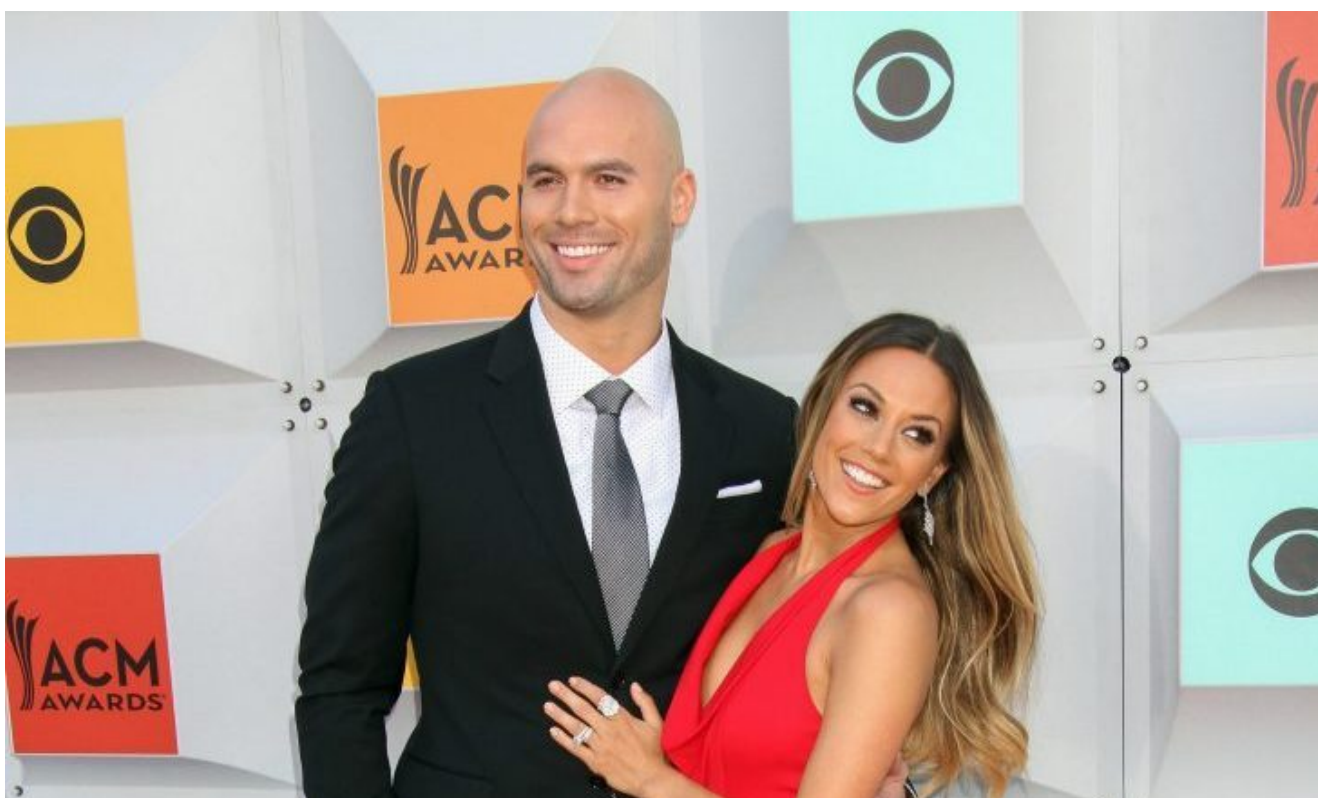


Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again



By Carly Silva

In the [latest celebrity news](#), Jana Kramer opened up about a recent direct message she received on Instagram, alleging that her husband, Mike Caussin cheated again. The [celebrity couple](#), who tied the knot back in 2015 and share two children together, and have dealt with infidelity before, after Caussin cheated in 2016. According to *UsMagazine.com*, Kramer admitted that she did freak out over the direct message, and she has a hard time trusting her husband.

In celebrity news, Jana Kramer says she doesn't trust husband Mike after multiple cheating rumors. What are some ways to rebuild trust in a relationship?

Cupid's Advice:

Although infidelity is oftentimes a deal-breaker, it is possible to work through the problem and regain trust. If you're trying to rebuild trust in your relationship, Cupid has some advice for you:

1. Be willing to put the work in: Working through rebuilding trust will be a difficult journey, so make sure you're up for the task. Be honest with yourself if this is something you can work through and commit to it. Expect that it may be a long road, but it will be worth it in the end.

Related Link: [Celebrity News: Amanza Smith Says Ex Taye Diggs Supported Her Kids for 5 Years](#)

2. Ask for what you need: When you're trying to rebuild trust, it's important to make sure you're honest about what you need. Set the boundaries that make you comfortable and make it clear what you expect in your relationship. This will make it easier for your partner to strive to give you what you need in the future.

Related Link: [Celebrity News: Valerie Bertinelli Pays Tribute to Late Ex-Husband Eddie Van Halen](#)

3. Focus on the future rather than the past: One thing that will always make rebuilding trust difficult is reliving the past. If you make the decision to forgive your partner and move on, it's best to stick to that. Avoid bringing up the

past and rehashing old problems. Instead, focus on the future and what you and your partner can do to better your relationship from now on.

What are some other ways to rebuild trust in a relationship? Start a conversation in the comments down below!

Celebrity News: Jana Kramer Reacts to Husband Mike Caussin Saying Cheating Would Be a Dealbreaker





By [Mara Miller](#)

[Celebrity couple](#) Mike Caussin and Jana Kramer had a miscommunication when Caussin claimed he would call it quits on their [celebrity marriage](#) if his wife was unfaithful, according to *UsMagazine.com* in the latest [celebrity news](#). While at the iHeart Radio Wango Tango Podcast Suit sponsored by Sugarbear Hair in LA on June 1 with *Us*, Kramer said, "I am still scratching my head about that, too, because it feels very one-sided to me, and honestly it kind of hurts my feelings that he wouldn't stand by me if I did that." Kramer and Caussin split briefly in 2016 after he cheated on her with multiple women. They later reconciled and renewed their vows in 2017.

In celebrity news, Jana Kramer is scratching her head after a comment from her husband. What are some

ways to clear up miscommunication with your partner?

Cupid's Advice:

Miscommunications between you and your partner like the one Kramer and Caussin had can happen between couples occasionally. Cupid has some advice on how to clear up any misunderstandings:

1. Avoid always having to be "right": In a situation where you've had a misunderstanding with your partner, things can escalate quickly if you try to stand your ground and say you're right. The "always right" mentality stonewalls any farther communication. Be willing to admit that you might not have understood your partner so the situation does not get worse.

Related Link: [Celebrity News: 'Bachelor' Alum Ashley Spivey Reveals She Suffered a Miscarriage](#)

2. Listen: Listening to your partner not only shows them you are willing to work together but it will also that you value their opinion. It's easy to misword something when you speak so if one of you misunderstands what the other says, don't immediately get angry with your partner.

Related Link: [Celebrity Wedding: Scarlett Johansson & 'SNL' Star Colin Jost Are Engaged](#)

3. Take a break if the situation escalates: Sometimes it's better to just walk away and cool down. Take this time to reflect on what was said between you and your partner. Once you've both calmed down, give each other both a chance to speak so both sides have a chance to explain what happened.

What are some other ways to clear up miscommunication between you and your partner? Let us know in the comments below!

Celebrity News: Jana Kramer & Mike Caussin Share How Therapy Helps Their Marriage and Parenting



By Megan McIntosh

Therapy works for [celebrity couple](#) Jana Kramer and Mike Caussin. According to *UsMagazine.com*, therapy has helped

Caussin with his sex addiction, which benefits his relationship with his wife Kramer because it can help him avoid a relapse into cheating. Both Kramer and her husband emphasized that therapy helps them with communication. For Caussin, he says it's "a way to level out" and "keep [them] in check."

In celebrity news, therapy helps Jana and Mike come together as a couple and as parents. What are some ways therapy can help strengthen your relationship?

Cupid's Advice:

Therapy is nothing to be ashamed of. In fact, it can really help your relationship. Cupid has some ways it can come to the rescue:

1. Manageable conflict: Therapy gives you and your partner a chance to air out any conflict or disagreements without feeling judged. If the situation escalates your therapist is there to bring the communication into manageable levels and keep it on track and civil.

Related Link: [Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience](#)

2. A different point of view: It can be hard to find a compromise or agreement when you're in the relationship but if you have an outside point of view, they are able to help you find a way for everyone to be happy without conflict. They're unbiased, so it's easier to accept their feedback.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling](#)

[Relationship](#)

3. You get a blueprint: Therapy, whether for individual or couples, gives you a chance to solve problems so that you're able to avoid conflict when you're not with the therapist. It gives you the tools to handle communication on your own.

What are some reasons you think therapy is helpful? Share below!

Celebrity News: Jana Kramer & Husband Slam Parent Shaming 'Trolls'





By [Lauren Burczyk](#)

In [celebrity news](#), Jana Kramer and her husband, former NFL player, Mike Caussin went on a rant on Thursday, shaming critics for judging their parenting style. According to *People.com*, the country singer, 35, and her husband, posted a photo of their two month old [celebrity baby](#) on Instagram, including a caption stating that he sleeps for seven hours per night, while praising the Baby Wise method of sleep training for its results. The [celebrity couple](#) wasn't expecting to receive so much backlash from the post, so they decided to address their critics in a series of videos on Kramer's Instagram Story. Caussin, 31, shot back at the critics, saying, "Oh, 'cause you guys live here and know that we let him scream and cry?"

In celebrity news, Jana Kramer and her husband are defending

themselves against those who are slamming their sleep training style. What are some ways to defend yourself against unfair criticism?

Cupid's Advice:

It's never easy to face critics who judge you unfairly, but in a generation where we rely on social media for advice, you're bound to come across it sooner or later. Here are some ways to defend yourself against unjust criticism to help you avoid an emotionally-charged reaction:

1. Take a minute and remain calm: Before reacting right away, take a step back to let yourself cool down. Negative criticism can make you feel inadequate and can cause anger, it's important to remain calm so that you don't find yourself in a deeper mess.

Related Link: [Celebrity Baby News: Jana Kramer Is Pregnant After Suffering Multiple Miscarriages](#)

2. Have the feedback repeated: Stay calm and have your critic repeat their point of view. This will allow you to tell if your critic has any validity behind their rationality or if they are simply trying to cause trouble.

Related Link: [Celebrity News: Anne Hathaway Shares Past Insecurities](#)

3. Move on graciously: It may seem difficult, but your best option is to respond politely and acknowledge the person's feelings, while sharing your point of view before you move on. Showing that you're the bigger person will reinforce your point of view and allow you to gain respect.

Can you think of some other ways to defend yourself against unfair criticism? Comment below.

5 Celebrity Couple Breakups: Say It Isn't So



By Tanni Deb and [Katie Gray](#)

They say everything happens for a reason, so we can only hope that these recent [celebrity couple](#) breakups are for the best – because we loved watching their romantic fairy tales unfold. Whether they were married with children, engaged, or just dating for awhile, we will miss these [celebrity relationships](#).

The important thing is to take away the positive from any situation and grow from it!

Cupid has compiled 5 Celebrity Couple Breakups: Say It Isn't True

1. Lady Gaga & Taylor Kinney: Music icon and actress, Lady Gaga, dated actor Taylor Kinney for five years. The pair met on the set of her music video in 2011. Kinney popped the question and proposed on Valentine's Day and Gaga had a huge diamond ring to set it in stone. They announced afterwards that they were both calling the engagement off, which was a surprise to fans. However; Lady Gaga recently stated she still cares about him and her new album has beautiful ballads.

2. [Taylor Swift](#) & Tom Hiddleston: "Say you'll remember me, standing in a white dress, staring at the sunset, babe," is one of the many love song lyrics of singing superstar, Taylor Swift. She was in a relationship with Tom Hiddleston after dating musician and DJ, Calvin Harris. Rumor has it that Hiddleston wanted to be more public with the relationship than Swift did, which led to their breakup. Regardless; the two had some great times together, and she will be coming out with some amazing new love songs!

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

3. Jana Kramer & Mike Caussin: Country singer, Jana Kramer, and former NFL star, have separated. The celebrity couple have a baby daughter together, Jolie Rae. According to the news, Caussin had to go to rehab for unidentified reasons, but Kramer is staying strong and doing everything she can for their babygirl. We know that these two will be able to co-parent and do what is best for their beautiful baby!

4. [Angelina Jolie](#) & [Brad Pitt](#): The separation of actors and icons, Angelina Jolie and Brad Pitt, rocked the world and

caused a media frenzy. Jolie filed for divorce, citing irreconcilable differences. Pitt announced to People magazine that he was saddened by it and was just concerned about their children. There have been reports of cheating and arguing over parenting. Every couple has their ups and downs. Our only hope is that these two can co-parent together in a healthy way, and move onto happy futures!

Related Link: [Celebrity Couple Engagement Rings](#)

5. Jennifer Meyer & Tobey Maguire: Actor Tobey Maguire and his wife Jennifer Meyer, sadly split after nine years of marriage. The celebrity couple have two children together. They issued a joint statement, saying, "As devoted parents, our first priority remains raising our children together with enduring love, respect and friendship." We applaud them for remaining positive and focusing on their children!

What celebrity couple breakups shocked you? Comment below.

Celebrity Divorce: Jana Kramer & Husband Mike Caussin Separate; He Enters Rehab





By Mallory McDonald

[Celebrity couple](#) Jana Kramer and husband, Mike Caussin, just could not make it work. According to [UsMagazine.com](#), Entertainment Tonight reported that former NFL player Caussin has entered rehab, though the reasons behind that have not yet been disclosed. Kramer has separated from Caussin as well. Back in 2013, the couple had a [celebrity wedding](#) and shortly after, a [celebrity baby](#). At the time, Kramer said, “We feel extremely blessed to have found each other and are so fortunate to have shared our day with close friends and family. We look forward to sharing our lives together.” At the time, this relationship seemed like the perfect fairy tale ending, but even the best love stories sometimes come to an end.

There may be another celebrity divorce on the way. How do you know

when your marriage is un-fixable?

Cupid's Advice:

Saying goodbye to someone is one of the hardest things in life. Cupid is here to help make that difficult decision with this [dating advice](#):

1. Honesty: When you begin to feel unsure about your relationship, it is important to be honest with your partner about it. You may find that they are feeling similarly to you and that can make for an easier decision.

Related Link: [Jana Kramer and Brantley Gilbert Split](#)

2. Bickering: As a relationship is beginning to unravel, you may find that you and your partner fighting over things that normally would never bother you, or you would have just let it go. This is a clear sign that the relationship is coming to an end.

Related Link: [Jonathon Schaech & Jana Kramer: It's Over!](#)

3. Unromantic: As a marriage progresses, it is normal for the romance to dwindle. But, if the romance comes to a complete stop, it is mostly likely a sign that your marriage is not going to last.

How did you know your marriage was over? Comment below!

Jana Kramer and Brantley

Gilbert Split



By April Littleton

A source confirmed to [People](#) that the country singers have ended their engagement. “They are both so busy right now. They are both on the road and have to spend a lot of time apart, which isn’t ideal for any couple, let alone a couple trying to plan a wedding,” the source said. Kramer was married to Jonathon Schaech for one month in 2010.

What are some ways to call off an engagement with class?

Cupid’s Advice:

The end of an engagement is never a pleasant situation to experience, but if you know the marriage between you and your partner won’t work out, it’s best to end things now rather

than go through a divorce months after the wedding. Cupid has some advice:

1. Face to face: The worst thing you can do is break off an engagement via email or text message. Situations like this are best handled in person. Take your significant other somewhere where the two of you can talk without any interruptions and explain to him/her why you don't want to get married. Don't hold anything back. Be completely honest with yourself and your partner.

2. Don't get defensive: It's only fair that your honey get upset over the things you're telling him/her. If he/she yells at you, don't yell back. Keep yourself as calm and composed as possible. Apologize to your partner and let them know you're truly sorry for hurting them. Be polite and show that you still care for them.

3. Give the ring back: If the engagement is truly over, you need to return the ring to your significant other. Keeping the ring may send mix signals. Your partner might continue to pressure you into doing something you've already told them you're not ready for.

How did you call off an engagement? Comment below.

Celebrity Couple: Jana Kramer and Fiance Brantley Gilbert Vie for Same ACM Award



By Meghan Fitzgerald

Jana Kramer, and fiancé Brantley Gilbert recently competed yesterday at the Academy of Country Music Awards for the “best new artist” trophy. The couple got engaged the 28th of March at the historic Ryman Auditorium in Nashville, Tennessee. The twosome are now settled in Nashville, with Kramer focusing on her music for the tour with Blake Shelton this summer. Kramer plays around with [People](#)’s reporters saying, “We’re up against each other and we’ve got our gloves on!” Although neither half of the couple won “new artist of the year,” they did each win an award. Kramer won “new female vocalist of the year” and Gilbert won “new male vocalist of the year.”

How does friendly competition keep your relationship fresh?

Cupid’s Advice:

Depending on you and your mate's competitive levels, you may not want to engage in friendly competition. The results for the mass are grand. However for the few, they can vary. Throwing friendly competition into the valuable of a relationship keeps it fresh, keeps it alive. It allows you to bond with your partner, knowing them better than simply factual information. Cupid has some more advice on friendly competitions:

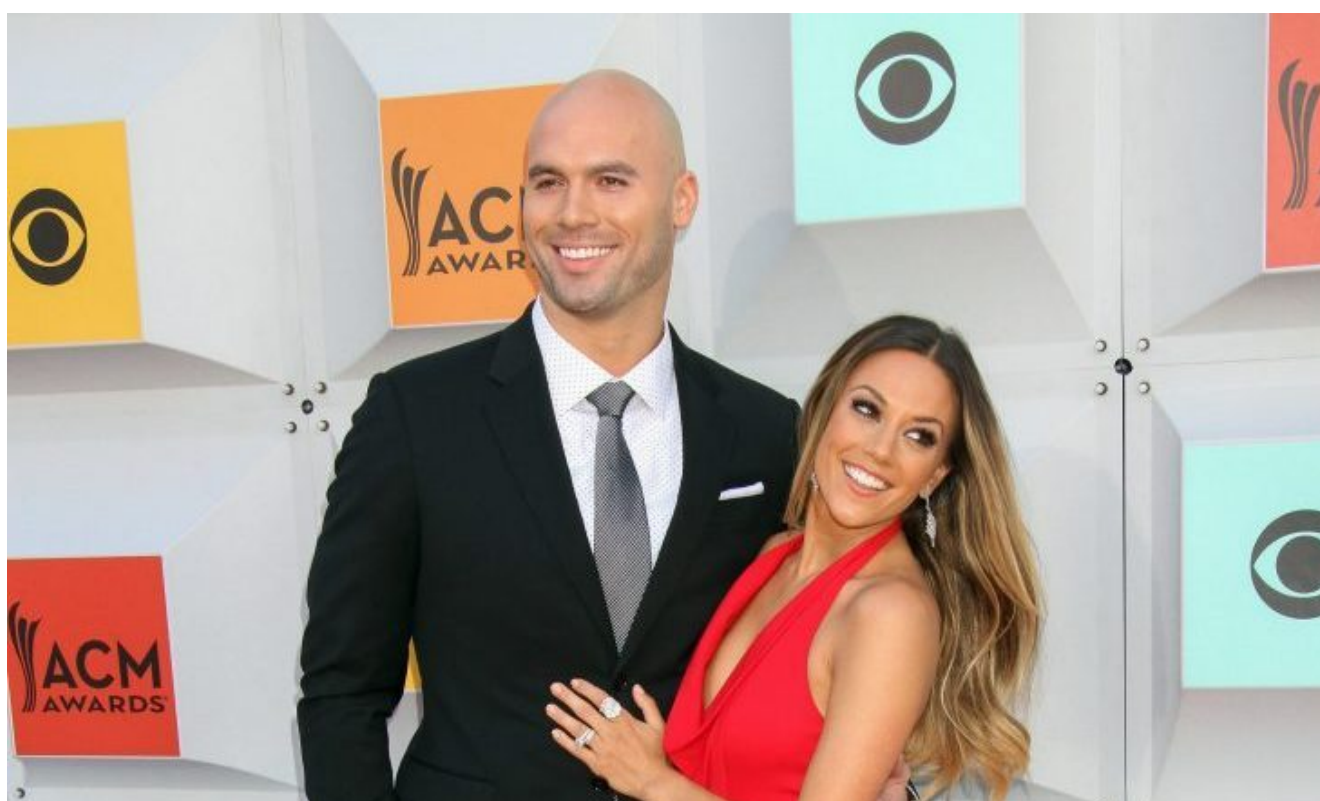
1. Awe factor: Having a competition with your beau allows either of you to gain some awe towards one another. It can be your partner to you. You can discover how competitive your mate is, but in the slightest of ways. For you of course, so he doesn't hurt you. If they win 'said' competition, you become aware of how hard they worked to get to that position. Aware of how they work in general, and as always, how much they love you.

2. Knowledge of partner: Knowing more of your partner is never a bad thing. Unless they secretly store extinct, decrepit Tasmanian Tigers in all of their closets. Since hopefully this is not the case for you, having a friendly competition allows you to know your mate more. How they think on command, what they do in pressured situations. How they react in certain scenarios. You pick up on their little mechanisms, eventually putting them altogether to analyze the whole machine.

3. Something to do: As much as you and your beau are in love, relationships can get dull. It's a fact. It's not you, or your partner, or the both of you together. It's simply that you two may and most likely will get bored. Adding a friendly competition into your relationship keeps it fresh and going. It gives you something to do on a Friday night when neither of you want to go out. Yet you don't want to sit on the couch all night watching re-runs of Dr. Phil.

Has friendly competition ever kept your relationship fresh? Explain below!

Jonathon Schaech & Jana Kramer: It's Over!



Jana Kramer and Jonathon Schaech, who met while filming the movie *Prom Night*, have given up on their marriage, and are planning their divorce just over a month after their nuptials were exchanged. “Jana and Jonathon have agreed to dissolve their marriage,” the couples’ rep told [E! News](#). “Jana is humbled by the outpouring of support from her fans, friends and family, and appreciates the respect of her privacy.”

What do you do when a marriage ends so soon?

Cupid's Advice:

According to the Center for Disease Control and Prevention, about half of the couples who marry in the U.S. end up divorced. If the marriage can't be saved, Cupid has found some ways to help you move on:

1. Ending amicably: This may or may not be possible, but in order to get back on track, you'll do better knowing that you gave it your all. Although the marriage failed, you don't have to hate your ex.

2. Take some time: When a relationship makes it to the marriage point and then ends, you should spend some time alone with yourself to reflect. By learning how to live on your own, you have a greater chance of meeting someone who you're really meant to be with in the future.

3. Look to the future: Once you're ready to put yourself back out there, plan your approach by implementing your recent reflections, know what to avoid in future partners, and start small.