

Courtney Cox Deals with Separation from Husband, David Arquette with Humor and Hard Work



Courtney Cox's recent split with husband David Arquette has been making quite a few headlines. Unfortunately, news of the break-up has also been affecting Cox's daughter, six-year-old, Coco. The actress' *Cougar Town* costar Josh Hopkins told [People](#), "The day that the news of the separation broke, there were paparazzi outside of their house, and they were taking pictures when Courtney took Coco to school." Though Courtney Cox has remained strong at home and professional at work, "Coco [still] sees these things, because [paparazzo are]

not a normal thing in any respect, and she is a precocious child.” Hopkins went on to explain that the couple’s split is tougher than most due to their celebrity status. “There’s no doubt they have a lot to deal with right now...more than you would in your average separation.”

How do you keep a breakup from affecting your children?

Cupid’s Advice:

Recovering from a breakup is hard, and it’s even tougher the children involved. Cupid has a few tips to keep your children relatively unaffected:

- 1. Cooperate with your ex:** Nothing is more harmful to your children than a battle for custody. Meet your ex halfway, and make some compromises. A civil and orderly split will make the separation much easier.
- 2. Be supportive:** Make sure your children know that the split will not affect your feelings for them. They need to be aware that they’re loved, even if you and your ex may not feel that way about each other.
- 3. Give them time:** No matter how masterfully you handle your breakup, your children will be at least slightly affected. It may be rough now, but in time and with care, your children will adjust.

Courtney Cox Denies Pending

Divorce



Actress Courteney Cox has finally spoken out about her pending divorce to husband and actor David Arquette, [People](#) has learned. During an interview for Australia's *TV Week*, Cox said, "I don't know what will happen, but this is not like we're getting divorced...This is a separation and I think that takes a lot of courage. Whatever is supposed to happen will be the best thing for us." At the same time, however, Cox admits that all is not well in the duo's 11 year marriage.

"Sometimes you just realize 'Wow, we actually have grown apart,'" she said. As far as her husband's Howard Stern radio appearance, Cox seemed nonchalant about it, saying Arquette is a "kook" and an "entertainer." And as Arquette went to Stern for support, Cox has been spending time with her bestie, Jennifer Aniston. "We just have fun, we laugh, we're inseparable and it's great."

When is it time to try separating in a marriage?

Cupid's Take:

Sometimes things taken a turn for the worst in a relationship. Often times it can be a phase and, in time, things will go back to normal. Other times, however, we must make the sad conclusion that this relationship won't have a fairy tale ending. And that's when a separation in a marriage may be for the best:

- 1. Time off:** When neither of you can get a word in edgewise without voices escalating and faces turning red, a separation may be right for you. You'll have time to sort out your thoughts without letting your anger get in the way.
- 2. Think it over:** If recent times between you and your mate are more negative than positive, perhaps it's time to get some space. You'll be able to lay all factors out in front of you in order to figure out exactly why the two of you have been arguing more than kissing.
- 3. When love is lost:** Sometimes, sadly, people outgrow each other, and the love they once had for one another fades away. When this happens, it's best to face reality and go your separate ways rather than forcing something to work that doesn't.

What Celebrity Marriages Can Teach Us About Love



By Sherry Amatenstein, LCSW, and author of *The Complete Marriage Counselor*

It sounds simplistic, but the primary key to a successful marriage, whether the couple are superstars or just plain folk, is for the pair to make each other a priority.

This advice is easy to say, of course, but hard to implement, especially when your every move is followed by Twitter, Facebook, 24/7 cable news, and paparazzi. In the case of celebrity couple John Travolta and Kelly Preston, their union endured the scrutiny that arose after a blackmail attempt surrounding the death of their autistic son. No couple is immune from trauma and strife, but they must band together in the face of the trouble, instead of becoming separate camps.

Travolta and Preston exhibited grace under unimaginable sorrow and pressure, and their union seemingly emerged stronger for the ordeal.

Compare that grace to the four star bad judgment exhibited by David Arquette, by blabbing to Howard Stern about how his estranged wife, Courtney Cox, was tired of being his mother and had given her blessing to his having sex with other women.

He added that sex with Cox was scheduled to some degree.

Loose lips may not sink ships, but certainly can further puncture troubled marriages.

Another lesson to be gained from Arquette is his seeming unwillingness to compromise. On *The View*, he professed to love his wife, the mother of his child, but says she wants a quiet, calm life, while he (seven years younger) still wants to party. Is this really a gulf that cannot be bridged if both partners agree to give a little?

If star couples in love exhibit a little more Travolta and a lot less Arquette, perhaps the shelf life of these unions will be longer than a carton of milk!

Courtney Cox and David Arquette Unite for Halloween





In the midst of their very public separation, Courteney Cox and David Arquette have vowed to make sure that daughter Coco, 6, remains their top priority, according to [People](#). When the duo announced their separation last month, they insisted that they would remain dedicated parents. In fact, the two even planned to celebrate Halloween together with their daughter.

“Sunday, yeah we go trick-or-treating,” Arquette said at a recent film screening. “Coco is going to be a bumblebee and Courteney is going to be a sunflower. I’ll put on a flower suit or something,” Arquette joked. **After a split, how can you keep your child’s life normal?**

Cupid’s Advice:

Breakups are especially hard on children, which is why it’s important to make sure you remain responsible parents. Cupid has some ideas on how to keep your child’s life as normal as possible during a separation or divorce:

1. Stick to the routine: Although your child’s life will undoubtedly change, you should try to keep their routine as normal as possible. If you used to get pizza every Tuesday

night, keep on doing it to show your little one that some traditions will never change.

2. Split up time: Unless you have already figured out custody issues, try to split your tot's time evenly between both parents. This will remind your kid that they aren't going to lose either of you.

3. Communication is essential: Don't leave your child in the dark about the breakup. Talk to them about why you two are separating and make sure they know that they are still your number one priority. Also, make sure they're 100% confident that it's not their fault.

Smiling David Arquette Looks 'Relaxed and Cheerful' After Separation





If David Arquette is hurting after his recent separation from wife Courteney Cox, he certainly isn't showing it. The 39-year-old actor was all smiles at the 2010 Spike TV Scream Awards, his first public appearance since news broke of the split from Cox, 46. [Us Weekly](#) reports that Arquette, who attended the awards show without his wife, looked happy, relaxed and chatted animatedly with his publicist before going into the event. After 11 years of marriage, the couple announced their trial separation earlier this week. The two met in 1996 on the set of *Scream* and married three years later. Their daughter, Coco, is 8. A source close to the couple says they "are by no means interested in giving up. They just need time apart."

How can you tell if your mate is fake?

Cupid's Advice:

Some people might enter into a relationship for the wrong reasons. But with Cupid's help, you can tell whether or not your mate is for real:

1. He pays attention: If he remembers minute details, like

what you said a week ago and already forgot about, then he's really into you and is in the relationship for the right reasons. If his eyes seem to glaze over when you talk, you might want to look into why that's the case.

2. He respects you: This means respect in every sense of the word. One example is understanding your need to take it slow. If he tries to round the bases too quickly, then his intentions are only lustful.

3. He only has eyes for you: If he's shows no interest in other women, then he thinks you're the one. But if he wants to keep an "open relationship" and date other women, he's not sure yet and may just be faking interest.

Courtney Cox & David Arquette Split





After years of irreconcilable differences, Hollywood couple Courteney Cox and David Arquette have announced their official separation. The two have been married for 11 years. Ironically, this romance began when they met on the set of *Scream* in 1996. They now have a six-year-old daughter named Coco, whom they both adore. As Cox and Arquette recently told [People](#), “The reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage. We remain best friends and responsible parents to our daughter and we still love each other deeply. As we go through this process we are determined to use kindness and understanding to get through this together.” Though this separation may appear drama-free, it seems the marriage was not. The media has reported repeated arguments in the past.

How can you put an end to the “same old fights” in your relationship?

Cupid’s Advice:

Irreconcilable differences are the number one cause of breakups and divorces. No matter how big or small these

issues are, many couples tend to have the same fight over and over. In order for a relationship to grow, these ongoing issues need to be worked out:

1. Seek the advice of a third party: Sometimes all you need is the counsel of a completely uninvolved third party to help you and your partner come to a compromise. This can be, but doesn't have to be, a marriage counselor; however, a mutual friend could also do the trick.

2. Recognize the problem: As soon as the "same old fight" begins, look for the redundancies. Write down the problem. Sometimes it's better to see it on paper. This can be the first step to working things out.

3. Reevaluate the relationship: If after countless tries to work out your issues you are not any closer to finding a solution, then perhaps you're not right for one another. It may be a hard thing to face, but it could be time to move on.

David Arquette & Courteney Cox Argue Over Her Show Cougar Town





Courteney Cox and David Arquette are experiencing some trouble in paradise. Cox wants to gather up the old *Friends* gang and have them reappear on an episode of *Cougar Town*, Cox's latest comedy series. According to a source on [Betty Confidential](#), "David isn't happy about it." But apparently, Cox has already called up Jennifer Aniston, Matt LeBlanc, David Schwimmer and Matthew Perry to make appearances. The source adds, "He told Courteney, 'This is not *Friends*. This is *Cougar Town*.'" They kind of got into an argument about it during a staff meeting. He wasn't happy when Courteney asked Lisa Kudrow to appear on their show last season, but Courteney won that battle." It seems that Cox will win this battle, too; she's already come up with a plot and characters for Perry and Aniston.

How can you persuade your spouse to be more supportive?

Cupid's Advice:

Unsupportive partners can put a strain on any relationship. Cupid has some tips on how to make your way through it:

1. Understand: You need to understand why your partner is

against your decision. Try to find out what benefits he or she sees by choosing the opposite standpoint. Ask lots of questions to help you figure out why they are against the situation, then address their points.

2. Weigh options: You might find that your partner's point of view has a lot of reasoning behind it, so don't just dismiss them because you don't like it. Try to find an in-between so that you are both happy with the outcome.

3. Be honest: Don't lie, exaggerate, or go behind your spouse's back to get what you want. If it's a big decision, such as going back to school, your partner will find out eventually, and will be even more upset you lied.

David Arquette's Marriage is Just Fine





Even the happiest of couples can't escape the rumor mill. David Arquette told [People](#) that close friends sometimes believe gossip printed about himself and his wife, Courteney Cox Arquette. "There's nothing [wrong]," said Arquette. "We have a really great, beautiful relationship." The couple celebrated their 11th wedding anniversary on Saturday.

Arquette admits that great marriages take work. How can you maintain a happy marriage for the long haul?

Cupid's Advice:

Simply realizing that a happy marriage needs work is half the battle. The other half is carrying through by working on it with your partner.

- 1. Hash it out:** Some couples shrink away from problems, but avoiding the issue won't clear the air. Get it out of your system and figure out a solution instead of letting the situation escalate into something bigger.
- 2. Do stuff together:** And we don't mean grocery shopping or the laundry. Take each other out on dates, or simply go for a

walk in the park. Kick it up a notch and revisit old haunts from when you first started dating. Staying active keeps the spark alive.

3. Also take time out for yourself: You're still individuals with your own interests and desires. Take time to pursue them, and share your experiences with each other when you're together.