

Angelina Jolie, Stacy Keibler and Their Beaus Have Awkward Run-In



Is there some tension brewing between Angelina Jolie and Stacy Keibler? According to UsMagazine.com, the two ladies awkwardly ran into each other while accompanying their nominated men recently.

Jolie's longtime lover Brad Pitt and Keibler's boyfriend of six months, George Clooney saw each other at the Screen Actors Guild Awards last weekend. Keibler was reportedly fixated on Pitt when the two couples caught up with each other and even posed for what seemed to be an awkward group shot while walking the red carpet. This isn't the first time Jolie and Keibler have had a weird moment when bumping into each other.

A few weeks ago, the skies weren't so friendly when Jolie and Keibler both hopped on the same private plane with their men while heading to the Palm Springs International Film Festival.

What do you do if you don't get along with your beau's best

friend's girlfriend?

Cupid's Advice:

Sure, you won't get along with everyone you meet, but when it comes to your boyfriend and his close friends, getting along with them can be a big deal. Here are a few tips to help get you through any awkward moments while dealing with your potential "frenemy":

1. Girl talk: Next time your sweetie's best friend and his girlfriend visit, invite her to go with you to the store or mall so you can talk to her about the issue and hopefully straighten everything out.

2. Be the bigger person: Even if she's being rude when you are around each other, smile and be kind anyway. Treating her in a polite way may cause her to treat you the same ... eventually.

3. Avoid the situation: If you've exhausted all of your options while trying to make peace with your beau's best friend's girlfriend and you two still can't patch it up, then it's probably best to leave her alone and only speak if necessary.

How did you handle not getting along with your partner's best friend? Share your experiences below.

Valentine's Day Outfit Ideas: Sexy



By Sarah Thaman

Excited about an upcoming Valentine's Day date? Even if you're going out with your husband or long time bf, it's a great excuse to shake things up and go out for a night on the town. Lost on what to wear? Never fear! I'm here with three different looks that are sure to please you and your man. Here's the first one:

Go for an understated, sexy look this Valentine's Day. Instead of baring it all, choose a dress with a fair amount of coverage, and just the right amount of skin. This one-shoulder body con dress is sure to do the trick. Plus, it's navy, which happens to be the new black. Keep accessories nude and minimal to bring the focus to your face. A nude lip and smokey eye would pair beautifully with this look, and so would a low messy bun. The clutch purse with a large buckle is a great match for this look! Be fierce and fabulous in this sexy look.

Enjoy a romantic night out looking fabulous! For more Valentine's Day inspiration visit Handbag Heaven's Gal's Guide

to Valentine's Day!

While Sarah Thaman may not be a professional stylist, she prides herself on choosing fashion that looks polished and classic, and she's always helping friends choose their date outfits. Although she's a writer for Handbag Heaven by day, outside of work she takes joy in being a matchmaker, a newlywed, and a momma to her precious puppy, Luna.

Demi Moore Is Embarrassed by Post-Split Breakdown



After living in the spotlight for more than three decades, Demi Moore has lost her cool. According to [People](#), after her November split from husband Ashton Kutcher, the actress slowly worked up to a full-fledged breakdown. Although it's not clear whether

this was caused by her divorce or not, Moore has been seeking treatment since Jan. 23 after being whisked away in an ambulance for what some are now reporting as a seizure. A source says, "Ego-wise, this is the worst thing that could happen to Demi, because she's such a private person. She's embarrassed." Moore has been studying Kabbalah, a form of Jewish mysticism, which instructs that adversity can prove beneficial to her healing process. Moore's troubles "can be an opportunity, a blessing and not a curse. The right intervention happened in her life. From a spiritual sense, it's a gift. She had a real opportunity to grow from it. She has to take responsibility for her life," said the source.

What do you do if your ex is having a hard time with your breakup?

Cupid's Advice:

Breaking up is hard enough, but what are you supposed to do when you get the better half of it and move on before your ex can? Here are some tips:

1. Be respectful: When you know your ex is struggling to overcome the breakup, don't make things more difficult on their end. Try to stay out of their way, even if that means changing your regular coffee routine so you don't have to make small talk at the counter. Keep in mind that you cared about your ex at one point.

2. Don't make new relationships overly public: We know you're thrilled about the new guy you met and how funny he is, but spreading it all over Facebook is just going to hurt your ex more than you already have. Hiding your relationship is not necessary, but keep the bragging to a minimum.

3. Offer condolences: If you know that your ex is really hurt and you're at fault, offer an apology. It is most likely clear you won't be getting married in the fall, but saying

you're sorry for the hurtful things you may have done or said will help the healing process.

What did you do when your ex had a hard time with your breakup? Share your stories below.

Date Idea: Cheer for Your Favorite Football Team



By Ché Blackwood

Super Bowl Sunday is in just a couple of days, so it's time to start prepping for the big day! This event is synonymous with snacks, tackles, and fun. Not to mention, it's a great way to get hyped with your honey or engage in a little friendly competition with your pals. Fuel your partner's appetite by whipping up their favorite dips and other game-day treats – it'll be love at first bite. Below, you'll find

Cupid's [dating advice](#) on ways to make the most of the biggest sporting event of the season.

Dating Advice to Plan the Perfect Super Bowl Sunday

You and your other half have been waiting all season to see which team is going to take it all home. Will it be the Denver Broncos, led by quarterback Peyton Manning and the best defense in the NFL, or the Carolina Panthers, led by quarterback Cam Newton? Take a cue from one of our favorite celebrity couples [Carrie Underwood](#) and Mike Fisher as well as their celebrity baby Isaiah Michael and host a homey get-together for the occasion. Plan ahead of time to save you trouble in the long-run.

Related Link: [Throw a 'Gilmore Girls' Viewing Party and Get Love Advice from the Series](#)

A viewing party is the best way for you lovebirds to enjoy the spirit of the game with your closest friends, and the right decorations, food, and activities will make your party unforgettable. Make sure you have your team's jersey ironed and ready to be worn for good luck. If you really want to go all out, then decorate your living room and/or backyard with your team's paraphernalia. It can be as easy as picking up some streamers and balloons in orange and blue or blue and black. If you have pets, don't forget to get them something to show their team spirit as well!

Since everyone is feeling competitive, you can organize a contest for "best dish" or "best game-day attire." Then, you can hand-make voting cards, and on the day of the game, everyone can decide whose food and whose outfit they like best.

Related Link: [Date Idea: Cheer on a National Sports Team](#)

If you are lucky enough to live near the stadium, plan a tailgate in the parking lot for this date idea. You don't need a view of the field to have a good time, and sites like Tailgating.com can give you tips on making the most out of your parking lot party. If you and your date are cheering for opposite teams, make a friendly wager on the game.

What do you and your dearest have planned for Super Bowl Sunday? Dish your dating advice in the comments below!

Avril Lavigne and Brody Jenner Spend Time Together After Split



Sometimes it's hard to move on after a [breakup](#). Such is the case with Brody

Jenner and [Avril Lavigne](#) who were seen hanging out together not even a month after their split. Often it can be hard for young couples to balance a career and a [relationship](#). Jenner and Lavigne split amicably after two years due to busy schedules, but according to [Usmagazine.com](#), "They still love each other and could get back together, but for now, he [Jenner] needed a break."

Is hanging out after a breakup advisable?

Cupid's Advice:

Sometimes it can be difficult to stop hanging out with someone after you've gone your separate ways. That said, is it a good idea to keep hanging out after the big split? Cupid has some advice:

1. Time: Sometimes it depends on how long you and your partner had been together before the breakup. If you had a lengthy relationship, it may be too difficult to avoid the old habits of the relationship, and you may need some [separation](#) before hanging out as friends.

2. How friendly: With some relationships, after the [split](#) all you can expect of each other is to remain civil. If you are expecting the relationship to be nearly identical to before the breakup, then you may be in for a rude awakening.

3. Ready to move on: You may only want to remain friends because you're hoping for a reunion of sorts. According to sources, many expect Jenner and Lavigne to get back together, which may make their hanging out [post-split](#) easier to manage.

Have you hung out with an ex after a break up? Share your experiences below.

'American Idol' Star Danny Gokey Ties the Knot



Former *American Idol* star Danny Gokey is once again a married man. The singer exchanged vows with his fiancée, Leyicet Peralta, in a small ceremony among 100 of their family and closest friends, Gokey's manager confirmed to [People](#). The intimate ceremony celebrated the theme of "romance and love" and took place in Florida on Sunday. "We are so thankful to have found each other and now be able to spend the rest of our lives together," the newlyweds said in a statement. "We pray our gratitude grows more every day because there is so much for us to do now." This is the second marriage for Gokey, who lost his first wife Sophia in 2008 after undergoing a routine surgery for congenital heart disease. The newlyweds paid tribute to Sophia by asking their guests that all gifts be in the form of donation to Sophia's Heart, the children's charity

founded by Gokey to honor his late wife.

If your partner passes away, how do you know when to move on?

Cupid's Advice:

Dealing with the death of a loved one is never easy, especially when you're dealing with the passing of your spouse. However, there comes a time when you have to move on and find happiness again. Here are few signs you're ready:

1. You shut yourself out from the world: The inside of your house hasn't had any sun beaming through its windows, you rarely answer your phone and the grass on your lawn is now passed knee length, leaving people to wonder if anyone lives at your house anymore. The situation is tough, but shutting yourself out from the world only makes it worse. You still have to live your life, and while moving on may take some time, you have to get yourself back into the swing of things.

2. Acceptance: You begin to accept the loss of your spouse when you start replacing their physical presence with memories of them. And while the grieving process is unique to individuals, you can slowly begin to enter back into the dating scene when you feel comfortable.

3. You find comfort in a potential partner: When you find someone who shows you unconditional love by being patient and understanding of what you've experienced, that may be just what you need in your life.

How do you know when it's time to move on? Share your comments below.

5 Ways Nice Guys Can Finish FIRST



By **Romance**

Recovery's Johanna Lyman for GalTime.com

Listen up guys everywhere – I'm tired of hearing that nice guys finish last. Women, at least emotionally mature women, want a man who is nice, not a jerk. They just don't want a doormat.

Think nice, not passive. Doormats are no fun to date, but most women want to see their friends (and themselves) dating a nice guy.

To help you guys understand the difference, I came up with a list of things a man can do– nice guy or not– to finish first.

1. Act confident. If you don't believe you can get a date, you definitely won't. But remember, confidence doesn't mean arrogance and it doesn't mean you're self-absorbed. How do

women perceive confidence, you ask? Smile and maintain good eye contact to start. I don't mean stare her down, or give a smoldering, "I know you want me" look (that's not nice). Just be direct and open. Your eye contact should say, "*I'm interested in getting to know you better, I'm curious about you.*" Put your drink down between sips (sips, not gulps) rather than holding onto it like a pacifier. And use your body: lean in every once in awhile for more intimacy. Just don't forget to pull back again to give us space. Non-sexual touch is great too: rest your hand lightly on her forearm after a laugh, or give a shoulder nudge to emphasize a point.

Related: [Do Nice Guys Always Finish Last?](#)

2. Ask her questions about herself. This is a no-brainer for the nice guy, because you are genuinely interested in her. If you're not a natural nice guy, this is the best tip you can get for your money. Women can't stand it when men are so self-absorbed they only talk about themselves. We want to know about you, but we also want to know that you remember we're real people, not just a piece of meat.

3. Stop trying so hard to please. It's ok if we don't agree on every single thing. We want to know you have a spine of your own. Have a strong opinion about something and let us know about it. That doesn't mean you aren't open to a differing opinion, but it's ok to "agree to disagree." I'll give a small example: when we ask where you want to go for dinner, have an opinion. It's irritating to hear, "I don't know, what do you want to do?" all the time. I'm sure you think the same thing; you'd rather hear our opinion, even if you disagree. Here's a clue: both men and women think that someone who knows what they want out of bed will also know what they want (and not be afraid to tell us) in bed, and that is sexy as hell.

Related: [Four Biggest Mistakes MEN Make in Bed](#)

4. Make her laugh. Even if it's at your expense once in awhile, the number one aphrodisiac for women is laughter.

Think improv, not knock-knock jokes. Life is pretty funny all by itself, so you don't have to be cracking jokes all the time. Nice guys are great at self-deprecating humor, so just be careful not to overdo it. It's even ok to gently poke fun at her once in awhile, as long as it's not a joke about her personal appearance. Seriously guys, no matter how confident a woman is, jokes about her appearance are always taboo. Consider it our Achilles heel.

5. When the time comes, be the sexual initiator. I know you don't always want to be the one to initiate, but biologically women are hard-wired to expect men to initiate sex.

Especially in the beginning, don't be afraid to grab your woman and plant a juicy kiss on her. See #1 on the list; confidence is a huge turn-on. You can look for clues about how you're doing without appearing too eager to please. Here's a clue: voice inflection is key. "Do you like that?" is wimpy; "Do you like that?" is not. The first implies she might not like anything you're doing, while the second (said with confidence) implies that she likes it all and that in particular.

'30 Rock' Star Katrina Bowden Gets Engaged Before SAG Awards





The SAG awards were all about stars and diamonds this year. *30 Rock* actress, Katrina Bowden, was surprised with an engagement the night before the big awards. Bowden's boyfriend, Ben Jorgensen, popped the big question in their suite at The Four Seasons Hotel. According to [People](#), the actress was shocked by the occasion. Talk about a weekend of celebrations!

What are some special occasions with which to tie in your engagement?

Cupid's Advice:

Popping the big question takes a lot of planning and decision making. Whether or not the proposal will take place in private or public and on what day can be overwhelming. However, tying the big day in with a special occasion can keep your partner in the dark and your engagement anniversary a memorable one:

1. Valentine's Day: It may seem cliché, but there's no denying that proposals are romantic on Vday. It's the perfect time for Cupid to work his magic.

2. Anniversary: Do you celebrate your first date, or kiss? An engagement on the same day as an anniversary will mean less dates to remember and extra celebrating.

3.Birthday: There is no way you can forget an engagement date when it falls on your or your partner's birthday.

Did you get engaged on a special occasion? Share your big moment with us below.

Jennifer Aniston Brings Justin Theroux to the Director's Guild of America Awards



Jennifer

Aniston showed her boyfriend, Justin Theroux to a night out on the glamorous side. Theroux accompanied Aniston in a suit and tie to Hollywood's 64th Annual Directors Guild of America

Awards on Saturday, where she was nominated alongside Demi Moore, Penelope Spheeris, Alicia Keys and Patty Jenkins for co-directing Lifetime's *Five*. The couple was seen chatting it up during the show as the 42-year-old actress made her way through the lobster, artichoke salad, and finished it off with short ribs and steamed vegetables. This, all while still looking beautiful and toned in her Dolce & Gabbana mini dress.

Not allowing Aniston's loss to *The Kennedy's* Jon Cassar keep them from ending the night early, the happy couple made an appearance after the show at a private members' club in West Hollywood. According to UsMagazine.com, Theroux was spotted "continuously putting his arm around her or touching her in some way."

What are some signs that you're comfortable around your new partner?

Cupid's Advice:

Doing certain things around your partner shows how comfortable you are with them, which is like taking a whole new step in your relationship. But how do you know when you're ready to take that step? Cupid has some tips:

- 1. Loosen up:** If you're not worried about every move you make around your partner or what you look like at all times, it's easier for you to be yourself.
- 2. Be honest:** You should be able to tell your mate how you feel if you're comfortable enough with them. Otherwise, your conversations won't be as real.
- 3. Don't get embarrassed easily:** You shouldn't be afraid to indulge in a huge, juicy cheeseburger in front of your partner every once in a while.

What are some things that make you feel more comfortable around your partner? Share your tips below.

Kids Put Pressure on Brad Pitt to Propose to Angelina Jolie



Kids say the darnedest things, especially if they're Brad Pitt's. UsMagazine.com reports that in an interview with *CBS: Sunday Morning*, the Academy Award nominee admitted his six children are pushing him to propose to mommy Angelina Jolie. "We're getting a lot of pressure from the kids," Pitt said. "It means something to them." The star of *Moneyball* admits he has struggled with explaining to the kids why his marriage to Jolie has been on hiatus. When the six demanded he "buy mommy a ring," he replied with, "Okay, I will, I will." Pitt added he always listens to his children's feelings. "You have less time to spend on a project," Pitt said. "You come home and you're Dad. You're much more conscious of how much time you

give to a production.”

How do you explain a partnership versus a marriage to your kids?

Cupid's Advice:

Although Brad struggled, it doesn't mean you should. Here are some ways to keep your kids in the loop:

1. Simple is best: Try not to over-complicate the situation when explaining you and your partner's decision. Take some time to prepare together on what you will say.

2. Be prepared: Kids can – and most certainly will – ask questions. The only real way to be ready for it is to keep an open mind so you're not thrown off by one of their inquiries.

3. Believe: You and your lover have to back your decision 100 percent before sitting your children down. Any room for doubt in either of you shows that you both have to work things out.

What are some other things to keep in mind while explaining your relationship to your kids? Share your thoughts below.

Katy Perry Moves On Post-Split in Las Vegas





A night on the town with some close friends can really help get over a breakup, and that looks to be the case for Katy Perry. According to [E! Online](#), the pop star was spotted in Las Vegas this past weekend supporting her best friend, jewelry designer Markus Molinari. It remained a quiet evening for the singer as she supported a fundraiser and spent some quality time with close friends. Despite the general romantic buzz of Sin City, it's certainly an opportunity for Perry to begin to move on from her recent split with Russell Brand.

Where are some great vacation spots to visit after a breakup?

Cupid's Advice:

Oftentimes after a breakup, the best way to move on can be to find some time to relax on your own or with good friends. Cupid shares some post-split vacation spots:

1. Atlantic City: Share a hotel with some friends for the weekend, and gamble the night away. If gambling isn't your thing, the boardwalk is filled with tasty food and fun shopping. Either way, it'll be sure to take your mind off of your ex and help you enjoy being single.

2. Fantasy island: Ever dreamed of that one vacation you've always wanted to go on? Well, make it a reality by finding

cheap flights and using up some of those vacation days at work. What better way to get over someone than by not having to show up to work for a few days?

3. Get active: It's easy to stay holed up inside after a break up. Instead, go somewhere and get moving. Check out the slopes for some skiing or hiking.

What are your dream vacations after a break up? Share your ideas below.

David Arquette Guest Stars on Courteney Cox's 'Cougar Town'



Courteney Cox and David Arquette will once again be sharing screen time. Arquette will guest star as a hotel concierge in the season 3 finale of Cox's sitcom *Cougar Town*, reports *People*. Though

the two separated in October of 2010 after 11 years of marriage, Cox said last month, "He's my favorite person in the world. No matter what happens in our future, he's my very best friend."

Is it OK to work with your partner after a split?

Cupid's Advice:

Though most individuals prefer distance after a breakup, it is possible to work with your former partner again. Here are a few things to consider before working with your ex:

1. Time: Make sure to take some time before reconnecting with your ex. Work together only after the two of you have had time to heal and move on with your love lives.

2. Your ex: Though your feelings may have passed, the same may not be true for your ex. Make sure that your former partner has moved on before working together. Working with unresolved tension will not be productive.

3. Your reasons: Before you work with your ex, you should be sure that you have pure intentions. Don't work with your ex if you feel guilty about the breakup or your ex's current situation. Make sure your top priorities are work-related.

Have you ever worked with an ex? Feel free to leave a comment below.

Kellie Pickler Gives Up Her

Cat for Love of Her Husband



Country star Kellie Pickler gave up her beloved cat, Pickles, for her husband, Kyle Jacobs, who is horribly allergic to her feline friend. Pickler adopted Pickles from a Tennessee animal shelter in 2006 after wrapping *American Idol*, and they'd been best friends every since. After dating Jacobs for four years, she had to make the devastating decision to find Pickles a new home in North Carolina. According to *People*, Pickler now lives vicariously through friends with felines and acts as an animal advocate. In spite of her difficult loss, she did gain unconditional love with her husband. "Every time I look at my hand, I go, 'Good God.' What's behind this ring is such unconditional love, trust and respect. I see my husband every time I look at my ring. I'm a blessed woman – I have a good man," said the singer.

What are some sacrifices you have to make when you get married?

Cupid's Advice:

We you get married, you may have to sacrifice a few things. But, if you pick the right person, what you're gaining is nothing compared to what you're giving up:

- 1. Family traditions:** Family traditions may seem like a lot to give up, but when you're gaining new traditions from your partner and they are gaining some of yours, it will only make you closer.
- 2. Pets:** If one of you is allergic, you may find yourself in the same boat as Kellie Pickler. Just make sure you find your pet a loving new home.
- 3. Your house:** If you're not already living together, getting married means make the big move. People tend to get very attached to their homes, but keep in mind that you're gaining a new life with the one you love.

Is there anything you wouldn't give up for your partner? Share your comments below.

Rumor: Are 'Revenge' Co-Stars Emily VanCamp and Josh Bowman Dating?





Even though they star in the hit show *Revenge* together, it seems Emily VanCamp and Josh Bowman have a much more positive thought on their minds, according to UsMagazine.com. According to one source, the two co-stars are an item, but things are “not serious” between them as of yet. Another source, on the other hand, says, “They hang out together every night.” This isn’t the first time VanCamp has fallen for one of her co-stars, however. The actress, who is well-known for her work on *Brothers & Sisters*, dated Dave Annable on that show as well as Chris Pratt when she starred in *Everwood*. That said, the actress is known to keep her relationships very private, so it’s safe to say we won’t be getting any confessions anytime soon.

Is it OK to date a co-worker?

Cupid’s Advice:

When you spend so much time at work, it’s easy to develop crushes every now and then. If you decide to act on them, however, things can get a little tricky. Cupid has some tips:

1. Decide if it’s worth it: There’s no point in indulging in a short-term fling with a co-worker, because the negative after-effects way outweigh the benefits. However, if you can really see a future with one of your co-workers, it’s worth risking the potential for awkward and hurtful post-breakup

sightings.

2. Read up on company policy: Whatever you do, don't break any policies or procedures at your place of work. Make sure to read up on the guidelines for inter-company relationships, as they vary from company to company. Follow the rules, because it's not worth damaging your career.

3. Keep it low-key: If you do decide to begin dating a someone you work with, it's important to downplay your relationship at the office. The last thing you need are your other co-workers talking behind your back about inappropriate behavior.

Have you ever dated a co-worker? Share your experiences below.

7 Ways to Flirt In a Web 2.0 World





By Jessica Smith

The World Wide Web offers us an unending sea of possibilities, and people aren't hesitating to take advantage of the dating scene that the Internet has to offer. Many of us lead busy and hectic lives, and it can seem impossible to meet someone worth dating on your own, so the convenience of dating sites can make finding "the one" easier. Of course, you can flirt with people online by sending smiley faces or winks, but all body language and human contact is lost. That said, even though you may not be able to charm your possible love interest physically, here are some ways to flirt online while simultaneously keeping your cool:

1. Wit and humor: The easiest way to break the ice is by making people laugh. If you can make someone break out into a fit of laughter or bring a smile to their face, you've already caught their interest and they're going to feel more comfortable to be themselves around you. The sooner the tension is broken, the sooner you'll be going out on real dates.

2. Step by step: When you're chatting online instead of in person, it's easy to reveal information you wouldn't normally be ready to reveal if you were face-to-face. Take things just as slow as you would if you were meeting in person. This will

keep a little mystery alive in the relationship and keep them coming back for more.

3. Honesty: When you're communicating over the Internet, you can be whoever you want to be and say whatever you want to say. Your partner will be analyzing you the best he or she can, but if they find out later that you were dishonest, you've ruined your chance at love. Being truthful is a key ingredient to a successful relationship, so start it off right.

4. Friendship: Become friends before lovers. Get to know each other as much as you can virtually before you meet each other physically. You'll feel like you've known the person forever if you've both been honest with each other. This way, you already have an emotional attachment and all that's left is the physical attraction.

5. Play hard to get: The Internet is all around us. We have it at work, at home and even on our phones. That means you're available almost 24/7 to interact online. Play hard to get! Don't respond right away, or don't respond all day. The person on the other end will be checking their chat or email constantly to see if you've responded, and once you finally do, you'll have them hooked.

6. Compliments: Handing out compliments is an art. Over the web, you have to compliment each other without sounding creepy, and say something that will receive a positive response. You're probably not going to be the first guy or girl to tell them they're beautiful or handsome, so be creative. A well thought out and personalized compliment will lead to infatuation and potentially more conversation.

7. Confidence: Being confident without being cocky is a turn on. We all want someone who is sure of who they are and is always willing to be themselves in any situation. Don't pretend to be someone else, because more than likely your date

will be able to see through that when you meet in person. If you can exude as much confidence as you do online in person, you just might seal the deal.

What steps did you take to meet your partner while online dating? Share your comments below.

Jordin Sparks Supports Jason Derulo Through Neck Break Recovery



Injured R&B star Jason Derulo's downtime has become much more enjoyable. Derulo, who was nearly paralyzed after fracturing his neck during a tour rehearsal, has been recovering with the help of new girlfriend Jordin Sparks, reports [People](#). "I'm taking it

one day at a time,” said Derulo. “[Sparks] lives in Phoenix and she comes [to Miami] and takes care of me, brings me breakfast in bed and she’ll go on walks with me. We’ve gotten closer because of my accident. It’s awesome to have someone you can talk to and she’s a wonderful person.”

How do you support your sick or recovering partner?

Cupid’s Advice:

Though having a sick partner can put a damper on date night, it’s important to stay by your partner’s side. Here are a few ways to support your partner:

1. Accompany them: Go with your partner to doctor appointments and therapy classes. Though time consuming, your partner will appreciate the company and bonding opportunity.

2. Kind gestures: Little gestures, like making your partner breakfast in bed, can improve your relationship. Even something as simple as decorating your partner’s cast or organizing their medicine for the day can be sweet.

3. Brainstorm: Going out on the town with a sick partner is unlikely, so brainstorm some fun date ideas that you can enjoy at home. Being positive about changes in your relationship will strengthen your bond with your partner.

Have you ever had to support a sick partner? Feel free to leave a comment below.

The Psychology Behind Status Updates



By Jennifer A. Powell-Lunder, Psy.D., GalTime.com

A few days ago a guy I was friendly with in college changed his status from 'single' to 'in a relationship.' The flurry of speculative phone calls that followed reached epic proportions. "I didn't even know he was divorced," cried one friend. "Who would marry him?," asked his ex-girlfriend from college.

There were a couple of real ironic things about this surge of interest; first, it reconnected me with college friends I had not spoken to in a while. As you can imagine, the conjecture-laden conversation turned from hypothesis about him, to catch-up about us. Secondly, while this gentleman was a good friend in college, time and distance weakened the bond between us.

In reality, none of my friends really spoke with him except through *Facebook* and even then contact was indirect (i.e. an

occasional 'Like' regarding a posting he'd made).

Related: [New Study: Does Facebook Cause Stress!?](#)

"So," I wondered, "why all the interest?" I mean it was very unlikely that any of us even knew his new love!

I think the answer lies in part in human nature. We are biologically programmed to be a curious bunch. Perhaps boredom contributes to our interest as well. We are all looking for a way to connect, to interact interpersonally. Status updates can break the hum-drum routine of daily living.

They offer us an excuse, an opportunity to reconnect and refocus. They may even provide us with an opportunity to live vicariously through other's life experiences and events.

For some reason, the lives of others can often sound more exciting and thrilling than our own. Status updates can however generate gossip, rumors and out right raucous lies. This can happen quickly.

Related: [Which Kinds of Posts on Facebook Are Most Popular?](#)

Posted comments can contribute to creating rumors as well. I remember not too long ago a friend of mine posted a sarcastic comment in response to one of my postings. I thought it was hilarious because it related to an inside joke we have.

What was surprising to me however, were the host of direct messages, and even a few phone calls assuming the posting was true. One friend suggested I was the victim of bullying!

While I understood where she was coming from, the thought had never crossed my mind as I knew the comment was not meant to be mean spirited. One seemingly innocent comment however, was enough to generate various reactions and assumptions. I think it was in that moment that I truly began to understand the

power and potential of social networking. Another thing to keep in mind is that research indicates that neutral comments are often interpreted as hostile. What does that say about human nature?

Some final thoughts:

Related: [Are You an Oversharer?](#)

- If you post it they will talk! And some of the talk maybe downright ridiculous gossip!
- If you post it, or someone posts it about you, they will contact you. Hey, it's a great way to reconnect with friends you haven't talked to in a while.
- Be mindful about the comments you post about others. An inside joke or neutral comment can easily be misconstrued.
- If you are bored log on to a social networking site you are sure to be quickly amused. You may learn something interesting or exciting about a friend of a friend of a friend. The question is, do you really care?
- While you may be enthralled or even envious of the lives of your Facebook friends as read their postings and status updates, take a step back. The grass often seems greener on the other side. The reality: people's lives often sound more exciting than they really are. It's a good life, enjoy and appreciate it!

**Kirsten Dunst's New
Relationship with Garrett**

Hedlund Heats Up



Kirsten Dunst and Garrett Hedlund took their relationship public at the Sundance Film Festival recently. According to [People](#), the couple was seen kissing and hugging. Dunst and Hedlund enjoyed dinner and dancing all night in celebration of Dunst's new film *The Bachelorette* with friends Will Ferrell, Justin Long and Rashida Jones. Being shy with PDA was not an issue for this couple who, according to a source, did not leave each other's sides all night. "Kristen and Garrett have been spending time together since the holidays," said a fellow partygoer. "They were friends on set of *On the Road*, and now they've grown closer. They spent Christmas together and he feels very strongly about her."

How do you know when to take your relationship public?

Cupid's Advice:

Deciding to let the world in on your relationship is all up to you. Here are some tips on how to know when you're ready:

1. You and your partner are comfortable: When you're with your lover, you should feel at home. Very few things should be uneasy, and you should be able to talk about anything and everything, including making your relationship public.

2. You don't feel embarrassed: When you're out to dinner with your sweetheart, you should feel proud to sit across from them at the table. Holding hands is an exciting way to show the world that you're a couple while you're walking around the mall or taking a stroll by a river.

3. He is all you want to talk about: Constantly biting your tongue about your partner while chatting with your girlfriends is a tell tale sign that you're ready to share the big news.

When did you know it was ready to make your relationship public? Share your stories below.

Brandi Glanville Admits to Hooking Up with Gerard Butler





Brandi Glanville has come out and admitted to fooling around with Gerard Butler in Malibu last August. According to UsMagazine.com, Glanville revealed the secret to Andy Cohen on *What Happens Live*. Although it was denied in September when rumors surfaced, it is now confirmed by Glanville that the couple “had a little week of fun.” Glanville even admitted that Butler was an 11 on the lover scale of one to ten. A source said the “fooling around” occurred shortly after Glanville was left by ex-husband Eddie Cibrian.

What do you do if a former partner starts bragging about hooking up with you?

Cupid's Advice:

It might seem like flattery when an ex brags about being with you, but it can also be a little too over the top and way too much information. Here are some tips on how to handle the situation:

1. Politely ask your ex to stop: Without causing unnecessary drama, talk to your ex and request that they stop discussing your private matters. This is easier said than done, but if you are polite, patient and understanding towards your former partner the showdown should run smoothly.

2. Make sure the facts are straight: If your ex does not stop, be sure he is at least blabbing the right story to the public. If his word is coming out sideways against yours, go ahead and set the tale straight.

3. Warn your current lover about what they might hear: Dealing with exes in new relationships is a sticky subject. If your current beau is clueless about your past lover, be sure to tell him before someone else does. Even the hard stuff sounds better coming from your own lips.

What did you do when a former partner was bragging about hooking up with you? Share your stories below.

Jay Cutler Says He Never Broke Up With Kristin Cavallari





Kristin Cavallari and

Jay Cutler are expecting their first child together, but it seems like there might be more critics than fans. Despite the couple's rocky relationship and rumors of a previous split, Cutler denies the accusations. As a result, the duo have taken matters into their own hands. According to [People](#), Cutler commented on Twitter saying, "Thanks for all the tweets. We couldn't be more excited. We don't usually comment on our relationship, but for the record I never broke up with Kristin. It's unfortunate some people are saying hurtful things during such a joyous moment in our life."

Cavallari showed her support by retweeting his message.

What do you do if those around you aren't happy about your pregnancy?

Cupid's Advice:

It's *your* pregnancy so don't worry about what everybody else has to say. Cupid has some tips to keep your cool when you're getting too much heat from outsiders:

1. Be polite: It can be easy to lash out on people sticking their noses where they don't belong, so instead politely ask them to be respectful of your situation, and if they can't be happy for you, to leave you alone.

2. Understanding: If it's someone close to you who's acting negatively, take the time to hear their side. Then let them hear yours, and ask for their understanding and support. Babies typically bring families and friends together in the end.

3. Keep private: Leave all the thoughts and decision-making about your pregnancy between you and your partner. Getting other people's perspective and comments in the mix can make things messy and lead to unnecessary arguing.

What are your suggestions for someone going through this situation? Share your comments below.

Heidi Klum and Seal Confirm Separation



After almost seven

years of marriage and four children, Heidi Klum and Seal are calling it quits. The *Project Runway* host and Grammy winner began dating in 2003, and became engaged in December of 2004.

As of January 2012, however, the supermodel is rumored to be filing for divorce from the singer claiming “irreconcilable differences,” according to [People](#). In a statement, Klum said, “While we have enjoyed seven very loving, loyal and happy years of marriage, after much soul-searching we have decided to separate. We have had the deepest respect for one another throughout our relationship and continue to love each other very much, but we have grown apart. This is an amicable process and protecting the well-being of our children remains our top priority, especially during this time of transition.

We thank our family, friends, and fans for their kind words of support. And for our children’s sake, we appreciate you respecting our privacy.”

How do you keep a split amicable when there are children involved?

Cupid’s Advice:

Breaking up is difficult as it is, but when you bring children into the picture, it’s even more taxing. Here are some ways to keep your split amicable for the sake of your kids:

1. Be fair: Although you and your ex-husband may be upset with one another due to a divorce, remember that they most likely love your children as much as you do. You also have to remember that the children deserve and love both parents as well, so be fair to your ex and the kids.

2. Win-win outlook: You need to discuss and plan together with a positive attitude instead of an *I win, you lose* motive. The split is going to be hard on both you and your kids, so don’t make it worse for the kids by using them as leverage.

3. Pay attention: Your feelings aren’t the only ones involved.

Don't be selfish, and sit down as a family to discuss the situation. Let everyone take a turn talking about how they feel and what they want, and then later make the executive decisions with your ex. Your children will appreciate being involved in the choices you're making for them.

What are some other ways to keep a break-up amicable? Share your thoughts below.

Ryan Reynolds and Blake Lively Lively Visit New Orleans



Despite their slight difference in age, Ryan Reynolds and Blake Lively have been spotted in many romantic places since they've begun dating. For their latest destination, they've opted to check out the beauty of New Orleans. Their last visit to New Orleans

together was during the filming of the *Green Lantern*, which is where they met. According to [People](#), the couple truly enjoyed walking around and re-visiting favorite restaurants while there. Perhaps this trip was even better than the last with the added element of romance in their relationship.

How do you find out the most romantic locations in a city you're going to visit?

Cupid's Advice:

Celebrities seem to have no trouble finding romantic spots to visit together. Cupid has some tips:

- 1. Go somewhere far:** Discovering a new city with someone you love can truly be an adventure. Explore a new town or area, and check out all the local sites.
- 2. Use your resources:** There are an array of guidebooks and websites, which list the most romantic places for any dating situation. Check them out with your partner.
- 3. Have fun:** It doesn't have to be something you've never done before, but it would be good to have a date involving something you've never done with them specifically. Like Blake Lively and Ryan Reynolds, visiting a place they've been has a new element, because they're doing it together.

What are some ways you find romantic places to visit? Share your tips below.

How to Dignify Your Relationship Daily



By [Donna Hicks, Ph.D.](#)

Why we can so quickly get into an argument with the one we [love](#)? What is it about intimate relationships that leave us all vulnerable to lashing out against the person we care about the most? Does it have something to do with dignity?

One of the common desires we all share as human beings is to be treated well. We all want to be seen, heard, acknowledged and understood. In short, we want our worth recognized, no matter what kind of relationship we are in. This desire becomes even stronger when our connection involves romance.

We have a hair-trigger sensitivity to when we are dismissed, ignored, criticized, judged or treated badly by our partners.

Add to it that the reactions we have to these insults to our dignity usually happen behind closed doors, and out of the public eye. As a result, the worst part of us can appear in a matter of seconds.

Assaults to our dignity create a fast track to our primal, self-defensive impulses, and we can turn into fighting men and women without even being fully aware of what is happening.

What's the result? We get locked into a never-ending cycle of indignity that is hard to break. We can say and do the cruelest things when it feels like our own worth is on the line.

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

My experience working with people all over the world tells me that most conflicts in intimate relationships, at their core, have underlying and unaddressed dignity issues that are keeping them from experiencing the deep love and connection for which everyone yearns.

Related: [How Happy Is Your Love Life?](#)

This is all easy to say, and we can agree that dignity is important in relationships, but what would it look like if we did honor the dignity of our loved ones on a daily basis, making it the glue that holds us together? Here would be some results:

1. Vulnerability: We would recognize how important dignity is and that we are all vulnerable to having it injured and react positively when it's honored.

2. Assumptions: We would make a conscious decision to give our partners the benefit of the doubt, and to assume they have integrity.

3. Responsibility: We would acknowledge when we have done something hurtful and not assume we are the innocent victims when the relationship breaks down.

4. Viewpoints: We will switch our default setting. Instead of focusing on all the things that our partner has done wrong, we will ask ourselves, "What might I be doing that has

contributed to this conflict? What am I doing that could be violating the dignity of my partner?"

5. Constructive criticism: We will ask our partners to let us know the ways in which we might be violating them, and we will listen instead of getting defensive.

6. Congratulations: We will ask our partners to let us know when they feel we have honored their dignity, and then do more of it!

Feeling listened to, heard, responded to and taken seriously is what we all want. It communicates to our partners that what they say and how they feel matters. We all have to work at it and make conscious decisions about the way we want to treat others and how we want to be treated. After all, what is love if not a mutual honoring of each other's dignity? It is far more than just saying "I love you." We need to act like it.

Donna Hicks, PhD, psychologist and Associate at Weatherhead Center for International affairs at Harvard University is the author of DIGNITY: The Essential Role It Plays in Resolving Conflict.

Prince William Prepares to Join Kate Middleton on Caribbean Vacation





Kate Middleton will not be vacationing solo for much longer. UsMagazine.com reports that Prince William will be joining his wife on the Caribbean island of Mustique later in the week. "It wasn't set in stone because William needed to clear the week of work first," said a source. The couple are on the island to celebrate Middleton's mother's 57th birthday. This will be the last bit of relaxation Prince William, a search-and-rescue co-pilot for the Royal Air Force, enjoys before being deployed to the Falkland Islands next month.

What are the benefits of going on vacation with your partner?

Cupid's Advice:

Though vacationing with family and friends is always fun, going with your partner can have its perks as well. Here are a few benefits:

1. Quality time: Though you can bond with your partner at home, going on vacation is an easy way to get some quality time together. You will be able to focus on each other instead of work or friends.

2. Get to know them better: Traveling with your partner can be very enlightening, especially if the two of you don't already live together. By being in such close proximity to each

other, you will become more familiar with your partner's habits.

3. Easier planning: Vacationing is easier when you travel as a couple. You can book one hotel room instead of two and pay for plane tickets together instead of buying them separately.

Have you ever traveled with your partner? Feel free to leave a comment below.