnold Schwarzenegger and be willing to give a little extra in the divorce settlement.

3. Be happy for your ex: Don't try to get in the way of your ex's happiness. Allow him or her to move on. By doing this, it shows you care and there are no hard feelings between the two of you.

How do you show your ex that you still care? Tell us your thoughts below!

5 Reasons Why Powerful Men Like Arnold Schwarzenegger Cheat





By Terri Orbuch PhD, The Love Doctorâ„¢

As a researcher and psychologist who's been studying marriage and divorce for more than 25 years, I'm interested in the motivations of men who seem to "have it all" and then throw it all away, facing public humiliation in the aftermath and subjecting their families to the same.

Here are five ways to understand why men like Arnold Schwarzenegger, Tiger Woods and John Edwards risk it all to have an affair:

1. The illusion of invulnerability. Often, powerful men have affairs because they think they won't get caught. And even if they do, they believe they won't get in trouble because they have the resources to cover it up. These men often don't worry about the long-term effects of their actions on others, only the short-term gains for themselves.

2. Ample opportunities for temptation. Wealth, fame and power are attractive to many women, who make themselves available to powerful men, sometimes aggressively and without scruples.

Then such men are away from home for days at a time, and the loneliness and the desire for female companionship can trigger infidelity.

3. Adrenaline dependency. Many powerful men have positions that require a lot of responsibility and authority. They perform well under high stress and continually need and enjoy excitement or challenges to drive them forward. An affair gives them the same type of exhilaration in their private life.

4. Enabled by yes men. Powerful men tend to be surrounded by people who protect them, idolize them, and even “enable” their vices in order to remain inside their influential orbit. Being surrounded by people who don’t challenge your decisions or give you honest feedback has an effect on your ego and your sense of propriety and limits.

5. Desire for change. Let’s not forget that powerful men are still men, and usually an affair signals an internal need for change. Something in the man’s life or his relationship isn’t okay – and the affair creates the trigger for change. Boredom and relationship ruts are common reasons couples cite for infidelity.

While influence, wealth and celebrity may present some additional challenges that are unique to powerful men, the fact is that not all such men succumb to infidelity. And the explanations above are certainly not excuses for the behavior of those who do.

Terri Orbuch PhD, known as The Love Doctor, is project director of longest-running study of married couples ever conducted, funded by the NIH and ongoing since 1986. A practicing marriage and relationship therapist for more than 20 years, she is also a popular love advisor on radio, TV, and peoplemedia.com, most recently seen on NBC’s Today. Her new book is 5 Simple Steps to Take Your Marriage from Good to

Great (Random House). Learn more at www.drterriithelovedoctor.com.

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair



By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and

the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria says, “As you know, transitions are not easy. I’d love to get your advice on how you’ve handled transitions in your own life. It’s so stressful to not know what you’re doing next. People ask you what are you doing and then they can’t believe that you don’t know what you’re doing.”

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria’s outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil. Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot’s Guide® to a Healthy Relationship* and saw Arnold and Maria’s love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

– Picture your future by drawing a matrix. Put yourself in

the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

- Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write down all of the suggestions.

- Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

How Maria Shriver Found Out About Arnold Schwarzenegger's Love Child





New details about how Maria Shriver learned of her husband's infidelity have surfaced. UsMagazine.com reports that Shriver, 55, went out to eat with girlfriends Oprah Winfrey and Gayle King right before the news broke that Arnold Schwarzenegger fathered a child with a member of their household staff. Shriver supported her friend Oprah by attending her talk show send-off just days after the scandal went public. "Not only did she come, she came, she showed up, she did the part," King, 54, said. "[Maria's] a class act and she's handling it with such grace, trying to figure out what to do...how to help the children through. It's just a very difficult time and heartbreaking to see."

What are some ways to react when you find out your partner has cheated?

Cupid's Advice:

Learning about a partner's affair is tough, and there are lots of different ways to react. Cupid has some ideas on the best and worst ways to respond:

1. Get your revenge: Often our first instinct is to get angry and take it out on your cheating partner. While it's important to feel your frustration and sadness, don't do or say something you'll regret later.

2. Become a hermit: Once you hear the earth-shattering news, you may need some time alone to grieve. But don't forget that going out and spending time with friends and family is essential during a difficult time.

3. Keep it classy: Even though you may want to either hole up or lash out at your mate, try to stay above all the pettiness. Take the high road, and remember that life goes on.

How would you respond to news that your significant other cheated? Share your comments below.

Arnold Schwarzenegger Fathered a Child Out of Wedlock





The shocking breakup of one of the biggest power couples in Hollywood and politics now makes a lot more sense, reports [People](#). The *Los Angeles Times* broke the news that Arnold Schwarzenegger fathered a child out of wedlock 10 years ago, resulting in he and wife Maria Shriver separating. In a statement to the newspaper, the 63-year-old actor and ex-governor said, “After leaving the governor’s office I told my wife about this event, which occurred over a decade ago. I understand and deserve the feelings of anger and disappointment among my friends and family.”

What are some ways to tell that your mate is being unfaithful?

Cupid’s Advice:

Maria Shriver was shocked to learn that her husband cheated, but if you can pick up on some warning signs, you might be able to save yourself a lot of time and a little bit of hurt.

Cupid has some ways to tell that your partner is running around beyond your back:

1. Liar liar: If you catch your partner in an untruth, ask

more questions to see if they get uncomfortable. If you feel like they're hiding something, it may be another lover.

2. Gone: When your mate spends a lot of time away from you and gives you lame excuses about where they've been, question them.

3. Abnormal behavior: Has your significant other changed his or her behavior dramatically? If you notice an attitude shift, like apologizing for everything or being extra sweet, be wary.

What are some other warning signs to watch out for? Share your ideas below.

Jesse James Says That Millions of Married Men Cheat





Famed serial cheater Jesse James recently defended his bad behavior by pointing out that he's not the only one, reports UsMagazine.com. The *Monster Garage* star told *Men's Journal*, "I never shied away from anything I did. I took full responsibility. I cheated on my wife. Guess what? So do millions of other men." The 42-year-old, who divorced Sandra Bullock last year, is currently engaged to Kat Von D.

How do you know if you can trust your partner after past indiscretions?

Cupid's Advice:

After your mate is unfaithful, it's hard to trust them completely again. Cupid has some tips on how to know if your partner really has changed for good:

- 1. Accept the apology:** If your partner made one mistake and is truly sorry, think before throwing away your entire relationship. Give your mate another shot if you feel they are being genuine.
- 2. Don't forgive multiple affairs:** If your significant other

has had multiple indiscretions in the past and doesn't seem fully committed to your relationship, you probably can't trust them to stay faithful in the future.

3. Have faith: The bottom line is, you'll never know for sure if your partner is going to cheat again. But if you decide to give them another chance, give them your complete trust. There's no point in starting over and giving the relationship a shot if you're not fully trustful.

Would you trust a partner who cheated in the past? Share your comments below.

Brandi Glanville and Elin Nordegren Are Bouncing Back





Brandi Glanville and Elin Nordegren are finally moving on from their bitter breakups. Glanville, 38, divorced actor Eddie Cibrian after UsMagazine.com broke the news that he was having an affair with LeAnn Rimes. Elin Nordegren also knows a thing or two about infidelity. After finding out that her husband, pro golfer Tiger Woods, cheated on her with multiple women, the 31-year-old Swedish supermodel also filed for divorce. Glanville is trying to move on by making an appearance on Bravo's *The Real Housewives of Beverly Hills*, while Nordegren has been playing the field, most recently dating a banker in Florida.

What are some ways to show you've moved on after a bitter divorce?

Cupid's Advice:

After a breakup, everyone finds a different way to move forward. Cupid has some ideas on how to show your ex you're over it:

1. Dating: Seeing someone new is one of the surest ways to

start moving on from a past relationship. It's also a good way to let your ex know that you're officially over him or her.

2. Revenge: Getting revenge on an ex-partner who broke your heart can give you a lot of satisfaction and the feeling that you're even. Just be careful that you don't go too far and end up regretting it.

3. Change: After a painful divorce, sometimes you just need a change. By getting a makeover, moving to a new city or getting a new job, you'll show your ex that you have a new life that doesn't involve him or her.

After your last breakup, how did you show your ex you were over it? Share your comments below.

Newly Married LeAnn Rimes Talks First Easter As a Wife





LeAnn Rimes celebrated Easter as a new wife after marrying beau Eddie Cibrian last weekend, according to [UsMagazine.com](https://www.usmagazine.com). The 28-year-old actress and singer gushed about her new hubby and his two kids when she tweeted, “Brunch w/my husband on the beach, massages and an impromptu Easter Egg hunt w/ 2 special boys! Perfect day, perfect weekend!” Cibrian, 38, and Rimes met in 2008 on a movie set and famously started dating while married to other people.

How do holidays change after you get married?

Cupid’s Advice:

When you’re part of a couple, holidays change completely. Cupid has some insights on what to expect:

1. Share time: After you get married, for better or worse, you’ll get to know your in-laws well. When a big holiday rolls around, you may find yourself splitting time between your mate’s family and your own.

2. Split holidays: Some couples divide up holidays so that you spend Christmas with one family and Easter with another, for

example. Decide with your partner what works best.

3. Get more presents: When you have a spouse, your family doubles! Now you'll have more people to cook and shop for ... but the more the merrier, right?

How did you celebrate Easter with your significant other? Share your comments below.

Elizabeth Hurley Files for Divorce



This past Friday, Elizabeth Hurley filed for divorce from her husband Arun Nayar. According to [People](#), Hurley blames the

divorce on husband, Nayar's "unreasonable behavior." What seems to be confusing to the public, however, are the photos that surfaced in December of Hurley kissing an Australian cricket star, Shane Warne, outside a restaurant in London. Hurley took the opportunity to explain herself via Twitter, saying, "For the record, my husband Arun and I separated a few months ago. Our close friends & family were aware of this."

If you're separated from a spouse, is it okay to stray?

Cupid's Advice:

Divorces are messy and can take months or even years to clear through the legal system. Some couples find it easier or less hassle to have a separation. Cupid has some things to think about when deciding what's acceptable to do during a separation:

1. Reasoning for the separation: If your separation is the first step in a divorce, it may be okay to begin to start your new life. If the two of you separated in hopes that the time apart will bring you closer together, then you still owe your time to your current spouse.

2. What you decide: When you and your significant other decide to separate, a conversation about what is appropriate during the time apart is necessary to avoid any confusion.

3. The other person's behavior: If your spouse is still attempting to work on things in your relationship and you're already on to the next one, you should let him or her know before you begin moving on.