

# Relationship Advice: Does Being Wronged Give You The Right To Fight?



 By Dr. Jane Greer

Superstar Pink has revealed that Christina Aguilera tried to punch her in a club during their feud, rather than talking things out. Sometimes when people do not have the skills or the opportunity to deal with their anger directly, that hostility might build up and result in a situation like this, which isn't healthy for anyone.

**So, how can you avoid this a hostile incident, and, more important, how can you guard against feeling so mad that you find yourself wanting to hit someone? Here's some relationship advice:**

Very often when somebody does you wrong, you believe you have the right to feel outrage toward them. If you don't get to talk through those feelings, they can build up into self-righteousness that you carry around with you like a landmine that might explode anytime it is triggered. Understanding this points to how important it is to speak up when you feel offended or hurt by someone's behavior or actions toward you. Doing this is essential to your health and well-being.

**Related Link:** [Relationship Advice: Can You Cheat Jealousy?](#)

The best thing to do is to talk directly to the person you have the grievance against. Reach out through a letter, email, or a call, and ask if that person is willing to sit down with you or have a conversation over the phone. Explain that you are upset and would like to clear the air, and hopefully they will respond accordingly. If you can do this, it will not only help to dissipate the fury you feel, but might also lead you to a place of understanding as to why you had such a strong reaction about what happened in the first place. There is also the chance that the person in question did not even realize he or she did something to anger you, and this will give you the opportunity to gain some perspective as to what might have been going on for them. In this way, you can discover something that can help to shift things so that what they did doesn't occur again.

Of course there are times it isn't possible to speak directly to the person. If, for example, they refuse to talk to you, or if it is impossible to reach them, are you stuck with all this rage? You don't have to be. If that happens, see if there is someone else you can talk the issue through with who might help you figure out why this pushed your buttons so much. Did you feel devalued? Lied to? Blamed? Were you treated unfairly? Were you made to feel vulnerable? Once you have a good handle on it, it will help you navigate so that you can prevent similar situations in the future. One of the goals is to learn how to stop taking things personally, because this can make you stronger and less sensitive to people's offensive behavior.

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If there is nobody you are comfortable talking about this with, and the other person is uncooperative, then write it down for yourself. There is a reason we say the pen is

mightier than the sword, and there is no better example of that than this scenario. When you are able to express yourself in words, either through talking or writing, it helps to release and decrease your anger, so instead of carrying around one hundred pounds of it, you can reduce that to a lighter load of twenty pounds or so. The sword, or in Pink and Christina's case, a possible punch, does not address the problem or resolve the conflict. It will only lead to more of the same.

Nobody likes to be angry. But if you can use it in a positive way as a catalyst to change through conversation, it can give everyone a chance to move forward and feel better. Thankfully, Pink and Christina never came to blows. Perhaps in the future they will find the words to connect.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at [www.facebook.com/DrJaneGreer](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

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## Pop Star Singers: Cutest Celebrity Babies

✖ By [Katie Gray](#)

Pop stars know how to pop out cute [celebrity babies](#)! They're not only good at making music, but they also make beautiful children. Some of these lovely ladies are in [celebrity relationships](#) or have had [celebrity weddings](#), while others are going strong as single moms. No matter what their current situation is, one thing is for sure – they all have beautiful celebrity babies!

## Cupid has compiled the cutest celebrity babies of pop stars:

**1. Britney Spears:** Oops, she did it again! Pop star Britney Spears is a music sensation and she's also a mother of two boys. Her sons are Sean Preston and Jayden James, and they are as cute as can be!

**2. Madonna:** The Queen of Pop is hands down Madonna! She's been killin' it since the 80's and is forever a legend. Madonna has won numerous awards, is inducted in the Hall of Fame, has a net worth of \$800 million, is the best-selling female recording artist of all time (over 300 million records) and is the proud mom of four children: Lourdes Leon, Rocco Ritchie, David Banda Mwale Ciccone Ritchie and Mercy James.

**Related Link:** [5 Celebrity Couples Who Are Nailing Long Distance Relationships](#)

**3. Jennifer Lopez:** Don't be fooled by the rocks that she got, she's still Jenny From The Block. Jennifer Lopez has had a variety of hit pop songs, successful business ventures, and she is also mother to twins Emme and Maximilian, whom she had in 2008 with fellow icon Marc Anthony.

**Related Link:** [Celebrity Couples We Want To Reunite](#)

**4. Gwen Stefani:** Pop star Gwen Stefani has three handsome boys – no doubt! Their names are Kingston James McGregor, Zuma Nesta Rock, Apollo Bowie Flynn.

**5. Christina Aguilera:** She got her start on *Star Search* and *The Mickey Mouse Club*, and pop singer Christina Aguilera has been booming ever since. Her first hits were “Genie in a Bottle,” “What A Girl Wants,” and “Come On Over Baby.” She has two kids: Max Liron and Summer Rain.

**Who are your favorite pop stars with celebrity babies? Comment below.**

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## Christina Aguilera Approves of New Celebrity Couple Blake and Gwen



 By Katie Gray

In latest [celebrity news](#), the newest [celebrity couple](#), country singer Blake Shelton and pop star Gwen Stefani, get the seal of approval from their co-star, Christina Aguilera. She says of this celebrity relationship, “If you find someone who makes you happy, you gotta go for it. So they deserve it and they deserve to be happy.” According to [UsMagazine.com](#), Aguilera is set to be on the next season of *The Voice* and is thrilled for the show’s first romance. Blake and Gwen are both dealing with the aftermath of their celebrity divorces.

# This new celebrity couple is getting a seal of approval! What do you do if your friends don't approve of your relationship?

## Cupid's Advice:

When your loved ones approve of your relationship, it's a weight lifted off of your shoulders! However, it can be rough if your friends don't approve. The best way to handle your friends' disapproval is to communicate with them, have them get to know your partner better in a social setting, and listen to what they're saying. Cupid has some advice:

**1. Communication:** Communication is the key to any problem in life. If your friends are not in favor of your relationship, voice your feelings to them on the subject. Figure out why they don't like your relationship or your partner, and then work through it. Communication is the first step!

**Related Link:** [Celebrity News: Gavin Rossdale Cheated On Gwen Stefani With Nanny For Years](#)

**2. Interactions:** The most common reason for your friends not liking your partner is probably that they just don't know your partner well enough yet. This can be solved by some good interactions! Get everyone together for a nice dinner or a fun activity. Once they see the fun side of your partner, they will begin to like them – just as you do.

**Related Link:** [Miranda Lambert Celebrates Birthday as New Celebrity Couple Blake & Gwen Appear on "The Voice"](#)

**3. Listen:** Your friends care about you and want what is best for you. If they don't like your relationship, this means that they are concerned for you. Listen to what your friends have


to say on the subject of your relationship. Let them explain to you their concerns and then come up with solutions to the problem together.

**What are some ways you have handled your friend not liking your relationship? Comment your stories below!**

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## 5 Valentine's Day Celebrity Engagements



 By Maria Darbenzio and Molly Jacob

Valentine's Day is the holiday of relationships and love, so what better way to celebrate than getting down on one knee, popping open the ring box, and asking your partner to spend a lifetime with you? While some may find proposing on VDay to be cheesy, these celebrity couples do not agree.

### Check out these five Valentine's Day celebrity engagements:

**1. Christina Aguilera and Matthew Rutler:** On Valentine's Day last year, the singer revealed her celebrity engagement to her film producer boyfriend by tweeting a photo of a massive diamond on her left hand. This celebrity couple met on the set of *Burlesque* in 2010, as she was going through a divorce from Jordan Bratman (a divorce that, ironically enough, was finalized on Valentine's Day in 2011). Looks like Rutler "Ain't No Other Man" in Aguilera's eyes!

**Related Link:** [Christina Aguilera Welcomes a Baby Girl with Matt Rutler](#)

**2. Dave Annable and Odette Yustman:** In 2010, Annable, most known for his role on *Brothers and Sisters*, proposed to his co-star girlfriend of two years. He proposed at the place they first fell in love and had their parents waiting for them at the hotel restaurant. The actress was surprised by the proposal and excited that she got to share it immediately with her parents and future in-laws. This celebrity engagement did not last long – the twosome got married eight months later!

**3. Vince Vaughn and Kyla Weber:** For this couple, the engagement had been discussed months before it actually happened. Little did Weber know, her comedian boyfriend did not want to pass up the opportunity of proposing on Valentine's Day. Not only was it a romantic holiday, but it was also a date that he said he would always remember. In 2009, Vaughn got down on one knee and proposed to the Canadian real estate agent. She said yes, and this celebrity couple is now married with two children.

**Related Link:** [Dealing with a Valentine's Day Breakup](#)

**4. Harrison Ford and Calista Flockhart:** Actor and producer Ford decided to take his relationship with Flockhart to the next level in 2009. Prior to that Valentine's Day, this celebrity couple had been together for seven year. When Ford asked her to marry him, it's reported that she was taken by complete surprise.

**5. Christina Applegate and Martyn LeNoble:** The *Anchorman* star and her Dutch bassist beau got engaged on Valentine's Day in 2010. This celebrity love story gets sweeter. According to the *Daily Mail*, Christina gives credit to LeNoble for saving her life after she had a double mastectomy in 2008. The celebrity couple wed three years later in February 2013.

**What are your thoughts on a Valentine's Day proposal? Share in the comments below!**



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# Christina Aguilera Welcomes a Baby Girl with Matt Rutler



 By [Courtney Omernick](#)

Christina Aguilera has reportedly given birth to her second child. And, it's a girl! According to [UsMagazine.com](#), Aguilera and her fiancé, Matt Rutler, welcomed their first child together, a baby girl, on Saturday, August 16. The singer gave birth via C-section at Cedars-Sinai Medical Center in Los Angeles.

**What are some ways to prepare for a baby girl versus a boy?**

## **Cupid's Advice:**

No matter what the gender of the baby is, bringing home a new bundle of joy is an exciting time. However, if you want to prepare for that distinction, there are a few things you can do. Check out the advice below:

**1. Decorations in the nursery:** If you want your new baby girl to feel like a princess, be sure to paint the walls pink, purple, or another fun, feminine color. Or, go with a theme. For example, have a Barbie themed room with pink walls, dolls, Barbie cars, and other accessories waiting for her when she gets home.

**Related:** [Kristin Cavallari Says Jay Cutler Is a Sexy Dad](#)

**2. Toys:** No matter what toy store you go to, you can usually find a distinction between girl and boy toys. It's never too

early to start filling her bedroom with Barbie dolls, American Girl dolls, and other goodies.

**Related:** [Alicia Keys Is Pregnant With Second Child](#)

**3. Clothes:** For the ultimate princess, buying pretty, pink dresses, shirts, etc. is a must! Even getting cute headbands and shoes to go along with the outfit looks great. You might have already been given plenty of baby clothes from family members or friends, but make sure she has a few girly outfits!

**What are some other great tips? Share your suggestions in the comments.**

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# Christina Aguilera Names Daughter Summer Rain Rutler



 By Shannon Seibert

As of Sunday, August 17th, Christina Aguilera's baby girl officially has a name: Summer Rain Rutler. The singer and her fiancé Matt Rutler shared their wonderful news on Twitter, writing, "So proud to welcome our beautiful daughter Summer Rain Rutler into the world." The baby is the happy couple's first child together, and Aguilera also has a son with ex-husband Jordan Bratman. The new parents announced their engagement in February of this year after meeting on the set of *Burlesque* in 2010. According to [UsMagazine.com](#), the songwriter stayed out of the spotlight for most of her second pregnancy and was pretty content about it. "So blissful in taking this time for creating all things blossoming new on the horizon," she shared. "Album, baby & beautiful music to come."

## What are some creative ways to announce the name of your new baby?

### Cupid's Advice:

Baby announcements are fun for everyone! Each time you turn around, there's something new on the Internet that you wished you had tried. Baby news is always big news, no matter how small the package. With this thought in mind, we've pulled together three adorable ideas to make sure that you have the most talked about baby announcement.

**1. For a comical approach:** Boast about your news while getting a good laugh out of your loved ones by taking a silly approach to your baby announcement. Play up the stereotype of men fearing a baby on the way and pose a photo of your partner freaking out about the news. Or you could use the "pregnancy cravings" aspect of your baby news and send out a double-sided picture with a giant tub of ice cream, titled "Guess what's on the way?" Then, on the other side, place a genuinely excited picture to show that you're both terrified and happy about the news.

**Related Link:** [Christina Aguilera Welcomes a Baby Girl with Matt Rutler](#)

**2. For a sentimental approach:** Black and white photos automatically generate an aura of seriousness, and when you add the right camera angle, you can create a magazine-worthy shot. Send out an adorably constructed picture with your partner. When your little love-bundle is born, hold him or her together with your wedding bands dangling off your angel's toes. The symbolism behind the two separate entities creating one will resonate with your family and friends, demonstrating the significance of this moment.

**Related Link:** [Christina Aguilera and Matt Rutler Enjoy Dinner Date](#)

**3. For the whole family:** Getting the whole family involved is another way to make your baby announcement. Your little “big brothers” and/or “big sisters” can line up their shoes. Then, add a pair of baby booties to the end of the line. People will get the idea that another one is on the way! It’s also a chance for you to show off how much your children have grown. An addition to the family is always exciting for everyone, including your pets. For animals, the family is their “pack,” which makes everyone an equally important member. If you’re having a Christmas baby, pose your loveable furry friend next to the tree with a sign that says: “Mom and Dad got me a human for Christmas!” The approach is funny and sweet in one wonderfully-wrapped package.

**How did you make your baby announcement? Share your stories with us in the comments below!**

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## **Celebrity Interview with Hair Stylist Chaz Dean: “The Most Important Part is Feeling Sexy”**



Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Stylist to the stars Chaz Dean has been creating covetable celebrity looks for years. An authority on hair care, Dean began developing his own natural product line called WEN in 1996. After building an A-list clientele, he started Chaz Dean

Studio in Hollywood where celebs can escape the typical salon products and pestering paparazzi for a calm, rejuvenating experience. With his WEN products as well as the [date night](#) tips he shares below, he brings Hollywood style to the masses in our exclusive celebrity interview.

**Related Link:** [Hair Battle Spectacular's Blondie Talks Hair Tips For Dating](#)

## Celebrity Interview with Chaz Dean

Push your bangs out of your eyes and get ready to see clearly, ladies, because this hairdresser cuts away at the salon facade to reveal the truth about hair care. The way you care for your hair is why you don't have tresses like [Jennifer Aniston's](#), but even America's sweetheart chopped off her locks recently – and it wasn't just to be trendy. “She cut her hair short because of a bad keratin treatment,” Dean explains. Brazilian blowouts, keratin treatments, and Japanese straighteners are touted as healthy for your hair, but this stylist believes differently. “People think it's good, and it's not. It takes such a toll on your hair. Your hair is protein; protein does not need more protein.” He says that added protein makes already dry hair more brittle, causing breakage. If you really want to strengthen your hair, moisture and collagen elements are what you need.

Given his passion for this topic, it's no surprise that hair foibles were part of Dean's motivation for creating WEN. Women want soft, touchable hair that also shines with vibrant color. Looking to keep color from fading, the hair alchemist turned to herbal inspiration: “I literally went to my garden and took sage, rosemary, lavender, eucalyptus, apple, bananas, and pears and boiled them together in my kitchen,” he explains in our celebrity interview. “It smelled incredible, and when I cleansed my hair with it, the natural astringents paired with antibacterial and moisturizing properties made my hair feel

clean and silky.” Dean knew he had discovered the miracle recipe he’d been seeking and wanted to get this product to his customers. After nearly five years of lab work, WEN was born in 2000.

In 2005, the hair stylist started working with QVC. “QVC has been a blessing for me because I get feedback from customers. They all have their opinions, and whether it’s good or bad, you learn and you grow from it,” the client-centered stylist says. “The most important part to me is making people’s life easier by embracing their natural hair’s texture and giving them the hair they’ve dreamed of.” On air, Dean showcases his powerful product; whether you have the kinkiest of curls or baby fine locks, WEN makes hair shiny and buttery smooth.

**Related Link:** [Top 5 Hot Hair Tips You Should Be Taking from Celebrities](#)

## Hair Stylist Talks Best Celeb Hair

Celebrities enjoy WEN products at home and trust him to make their hair radiant when they visit his salon. When asked if he had a favorite famous client, Dean candidly responds, “I would say Nicole Murphy because she trusts me to give her the best look.” But when it comes to who has the best hair, he thinks Megan Fox has an enviable mane. “She was doing an interview recently, and she looked gorgeous. Gorgeous! Her hair, I believe, always looks good.” Who wears the short trend best? Isabel Lucas, whose crop he describes as adorable. Christina Aguilera’s hair doesn’t get such a glowing review from the master stylist. “If she doesn’t stop bleaching it to an inch of its life, she’s going to end up having to cut her hair off. Girl, you can have blonde, but it shouldn’t be translucent or yellow.”

Every woman, famous or not, wants beautiful hair that men find attractive. So do you go Rapunzel long or Daisy Buchanan short? “Men want hair that is soft and touchable, hair that

they can run their hands through.” The stylist believes only insecure men need their women to have long hair; secure men are fine with women rocking short hair. To really impress your guy, wear a style that makes you feel sexy. If your man tells you how to wear your hair, the hairdresser says to put him in his place: “Tell him that when he grows his hair out, then you’ll do what he wants.”

**Related Link:** [Celebrity Hair & Makeup Artist Predicts Anne Hathaway’s Red Carpet Look](#)

A woman’s hairstyle is perhaps most important on her wedding day, and brides often wonder what ‘do is best to say “I do.” Dean suggests being yourself. “Whether you’re a sexy rocker girl, a timid and sweet curly girl, or a wavy girl, bring out that element.” For damage-free curls, the hairdresser advises rolling hair into sponge rollers, misting with WEN Replenishing Treatment Mist, and taking a shower (without getting your hair wet); by the time you’re done with your makeup, your hair will be set with amazing curls without the damage of a curling iron. Don’t wait until you get hitched to try this style; use this tip for your next night on the town with your sweetie for a sure-to-wow blowout!

Continuing to expand his popular line, WEN products are for the whole family – even Fido! WEN has a pet line that cleanses while repelling ticks and fleas. The kid’s line, nicknamed WEN Sensitive, is allergen-free and perfect for anyone with whey, wheat, gluten, menthol, soy, or nut allergies. The line eventually expanded to include WEN for babies and seasonal varieties like summer honey peach, which Dean calls “heaven in a bottle.” Plus, WEN Men will soon be hitting shelves to address men’s unique hair issues.

WEN will you and your’s be ready to wear amazing hair?

*For more information on Chaz Dean and WEN, visit the website, [www.wen.com/chaz-dean.html](http://www.wen.com/chaz-dean.html).*

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# Celebrities Come Together at NBC Universal Benefit to Help Hurricane Sandy Victims



 By Nic Baird

Hurricane Sandy's destruction of homes and power grids along the East Coast has prompted NBCUniversal to schedule a one-hour telethon special presented live from NBC's 30 Rock studios in New York on Friday at 8 p.m., according to [Hollywood Reporter](#). The emotional response includes musical performers Bruce Springsteen, Christina Aguilera, Billy Joel, Sting, and Jon Bon Jovi. They will take the stage with actors and media personalities like Brian Williams, Jimmy Fallon, Kevin Bacon, Tiny Fey, and John Stewart to promote hope for the victims. Many networks like HBO, NBCU, SyFy, Style, and others will feature the special to raise donations for The American Red Cross' Sandy relief.

**How do you bond as a couple while giving back at the same time?**

## **Cupid's Advice:**

It's hard to balance your goals of contributing to the greater good, and growing stronger as a couple. But it's very easy to manage if you take some cautious steps to make sure your joint venture into charity doesn't end in a worse disaster than the one you're fundraising.

**1. Discuss your purpose:** Before rolling up your sleeves,



discuss with your partner the reasons this contribution is important to you. Listen to your significant other's opinion and ideals regarding future charitable work. If you find a common purpose to share with your partner, then you've just hit two birds with one stone.

**2. Work together:** While dividing up the tasks is an effective way of completing work that is important to both of you, you won't get the same bonding effect as you will together. Laboring for your cause as a unit, and sacrificing together affirms you're both on the same team.


**3. Review your achievements:** After the work is done, it's time to debrief. You want to make sure you're both comfortable with the extent of your toils, and the good you've accomplished. Discuss the effects your contribution made, the challenges you faced, and ideas for future contributions as a couple.

**What are some ways you've contributed to causes with your partner? Share your experiences below!**

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## **Christina Aguilera and Matt Rutler Enjoy Five-Course Dinner Date With Her Son Max**



 This weekend, Christina Aguilera was spotted at dinner with her husband, Matt Rutler. According to [People](#), the couple also brought along their 4-year old son, Max. The party of three enjoyed a five-course meal at Restaurant 1833, paying over \$65 a person. A source who was also dining out tells *People*,

“Christina was very kind to the staff and incredibly attentive to Max.”

**How can you include your kids in date night?**

**Cupid’s Advice:**

If you can’t find a babysitter, there’s no need to panic. There are plenty of ways to include your children on your date night. Consider these simple and romantic ideas:

**1. Have a picnic at home:** Prepare some food in a basket and lay out a blanket on the living room floor for your whole family. Even though you’re still at home, changing where you eat can spark new conversations and create lasting memories.

**2. Make your home a movie theater:** Set up blankets and pillows on the floor for your kids while you and your beau take over the couch. This will give you and him some time together while still involving the whole family.

**3) Take your kids to the park:** Allow your kids to have fun together, running around and playing on the swings. Meanwhile, you and your partner can enjoy some time alone sitting on a bench as you watch them from afar.

**How do you include your kids in a date night? Tell us below.**

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**Christina Aguilera Parties in San Diego with Boyfriend and**

# Son



✘ Christina Aguilera and boyfriend Matthew Rutler took Aguilera's four-year-old son, Max, on a birthday trip to remember. According to [People](#), Aguilera and friends took her son to *Legoland* which served as one present, as well as "the Hard Rock Hotel San Diego, where she checked into a luxe Rock Star Suite" in which Max was "showered with gifts." He was later taken to a Japanese restaurant and a nightclub. Last time Aguilera was at the hotel was with Rutler last year for Valentine's Day.

**How do you make your children comfortable around a new partner?**

## **Cupid's Advice:**


Children can often take time to adjust to a new special someone in your life. Cupid shares ways to help your child adjust:

- 1. The first introduction:** Ease your way into the first meeting. Ask your child questions and let them ask you questions about this new significant other in your life. Give them time if they need it, but make sure it's within reason.
- 2. The first meeting:** Don't make the first encounter entirely focused on the significant other. Take a page from Christina Aguilera and have it coincide with another event. Not only does it say money, but this allows the child to associate good memories with your new partner.
- 3. Avoid conflict:** You won't always be able to please both your partner and your children, but avoid situations where you have to choose between them. This is especially true if it's a highly tense situation which could lead to resentment.

How did you introduce your new partner to your children? Share your advice below.

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# Christina Aguilera's Ex Jordan Bratman Finally Moves Out

 Fame and fortune will not keep you from the hardships of living in the same place as your ex after a breakup. After all, relationships end easier than leases or mortgages. Christina Aguilera's living situation has been uncomfortable, due to her ex-husband Jordan Bratman living under the same roof as her and her new man, Matt Rutler. According to [E! Online](#), Jordan Bratman has finally moved out. As Xtina's ex now sits in a snazzy bachelor pad, Matt Rutler's 2011 Ford Mustang GT still sits in the singer's driveway.

**How do you decide who gets the pad after a split?**

## **Cupid's Advice:**

The best way to make an emotional split easier is to put some physical distance between you and your ex-partner. This is very difficult to do when both of your names are on the mortgage. Here are some tips on how to decide who should stay and who should leave a bit easier:

**1. Don't uproot the children:** If children are involved, make an effort to keep them in the same place. This should be a major factor in the decision as to who stays and who must find a new place to live.

**2. Compromise:** The person who doesn't get the house needs to get something of equal value to their half of the property.

**3. Think logically:** Emotions often get in the way of these types of decisions. Always approach them fairly and logically. Keep a cool head as much as possible.

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## Which Celebrity Couples Will Show Up at Super Bowl XLV?



 By Tanni Deb

Get ready to rumble! On Feb. 6, the Pittsburgh Steelers and Green Bay Packers will face off in Arlington, Texas to battle it out for the Super Bowl XLV title. But don't think sports junkies will be the only ones in the stands – the football extravaganza is an event many stars attend. Which celebrity couples will make it to Cowboys Stadium on Sunday?

Five-time Grammy winner Christina Aguilera will perform the National Anthem. Since the singer's recent divorce from her husband of five years, Jordan Bratman, she has been dating *Burlesque* set assistant, Matthew D. Rutler. We can count on the couple to arrive together, since their relationship is said to be getting "serious."

Another serious couple sure to attend the Super Bowl is Fergie and her husband, Josh Duhamel. Her Grammy Award-winning group, the Black Eyed Peas, will take the stage during the Half-time show. According to USMagazine.com, the couple renewed their wedding vows earlier this month. But will

Duhamel be in the stands or in the fields during his wife's performance?

Other performers include *Glee*'s Lea Michele, singing "America the Beautiful," while Keith Urban and Maroon 5 will perform during the pre-game show. Will Nicole Kidman make an appearance with daughter Faith Margaret? After all, Keith has been by her side during this year's awards season!

Other celebrity couples in the stands may include Demi Moore and Ashton Kutcher. Although Kutcher is a die-hard Chicago Bears fan, Moore has been seen rooting for the Packers at their games. Faith Hill and Tim McGraw, who is friends with former quarterback Brett Favre, are also fans of the team. And Justin Timberlake, the former 'N Sync band member who brought sexy back, loves the Packers. We're all curious to see who'll be by his side if he shows up – Jessica Biel or Olivia Munn?

Let's not forget about the Pittsburgh Steelers fans who we can count on to be there for their team: Bret Michaels, Rush Limbaugh, Jeff Goldblum, Snoop Dogg and Adam Sandler – who played a former quarterback for the Steelers in the 2005 movie, "The Longest Yard."

While the big game is obviously the main attraction, celebrities will also indulge during the many Super Bowl parties happening over the weekend. In addition to performing, the Black Eyed Peas will team up with *Sports Illustrated* to host a Super Bowl Bash. "It will be the kick-off to an amazing weekend in Dallas and we can't wait to get it started," said Fergie. While guests are sure to include some *SI* models, like Genevieve Morton and Julie Henderson, Fergie's own supermodel bod will keep Josh Duhamel in check.

Pamela Anderson will also be in town, throwing a pre-Super Bowl Party on Feb. 4, called SuperBash 2011. Past guests included Kim Kardashian, John Travolta and Carmen Electra.

And Diddy, the master of being the master of ceremonies, will host multiple parties during game weekend. Event tickets range from \$500-\$25,000 (yes, that's correct; \$25,000!). Last year, rumors flew that Diddy was dating Nicki Minaj. Current reports say that the rapper is single, but it'd be nice to see someone at his side during his parties.

Too bad we have to wait to see who ends up at the game! Don't forget to tune into FOX on **Sunday, Feb. 6 at 6:30 PM ET** to watch Super Bowl XLV.

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## Christina Aguilera Shows Off New Boyfriend in London

Since splitting from her husband of five years Jordan Bratman, Christina Aguilera has been spending a lot of time with new boyfriend Matt Rutler. The singer took along her new flame to keep her company while she promotes her new movie *Burlesque* in the U.K. Aguilera and Rutler, who met on the set of *Burlesque*, were most recently spotted blowing off steam at London's trendy Mahiki nightclub, reports [RadarOnline](#).

**When you go public with a new partner, what can it mean?**

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

A relationship isn't considered "official" until you come out into the open with it. Cupid has some reasons going public may be a good idea:

**1. Nip it in the bud:** To prevent the awkward “getting caught” scenario, tell people right away. Then they won’t be surprised when they see the two of you getting cozy! More importantly, they won’t start up the gossip train.


**2. Stop rumors:** Set your friends and family straight by letting them know exactly what is going on. Sometimes leaving people to speculate is the worst thing you can do, because it makes for unnecessary drama.

**3. Get serious:** Going public with your relationship is a way to take it to the next level. Letting people in on your status shows them that you’re proud to be with your partner!

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## Christina Aguilera Explains Why She Filed for Divorce and Talks About Her New Man



 *Burlesque* star Christina Aguilera recently spoke out about the real reasons she filed for divorce from Jordan Bartman, according to [People](#). The main reason turns out to be her 2-year-old son, Max. “When you’re unhappy in your marriage, your children are the ones who suffer. That’s the last thing I wanted for my son,” said Aguilera. The Grammy winner is now back on the dating scene with a new man, Matthew Rutler, a set assistant she met while filming *Burlesque*. She describes him as a kind person who she could spend hours talking to without realizing any time has gone by.

**How do you know if your relationship unhealthy?**



## Cupid's Pulse:

If you think your relationship is unhealthy, it's probably true. Though all couples fight sometimes, if your relationship has become toxic, it's time to move on:

- 1. Unhappiness:** If you're unhappy with your partner, chances are the feeling is mutual. Don't try to tough it out.
  - 2. Fighting words:** An unhealthy couple doesn't always mean fighting all the time. Snide passive aggressive comments can be even more hurtful than a full-out fight.
  - 3. Abuse:** At the first signs of physical or emotional abuse, get out of the relationship immediately.
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# Christina Aguilera Talks About Being a Single Mom After Divorce from Husband Jordan Bratman

All Christina Aguilera wants for her son, Max, who "is the happiest guy ever," is "to see to it that he remains that way." After filing for divorce on October 14<sup>th</sup> from her husband, Jordan Bratman, Aguilera looks to her own childhood for assurance when it comes to parenting. [RadarOnline](#) reports that the singer/actress was raised by a single mother as well, which "turned out fantastic." Despite the confidence Aguilera exudes while promoting her new film *Burlesque*, she admits

raising Max won't be easy. She says, "It's hard just being a working mom."

## How do you regain control of your life after a divorce?

### Cupid's Advice:


After a divorce, it can seem like life has spun out of control. Cupid has a few daily affirmations to keep in mind during your trying time:

- 1. Forgive yourself:** Divorces are a stressful time for both parties. Allow yourself to bring closure to one chapter in your life and look forward to the beginning of new opportunities.
- 2. Self-confidence:** There are things you can't control, but your mindset isn't one of them. There's nothing sexier than killer confidence.
- 3. Set realistic goals:** After getting yourself back on track, set some goals for the future, whether they be career-oriented or hosting a weekly BYOB *Modern Family* night with close friends.

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# Christina Aguilera Dating 'Burlesque' Assistant Matthew Rutler



 It looks as though Christina Aguilera is back in the dating game! Since separating from husband Jordan Bratman, Aguilera

has been spotted out and about with Matthew Rutler, a set assistant from her new movie *Burlesque*. Most recently, Christina Aguilera and Matthew Rutler went on a double date with celebrity couple Nicole Richie and Joel Madden at Hollywood's SoHo House, according to [PopEater](#).

**What are ways to tell you're ready to date after a divorce?**

**Cupid's Advice:**

While it's important to take time to mourn the end of a marriage, you can't stay single forever! Cupid has some advice on how to know when you're ready to date after a divorce:

- 1. You're okay being alone:** Don't jump into a rebound relationship right after a divorce. Take time to grieve, and get used to being by yourself before you start dating again.
- 2. You have a support group:** You shouldn't go through a divorce alone. Lean on friends and family when you're feeling low. They can also help you decide when you're ready to enter back into the dating world.
- 3. You're healthy:** Often people turn to alcohol or food to help ease the pain of a divorce. Make sure you don't overindulge too much, and wait until you're healthy before you start seeing someone new.

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**Thoughts from a Single 30-**

# Year-Old



By Jessica Downey of Chicago Now's All the Single Ladies  
Christina Aguilera recently divorced Jordan Bratman, and she is about to turn 30 in December. I am at the opposite end of things – I just turned 30, and I have never been married (read that as I am totally and completely single).

When I was 20, I thought that I would be married or at least in a really serious relationship by the age of 30. And it's not that I think 30 is old by any means or that I had some sort of timeline but at that time, 30 just seemed so far away.

I mean, 10 years is a pretty long time; plenty of time to meet a guy, fall in love and get married.

Obviously as I went into this year, I figured out that marriage probably wasn't going to happen. Technically, it didn't take me that long to figure it out, but I mean, you really never know what can happen. But as my birthday got closer and closer, I kind of liked the idea of having a boyfriend or at least a date by my side on that day.

When the day actually came, I honestly have to say that I wasn't all that sad that I didn't have a man by my side.

Actually, I wasn't sad at all. I looked around me and saw all of the amazing friends and family that went out of their way to make the day special for me. I also realized that I have accomplished a lot in life since I was 20.

Now that I am actually 30, I can honestly say that not having a significant other really doesn't feel any different than when I was 20. I mean, things around me have changed. I now live in a completely different place. Certain characteristics about me have also grown and changed, but honestly being single doesn't feel any different for me.

I am not trying to take anything away from the whole concept of finding someone that you truly love. But I do believe that there are many other things in life that you can also be happy about. Things that are important as well. And while the once 20-year-old girl thought she would be married by this time, the 30-year-old woman knows that she just hasn't met the right guy yet.

*Jessica Downey is a freelance writer who writes about dating and single life in Chicago. All of her ramblings can be found on her blog on ChicagoNow.com. She also writes for badonlinedates.com and has written for examiner.com.*

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## Christina Aguilera Goes On Vacation After Split

Christina Aguilera has recently been dealing with divorce papers and drama, all caused by her split from hubby Jordan Bratman. The singer decided to escape the chaos by taking a quick vacation to Hawaii. The *Burlesque* star "...has a packed weekend ahead of her, including yoga, surfing lessons, hikes, lunches, VIP dinners and cocktail parties," reports [E! Online](#). Sounds like it's just what she needs!

**After a breakup, where are some good places to get away?**

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

When your heart is aching, you may need some space. Some people may recuperate just by having some down time, while others may need a paradise getaway to soothe their spirits. Cupid has some suggestions:

**1. Suburbs:** Live in a big city? Get some fresh air by stepping outside of your urban environment. The change of scenery will be both relaxing and refreshing.


**2. Europe:** If you're one of those people who needs serious space after a split, head to an exotic location. Skip romantic activities in Paris, and spend some time with friends in Greece, or relax on a beach in Italy.

**3. A friend's house:** If you don't have the time or the money to plan a trip, spend some time at a friend's house. You will have a different environment in which to recover and the added bonus of a good friend taking care of you.

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## Christina Aguilera & Jordan Bratman Admit to Separation



 *Burlesque's* Christina Aguilera and husband Jordan Bratman are yet another couple on Hollywood's long split list. After almost five years of marriage, [E! Online](#) originally confirmed the two had called it quits and were living separately, but were still hoping to work it out for their two-and-a-half-year-old son, Max. Now, however, Aguilera and Bratman have filed for divorce, citing "irreconcilable differences," according to [TMZ](#). The former couple began dating in 2002 and wed in 2005 with a private ceremony in Napa Valley. The pair announced their separation right on the heels of another celebrated Hollywood couple – Courteney Cox and David Arquette. It seems as if celeb couples are having a rough time this month!

## Why should you try separation before divorce?

### Cupid's Advice:

People are so busy juggling their crazy lives these days that they sometimes forget how much time and energy it takes to maintain a healthy relationship. When things in a relationship get bad, it may seem like divorce is the only option. But this decision can be life-altering, it's better to try separation first:

**1. Take a step back:** Sometimes when you take yourself out of a situation, it's easier to gain perspective on what's truly going on in your relationship. You'll have time to decide whether it's possible to work things out or whether it's time to call it quits. It's best to clear your head, analyze the situation and allow enough time to pass before making any serious decisions.

**2. Define your wants and needs:** Go back to the basics, and make sure your personal goals haven't changed over time. Do you still want kids? What are your career goals? Where does your partner fit in? Figure out exactly what you want out of life before returning to your mate to make sure he/she wants similar things.

**3. Love or lust:** Do some soul searching and make sure that what you and your partner have is true love. You may have married too quickly or too young and mistaken lust for love. But if what you have is the real thing, it might be worth figuring out how to work together as husband and wife. Separating for a bit may motivate you to recommit to your marriage together.

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# Christina Aguilera Talks Marriage

Christina Aguilera is singing love songs when it comes to her relationship with husband Jordan Bratman. According to [Us Magazine](#), Aguilera is cited in the October issue of *Cosmopolitan UK* as saying, "We've been married for five years now, and I think the secret is in always keeping it interesting. You have to make time for yourselves." Aguilera also says that even the most loving marriages require effort and a lot of patience.

## How can you keep your relationship alive?

### Cupid's Advice:

After being married for several years, you may find yourselves getting into a rut. Cupid has some advice to help make sure the honeymoon doesn't end:

- 1. It's date night:** Sometimes a marriage can feel as if it's becoming all work and no play. Give yourselves a night out, without the kids, to have fun. Take the time to catch up on the things which get lost in everyday craziness.
- 2. Take on a new interest together:** Talk about doing something the two of you have always wanted to try, but never had the time to do. Sign up for cooking lessons or take up a new sport. It's never too late to explore something new together.
- 3. OMG... I luv u:** Technology now and days makes it easier than ever to stay in touch. A quick "hello" or "I love you" via text will let your spouse know you're thinking of him or her throughout the day.



