

Broken Engagements: Celebrity Couples That Never Made It Down the Aisle





Liam Hemsworth and Miley Cyrus

This young couple met on the 2010 set of their movie 'The Last Song' and announced their engagement in August 2012. Unfortunately, the pair called things off about a year later. While the pop star has said, "It was so fun wearing a fat rock for a few years," she's remained single since the split. Photo: Andrew Evans / PR Photos

The Pros and Cons of a Long Engagement





By Marni Battista

The latest news in Hollywood is Britney Spears and Jason Trawick's somewhat long-anticipated breakup. The couple met when Trawick was Brit-Brit's talent agent, and he gradually transitioned to her beau post-Keven Federline divorce. The two had been engaged for just over a year, and we presume one of their resolutions must have been to start off 2013 single.

They parted amicably, according to their reps, but could the lengthy engagement have caused the split? Or did it just make it clearer that they should call off the whole thing?

If you've already been divorced and are engaged to be married a second time – like Spears was – it's a good idea to discuss if you're setting a wedding date immediately or planning to take it slow.

Related Link: [Dating After Divorce: Lessons We Can Learn from Taylor Swift, Queen of Heartbreak](#)

A year-long engagement in the '50s and '60s would have seemed endless to a blushing future bride, but these days it seems to

be more common. In fact, modern couples are holding their “I do’s” for two, three, even five years before actually tying the knot. There are plenty of reasons: costs of a wedding, the pressure of daily life (it’s hard to schedule a manicure, let alone pick a wedding date) and commitment anxiety. While it makes sense for some couples that are on a second or third marriage, is it really better to wait it out?

PRO: You get ample time to figure out if you’re truly a match.

Although the core idea of being engaged is that you’ve both already decided you want to be together long-term, having a lengthy engagement can help ensure you’re making the right choice. In Spears’s case, it seems that this is exactly what happened: they weren’t a great match.

When you’re in a healthy, serious relationship, you’re openly communicating about your values and goals...and by the time you get to an engagement, you hopefully have decided you’re a good fit in multiple ways.

However, time will certainly tell. Being committed to each other on a higher level than being boyfriend and girlfriend should bring more conversations and actions that will help prove to you whether or not you’re on the right path. Ideally, you’ll be sure that you’re both on the same page, and you’ll be able to make the right decision *before* getting married.

In addition, a lengthy engagement can ensure that children from previous marriages have time to adjust to a new person in the parent role, which can ultimately create a better transition from mom’s boyfriend to stepdad.

CON: Lack of marriage can indicate to the other person a lack of commitment.

Related Link: [5 Signs He’s Not Ready to Commit](#)

A lengthy engagement can certainly be interpreted by one

person that the other person isn't fully invested in the relationship. If you choose to have a long engagement period, make sure you're clear as to why you're choosing to wait and that the items on the "when this happens, we'll be ready" list are specific and measurable. Communicate consistently regarding how those benchmarks are going to be hit and be open to shifting them if the results take longer than anticipated.

When you're fighting with your fiancé, you can simply decide to leave...whereas when you're in a marriage, people seem more likely to want to work out the issues to save their relationship. Additionally, there is data that supports the fact that modern society may be growing indifferent about the institution of marriage. It's an important issue to discuss with your fiancé. Together, you should decide a realistic time period for your engagement; being open about it will help give clarity to your individual feelings and can also bring you closer.

There are both pros and cons to a lengthy engagement; you will just have to decide for yourself what time frame is best for you.

Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at marni@datingwithdignity.com.

Find Out the Truth Behind Britney Spears' Split with

Jason Trawick



By Meghan Fitzgerald

The rumor mill has been turning when it comes to the truth about Britney Spears and Jason Trawick's breakup. January 11th was a sad day for love, as a rep for the two stated to [Life and Style Magazine](#), "Britney Spears and Jason Trawick have mutually agreed to end their one-year engagement. As two mature adults, they came to the difficult decision to go their separate ways while continuing to remain friends." According to [Hollyscoop](#), Spears' father did not play a part in the split between the two celebs. Both Trawick and Spears insist they will remain great friends.

What are some red flags in a relationship?

Cupid's Advice:

1. Distance: It is never a positive aspect of a relationship when you don't feel as close to the person you spend all your time with. The red flag should be thrown up when you do not feel a strong connection to your partner because the distance between the two of you has been excessive. This distance does not always have to mean physical distance between the two of you however, an emotional distance can loom even from being together. You need to confront your partner and discuss the distance you feel amongst the two of you. Once that distance is felt, your possible love and future plans may be jeopardized, so make sure to throw the flag!

2. Secret phone calls: In relationships, one of the persons involved tend to become a bit paranoid or nervous, constantly thinking the other is cheating. When secret phone calls come in, you better throw that red flag darling. That person needs to be called out on their constant mysterious phone calls. Put aside all assumptions that you're crazy, or there is nothing going on because he is "perfect." Wouldn't you rather find out sooner than later if the person on the other side of the secret phone calls was another woman? If your beloved partner goes outside or into the bathroom for a "work call," throw the flag up. Don't risk it.

3. Unresolved fights: The worst types of fights are not the explosive, unbearable, destructive ones. Rather, the ones that get put aside to the next day and are never touched on again. When your significant other wants to talk about it tomorrow, throw up the flag sweetie. If your partner wants to be with you, they should have to fight for you also. Which means fighting even when they don't want to.

When have you thrown up the red flag? Explain below!

Britney Spears and Jason Trawick Call Off Their Engagement



By Michelle Danzig

In a mutual agreement Friday, Britney Spears and fiancé Jason Trawick called off their engagement. According to [People](#), it's been only a year since Trawick, 41, proposed in Las Vegas. A source told *People* that the two decided to split because of different relationship goals. Spears, 31, who began dating the actor in 2009, reportedly was upset by his constant desire to have his own life outside of their relationship. Sources also

say that Spears and Trawick didn't see eye-to-eye about continuing a family as well. The pop singer and former *X-Factor* judge currently has two sons, Sean, 7, and Jayden, 6. Although Jason loves her boys, he wasn't in a place to have his own family. In addition to ending their four-year relationship, Trawick also resigned as Spears' co-conservator over her person, which gave him authority to make decisions about her general well-being. Her father, Jamie Spears, is her primary conservator. Despite the heartbreak, Spears desires to return to her original passion: music.

How do you know when to call it quits on a long term relationship?

Cupid's Advice:

Ending a long-term relationship can be difficult. As the years go by, it is hard not to become comfortable and immersed into life with a significant other. Sometimes, however, the relationship just doesn't work. But, how can you tell? It is definitely hard to pinpoint the reasons and spot the signs that it is time to end your relationship. To make the breakup a little easier, here are some basic red flags that it's time to call it quits:

1. Disconnection, isolation and avoidance: You may find that you and your long-term sweetie have drifted apart. Maybe he is going out with his friends more often or you start doing a former group activity, by yourself. If you and/or your partner is isolating themselves from the other—and this goes double if he/she is straight up avoiding you—it may be time to step back and see it for what it really is.

2. Lack of intimacy: If you and your partner can't remember the last time you couldn't keep your hands off each other, chances are that intimacy has flown the coop. Think about the last time you passionately kissed or had a romantic night together, if it is difficult to pinpoint or the idea of it

just doesn't seem appealing, it may be time to end your partnership.

3. Difference in wants or needs: This is usually the hardest obstacle to overcome. If you find that you and your boyfriend/girlfriend's options, views, and wants have shied away from each other, than it's safe to say that you no longer want the same things. In the beginning, the wants and needs may have been mutual, but people change and so does your relationship.

How did you know it was time to end your relationship? Tell us your story below!

Britney Spears and Jason Trawick Reveal How Their Romance Began





By Erin Minty

Britney Spears' fiancée Jason Trawick is speaking out about how their relationship originally began. "It was kind of one of those things where she moved, like, turned around, so we were face-to-face and then ..." said Trawick. Before he could continue, though, Spears stepped in and stopped the 40 year old from giving too many personal details away, according to [People](#). From business to pleasure, the couple have been able to make things work, and hopefully Spears has finally found the one.

What are some unique ways to meet a potential partner?

Cupid's Advice:

Finding a potential partner can be a really difficult thing to do. Cupid has some advice on some new and interesting places to meet a new date:

1. Online: The stigma that comes along with online dating is starting to diminish. If you haven't had much luck finding people you connect with in your every day life, try an online

dating site. Tons of people have successfully found a partner online, and it takes away the stress of finding someone on your own.

2. Volunteer activities: If there is a cause or organization in your community that you are passionate about, helping out by volunteering for a day can be a great way to meet new people that share some of your passions. Chat up the cute person working at the site with you and you never know what may happen!

3. Gym/park: If you are someone who loves the idea of working out, but may not be able to find someone to go with you, go for a run at your local park or hit the gym. Chances are, some cute single will be working out too (hopefully alone) and you can talk a little while you work out in a stress-free environment.

What interesting place did you meet your partner? Let us know your story below!

Jason Trawick Films Congratulations Video for Britney Spears





While Britney Spears has been busy filming auditions as a new *X Factor* judge, her fiancé Jason Trawick was filming a little project himself. [People](#) reports that Trawick sent a loving and congratulatory video to Spears while in Texas. The message, which he made in bed, said, “Princess, we just completed our first weekend in Austin on *X Factor*. Just wanted to say I’m very proud of you and I love you so much. Congratulations.” Spears surely appreciated the sentiment, as she took to Facebook to reply by writing, “Awww love you too Xoxo.”

How do you support your partner in his or her career?

Cupid’s Advice:

It’s important to support your partner in their career because their job is part of what makes them who they are. If you follow these tips, your partner could never complain that you’re not supportive enough:

1. Always tell your partner you’re proud: Every career comes with obstacles and challenges. Therefore, tell your partner how proud you are of them not only when they achieve bonuses

or promotions, but often. Encouragement is key.

2. Celebrate the milestones: Celebrate all of the moments in your partners' career where they have achieved something. It could be anything from their first presentation to becoming CEO. Just make them feel special and deserving by making dinner or taking them out for drinks.

3. Create a relaxing environment: Stress and careers often go hand-in-hand. Support your partners' career by giving the occasional massage so that stress never gets in the way of them performing to their full potential in their job.

How do you support your partner in his or her career? Tell us below.

Jason Trawick Will Share Legal Control Over Britney Spears





Britney Spears' father is making an extra effort to bond with his future son-in-law in an unusual way. Jamie Spears is asking a court to add Jason Trawick as a co-conservator over his daughter, a source confirmed to [People](#). Jamie Spears, who's had legal control over his daughter's multimillion dollar fortune since February 2008 after the pop singer suffered a psychological breakdown, plans for Trawick to have shared legal control over his Spears's well being, but not her finances, according to the source. While a conservator can make decisions over a person's clothing, food and medical care, Spears will still have plenty of personal freedom.

How do you know when your spouse's parents have accepted you?

Cupid's Advice:

Being in love can be a wonderful feeling, and it's even better when you have your partner's parents blessing. Here are a few ways to tell when your spouse's parents have accepted you:

1. They enjoy your company: When your lover's parents are beating him or her to the punch when calling you to come over

for game nights and family dinners, it sounds like you're a shoe-in and their parents would love to see their son or daughter settle down with someone like you.

2. They brag about you: Meeting your spouse's parents can be hard enough, but when you have to meet an entire family, that can definitely turn you into a nervous wreck. But, when your spouse's parents have bragged and told everyone what a wonderful person you are, that can easily remove about 10 pounds of nervous stress from your head.

3. You're introduced as their future son or daughter-in-law: This makes it official. You're no longer the "girlfriend" or "boyfriend" in their eyes; you're now the in-law. Whether or not you and your love are simply dating or are soon-to-be newlyweds, they hear wedding bells for you two and are already planning your wedding.

How did you tell when your spouse's parents accepted you? Share your comments below.

Britney Spears and Jason Trawick Take a Secret Trip to San Francisco





Britney Spears and her fiancé Jason Trawick took a private vacation to San Francisco away from the paparazzi and Spears's legal issues. According to *People*, Spears and Trawick stayed at the Westfield San Francisco Centre in the Extreme-Wow suite. A source said that the couple was very low-key and the getaway was just about the two of them.

What are some fun ways to spend time alone with your partner?

Cupid's Advice:

Spending alone time with your partner is important, but it can sometimes get boring. Here are a few fun ways to spend time alone with your significant other:

1. Play make believe: Book a hotel room or bed and breakfast in another city for some alone time where no one else knows the two of you. Pretend to be lovers in a secret relationship.

2. Take a road trip: A road trip can be a lot of fun. Full of sing alongs and junk food, it will bring the two of you closer.

3. Everyone loves a good game: Game night is the best way to spend some time alone with your partner without the mushy [romantic](#) factor. Whether it's a board game or watching a sport, you'll have a great time.

What are some fun ways that you spend time with your partner? Share your comments below.

How to Deal with Online Dating Rejection



By Debbie Lamedman

When you're dating online, you never know to whom you're talking. It's a voice in the dark. All you see is someone's profile and a picture, and if you contact them and there's no response, you move on. It's a rejection, but there's no reason to take it personally. How can you when the person you've attempted to contact doesn't even know you? Well, that's easier said than done.

Britney Spears recently got engaged again, this time to Jason Trawick. You can bet that she dealt with rejection upon the termination of all of her previous relationships, but she is persevering. People get rejected right and left, especially when they date online. If you start to let it get to you, it will take a toll. It becomes more difficult when you've actually made contact with the person and suddenly that contact between you ceases. This happens often, and there is logical reason for it. You can make up stories about why the person stopped returning your emails after many lively conversations, but you will never know the real reason unless they reappear in your inbox. You never know what's going on in someone else's life, and you never know what someone's motivation is for starting to date online. That said, there are definitely ways to deal with rejection.

Unfortunately, we saw Spears' downfall and witnessed her reactions to rejection from many people in her life. To avoid crashing into depression, you must learn to maintain a certain level of detachment while your online relationship evolves. This may sound harsh, but people take off as often as they stick around, so protect yourself, your heart and your self-esteem.

No one likes feeling rejected. If you've never met your date in person, you can't take their rejection personally. Unfortunately, people tend to judge others for the smallest things. If it was something about the way you looked in your photo, or something you said in your profile that turned the

other person off, so be it. You can't please everyone.

Related: [Julie Spira Discusses 'The Perils of Cyber-Dating'](#)

Take online dating rejection lightly, and move on. After all, there are plenty more matches where they came from. People you meet online will fall by the wayside, leaving you with the room and opportunity to meet quality people who deserve your time and attention. If you've met your online date in person and things don't work out, there's no reason to take that to heart either. Just go back online, and keep hunting!

Britney Spears and Jason Trawick Get Engaged





Britney Spears has had a turbulent few years. This month, however, she has a lot to celebrate. Aside from celebrating her 30th birthday, recent reports have confirmed that the pop princess is now engaged to Jason Trawick. According to [People](#), Trawick proposed on his birthday Thursday night in Los Angeles. After giving him tons of birthday gifts and having cake together, Spears was surprised to get a surprise of her own in the form of a Neil Lane sparkly engagement ring. According to sources close to the couple, the two are very happy and have been talking about marriage for a while now.

What are some unique ways to celebrate a recent engagement?

Cupid's Advice: The holidays may be a time to celebrate, but an engagement can be just as much if not even more exciting. No matter if you are getting your friends and family together for a big party or just having a private celebration. Here's how to make it a festive occasion:

1. **Vegas trip:** You don't have to get married in Vegas to have

fun there with your spouse-to-be. Stay at the Bellagio, and watch the fountains burst into the night air together.

2. Show off the ring: Facebook, Twitter and other social media sites provide you with the means to share pictures of your ring with everyone in your network instantly. Make them jealous.

3. Pop champagne: A celebratory bottle of bubbly is perfect of either a romantic dinner for two or a large celebration.

How do you plan on celebrating your engagement? Share your ideas below.

Britney Spears Spends 30th Birthday Ice Skating With Jason Trawick





Britney Spears celebrated her 30th birthday on the ice, reports UsMagazine.com. The singer and her boyfriend, Jason Trawick, took a break from Spears' South American tour and went ice skating at a rink in Houston. Spears and Trawick started working together five years ago and started dating in 2009. "Jason is just amazing with [son Jayden and Sean]," said Spears. "They look up to him so much – they adore him. He's their hero."

What are some ways to make your partner's birthday special?

Cupid's Advice:

Birthdays can be especially memorable when they're spent with a partner. Here are a few ways to make your partner's birthday special:

1. Throw a party: If your partner is outgoing and social, throwing a party is a great way to make their birthday memorable. A surprise party could be even more exciting.

2. Invite their friends: Even though the two of you may share many mutual friends, your partner will be ecstatic if their

friends are invited. Plus, it's a thoughtful gesture.

3. Plan some alone time: If you and your partner spend the day with friends and family, remember to set aside some alone time after the day's events. Your mate will finally be able to relax after a day of activity.

Have you done anything special for your partner's birthday? Feel free to share in a comment below.

Sources Say Jason Trawick Is Ready to Pop the Question to Britney Spears





It's Britney Spears' birthday, and what better present can she receive than her long term boyfriend and former assistant Jason Trawick proposing marriage to her? Well, according to sources, this very well may happen. "They've been talking about marriage for a long time, it would be surprising if they are not engaged by the end of the year," said the sources, according to [People](#). It's no secret that Britney Spears has had one crazy ride through life, but her shaved head days seem to be officially behind her.

What are ways to tell your boyfriend is getting ready to pop the question?

Cupid's Advice:

For many couples, marriage is the next exciting chapter in their lives. Before the wedding, however, comes the engagement, and before that comes popping the question.

Proposing marriage is probably the most angst-ridden thing a man (or sometimes woman) goes through. Here are some ways to tell that your partner is gearing up to ask for your hand in marriage:

1. He gets giddy around you: All of sudden your boyfriend has become somewhat shy around you. He says “I love you” more often and seems to need your affection. He’s given up on the tough guy persona, and is now showing you a softer side that is more opened to PDA.

2. You spend more quality time together: Your guy seems to be spending more time with you. Forget about poker nights with the boys. He’d rather be in bed with you watching a rom-com.

3. He’s planning for the future: You know how guys always say they live day by day, while girls tend to think about the long run? Well, now he has his calendar out and is planning Christmas with your parents. Gone out the days he had a commitment phobia.

How did you know your man was getting ready to pop the question? Share your experiences below.

Rumor: Britney Spears Could Be Engaged After Her Tour Ends





Apparently three times really may be the charm in this case.

Britney Spears may be walking down the aisle with her boyfriend and manager, Jason Trawick. Rumor has it that when Spears wraps up her Femme Fatale tour, Trawick will finally pop the big question after years of dating. According to [RadarOnline](#), Spears is under a conservatorship, which simply means her father is in charge of her financial assets and well being. If Spears decides to get married, her father's lawyer will have to sign off on the union. Spear's family and two sons, Sean Preston and Jayden James, love Trawick and can't wait for him to join the family.

How do you know when to pop the question?

Cupid's Advice:

Proposing can be nerve racking, no matter how long you've been dating your partner. Fear of rejection and long time commitment can put an engagement on hold. Here are some ways to know you're ready:

1. Family: If your family is crazy about your partner, then he

or she is likely a keeper. Do either of you have children? If you have already begun to raise kids as a team, it might be time to make it official.

2. You find yourself looking at rings: Talking about marriage and kids is one thing, but actually window shopping or surfing the net for a ring may mean that your ready to take the next step in your relationship.

3. Commitment: An engagement means a commitment to each other, and the ring lets other men and women know that your partner is happily taken. Some couples decide to stay engaged and forget marriage, while others enjoy a long engagement before sealing the deal. Whatever you and your partner choose, if you're in love and ready to make a commitment, its time to pop the question.

When did you know it was time to ask, "will you marry me?"
Share your experiences below.

Celebrity Couples Who Could Use An Extra Hour of Sleep





By Melissa Tierney

Whether we like to believe it or not, celebrities are just like us. They have hectic work schedules, grueling chores, and, of course, families to take care of. These five celebrity couples have been keeping busy with their growing families, their newest endeavors, and their constant presence in the spotlight. Yes, maybe they have nannies, assistants and personal trainers, but these celebs could definitely use an extra hour of sleep like the rest of us!

1. Mariah Carey and Nick Cannon: Between building their corporate empires by launching a clothing and accessories line, going on comedy tours, and recording hit songs with major celebs like Nicki Minah, the pop diva and radio talk show host have been keeping busy. It's now even tougher for the two to have a romantic night to themselves: they have newborn twins, son Moroccan Scott Cannon and daughter Monroe Cannon, which they welcomed into the world on their anniversary!

2. Kim Kardashian and Kris Humphries: This couple have been

grabbing media attention everywhere. With their recently announced divorce filing we wonder if it was all for the cameras? After all, Kim and her NBA beau Kris Humphries had almost as much buzz about their wedding as did the royal wedding between newlyweds Kate Middleton and Prince William. Although Kim filed for divorce only 72 days after the marriage, Kris says he hopes to reconcile.

Related Link: [Kim Kardashian and Kris Humphries Won't Be Looking For a New Home](#)

3. Britney Spears and Jason Trawick: The pop princess and her former manager may have ended things career-wise, but their love life is still feeling the spark. Spears is busy with her *Femme Fatale* tour with rap singer Nicki Minaj, but she still has time to show her love for her beau. He was lucky enough to be in the center of the action on August 2nd when he was pulled on stage in Uniondale, NY by his talented honey. In addition to resurrecting her career, she is also caring for sons Jayden James and Sean Preston. This mommy definitely needs some downtime.

4. Sarah Jessica Parker and Matthew Broderick: Over the years, these love birds have remained rock solid and are keeping busy raising their twins, Marion Loretta Elwell and Tabitha Hodge, and son James Wilkie. The fashion icon and actress has been maintaining a hectic work schedule, gracing covers of magazines and promoting her new movie *I Don't Know How She Does It*, in which she plays busy mom, Kate Reddy, who is trying to stay afloat with her finance career and busy family life. Looks like the movies are imitating real life when it comes to Sarah Jessica Parker!

Related Link: [Sarah Jessica Parker and Matthew Broderick's an Introduction for a Lifetime](#)

5. Brad Pitt and Angelina Jolie: Between their six kids, acting gigs and philanthropic engagements, this duo does it

all. Pitt recently starred in the blockbuster baseball movie, *Moneyball*, with Jonah Hill, and Jolie has been busy with her film directorial debut, *In the Land of Blood and Honey*. She is also the United Nations High Commissioner for Refugees (UNHCR) Goodwill Ambassador when she's not directing/acting/mothering. This power couple definitely needs to catch up on some z's.

Which celebrity couples do you feel need an extra hour of sleep? Share your thoughts below!

Celebrity Couples We Can't Wait to See at MTV's VMAs



By Tanni Deb

From Britney Spears to Nicki Minaj, this year's MTV Video Music Award (VMA) nominees are teeming with A-list music stars. The three top contenders include Katy Perry, with nine nods (the most of any performer this year), and Adele and Kanye West, both with seven nominations each. While it will be exciting to see which stars take home a trophy for their designated categories, we're also eager to see which of our favorite celebrity couples will attend. Although we won't know for sure who will show up to the VMAs until Sunday, Aug. 28, here are five celebrity couples we hope make an appearance:

1. Beyoncé Knowles and Jay-Z: Listed as the "most powerful couple" for *TIME* magazine's "100 Most Influential People" in 2006, the duo dated for six years before secretly getting married in 2008. *OK Magazine* reported that "the couple is very supportive of one another – making sure to attend performances and appearances together." That means we can definitely count on them to arrive together, since Beyoncé is up for a nomination, right?

2. Britney Spears and Jason Trawick: Although these two love birds have made many public appearances together, the first time they stepped out as a couple was at the St. Bernard Project Event in May, 2011. Spears' relationship with Trawick seems to be getting serious, but now the question is whether he'll attend the VMAs to support his pop singer lady, or not?

3. Katy Perry and Russell Brand: In May, 2011, comedian Russell Brand visited Japan to see his wife perform, but unfortunately, he was deported due to criminal incidences that happened more than a decade ago. Distraught with the news, the *Firework* singer tweeted, "So...my husband just got deported from Japan. I am so sad." Don't worry, Katy. Since the VMAs take place in L.A. this year, your hubby should have no

problem attending. After all, how could he miss the opportunity when you have the most nominations?

4. Selena Gomez and Justin Bieber: The teen heartthrob and the *Wizards of Waverly Place* beauty were set up on a date by her mother and his management team at the end of last year. In an interview with *Seventeen* magazine, the 18-year-old Disney star admitted that she is head over heels for Bieber, and the pair were even seen exchanging 'I Love You's' while shopping in New York City last month. This year, they attended many award shows together, including the Oscars, the ESPY Awards show, and the Billboard Music Awards. Let's just hope they won't miss out on this one.

5. Lady Gaga and Luc Carl: The mother monster credits her boyfriend for helping her become "successful" in the music industry. Last year, she told *Rolling Stone*, "I've really never loved anyone like I loved him. Or like I love him." Despite break-up rumors, hopefully her supportive boyfriend will be by her side to cheer her on at the VMAs.

Who did we forget? Anyone you'd like to see? Let us know in a comment below. Don't forget to tune into **MTV on Sunday, Aug. 28 at 9 p.m. ET**. For a complete list of nominations, visit MTV.

Britney Spears and Jason Trawick Take Her Boys to Las Vegas



A week after her performance at Palms Casino Resort's Rain Nightclub, Britney Spears spent time with her boyfriend, Jason Trawick, and her two boys in Las Vegas. The four dined in a private dining room at Nove Italiano. According to [People](#), a source said, "Britney was very quiet ... but her kids were very nice and looked great."

Is Vegas a good vacation spot for kids?

Cupid's Advice:

Vacationing in Las Vegas, especially with your significant other, can be fun. But if you're planning a family vacation there and are unsure if it'll be an ideal place to take your children, consider the following tips:

1. Destination: Most importantly, it depends on exactly where you're going in Vegas. If you'll spend most of your time in

casinos and nightclubs, you're better off leaving your children at home.

2. Research: There are plenty of activities for kids in Vegas. Pools and rides are just two options. This way your children also have something to get excited about.

3. Age: If your children are infants, it might not be the best time to take them to Las Vegas, especially considering how crazy it can get there. Find a babysitter or wait a few years to explore all that Sin City has to offer.

Britney Spears Seen with Jason Trawick and Kevin Federline





Britney Spears reunited with her ex-husband, Kevin Federline, while attending their son Preston's Little League game on Saturday. Spears, 29, arrived to the event with her current boyfriend, Jason Trawick, and her 4-year-old son, Jayden. According to [RadarOnline](#), a witness saw talent agent Trawick approach Federline, who was one of the team's coaches, to congratulate him. Spears seemed happy and after the game, she and all her men left together.

How do you keep things civil between your ex and new partner?

Cupid's Advice:

There was once a time you shared your life with your now-ex. It may now be over, but keeping things civil between your ex and your new partner is crucial. Cupid offers a few tips to do just that:

1. Don't cling to the past: It all starts with you. Don't continuously talk about your past relationship. Your mate will not appreciate it, and his or her dislike for your ex will deepen.

2. Reassurance: Reassure your current partner that things are completely over with your ex, so he or she won't feel threatened.

3. Spend time together: It might seem awkward at first, but attend an event with your partner and invite your ex and his or her new mate (if there is one) to be there, too.

Britney Spears Says She Has a 'Normal' Relationship With Jason Trawick



While most people are sitting around imagining the celebrity lifestyle as wild and crazy, Britney Spears is getting coffee with boyfriend Jason Trawick. According to UsMagazine.com, Spears told Ryan Seacrest that her and Trawick's life "isn't that crazy" on his KIIS-FM radio show this past Friday. "We're really normal," the 29-year-old pop sensation insisted. "We work out a lot. We love to work out. We do stuff together like that. We take walks." The couple has been together since early 2009 and continue to enjoy each other's company ... even when Trawick is 'kicking her butt' in cardio.

What are some everyday things you can do with your partner?

Cupid's Advice:

Some people think you need to constantly 'one up' your previous date to keep a relationship interesting. On the contrary, Cupid thought of a few everyday activities that are just as special:

1. Walk together: Whether you walk to get in shape, to get to work or just to enjoy the weather, you can be doing so with your partner. It's a great way to just enjoy each other's company for an extended period of time, while relaxing and breathing fresh air.

2. Eat together: At the very least, share meals! There's no reason you can't dedicate at least one meal per day to your significant other. This will give you both a chance to compare days.

3. Watch together: Don't you just hate when everyone's talking about a movie or TV show that you haven't seen yet? Well, instead of looking at it as an experience you're missing out on, look at it as a suggestion for you and your beau's Friday night! It gives you something to talk about in addition to something to enjoy.

Britney Spears and Jason Trawick Vacation in Mexico



Britney Spears' boyfriend, Jason Trawick surprised the pop star with a romantic trip to Mexico for her birthday. The couple touched down in Puerto Vallarta and headed to their private villa, where Trawick had a red velvet cake all ready for his sweetie's 29th birthday celebration. Despite allegations that Trawick had abused Spears, the couple was happy during the weekend vacation. "They suntanned and did a lot of relaxing and decompressing," says a source. "They seemed very much in love. "

How can you make your partner's birthday special?

Cupid's Advice:

Most people can't afford an extravagant trip to Mexico and a beachside bungalow complete with personal chef like Jason Trawick and Britney Spears. Cupid has some advice on more affordable options:

1. Make it personal: Just like Jason Trawick topped off his lavish present with Britney Spears' favorite cake, you can make your sweetheart's day by doing something that reminds him of your relationship. Think of a song, movie, or experience the two of you shared, and build a present on that idea.

2. Put in the time: A little effort can go a long way. Put a lot of thought into your present, but don't stress yourself out to execute it. By putting too much pressure on making it perfect, you'll only annoy yourself and everyone around you.

3. Collaborate: Unlike an anniversary, a birthday isn't just about your relationship, so work with your partner's friends and family to plan a celebration where the guest of honor can be surrounded by all those that care about him.

Did Jason Trawick Abuse Britney Spears?





Britney Spears is lashing back at the multiple sources spreading the rumor that she was physically abused by her boyfriend, Jason Trawick. The rumor stemmed from Spears' ex-husband, Jason Alexander. According to [People](#), the 29-year-old pop sensation is strongly appalled by this piece of news. She doesn't seem to be letting it get to her, though, because she is "off on a romantic weekend with Jason for my birthday. xoxo Brit," the star said via Twitter.

How can you tell if your partner is emotionally abusive?

Cupid's Advice:

Although Britney Spears maintains that she's not in an emotionally or physically abusive relationship, many people aren't so lucky. In fact, some of them don't even know it.

Cupid has some ways to tell if you're in an emotionally abusive relationship:

1. They never take the blame: There's one thing all abusers have in common: they always play the victim. No matter what happens, an abusive partner will never take blame for anything

that goes wrong in the relationship. If you find problems constantly being *your fault* in the relationship, maybe it's time you looked into a more healthy romance.

2. They always take control: An emotionally abusive partner lusts for control. He may be kind, loving, and well-respected to the common eye, but behind closed doors he's constantly judging your every move. Get out while you still can.

3. They constantly isolate you: Your partner wants you all to himself. It may even mean saying goodbye to family, friends, and co-workers because your abusive mate will eventually demand all of your free time.

Britney Spears & Jason Trawick's Hawaiian Vacay





Taking a break from work, Britney Spears and agent boyfriend Jason Trawick recently went on a romantic getaway to Hawaii, according to [People](#). Spears, who recently filmed a spot on *Glee*, left her two sons with their grandparents before jetting off to a luxury suite at an oceanfront resort on Hawaii's Wailea coast. An onlooker says, "Britney and Jason seem completely in love and happy. Britney has not stopped smiling since she arrived in Maui, and she seems to have the best time with Jason."

What are some good vacation destinations for the whole family?

Sometimes it can be tempting to get away from the kids for a few days, but a vacation can still be relaxing and enjoyable for the whole family. Cupid has some getaway ideas for you, your spouse and your kids:

1. Beach resorts: One of the best vacation spots for families is a beach resort. They often have programs for kids throughout the day, allowing parents much-needed relaxation time. An example is Beaches Boscobel Resort and Golf Club in Jamaica. This resort has golf lessons for kids, a waterpark,

a video game center, as well as many sporting and restaurant options.

2. Cruises: Kid-friendly cruises, such as the Disney Cruise Line, offer youth clubs, live shows and pools designed for specific age groups (including adults). Your children can enjoy spending time with others their age while you relax with your spouse.

3. Camping: For those who enjoy the outdoors, camping is another great family vacation option. You can enjoy spending time with your kids during the day and then, after they fall asleep, enjoy time with your spouse in front of the campfire.

If you enjoy taking in natural wonders, camping at places like the Grand Canyon or Yosemite National Park can make for great memories.

Britney Spears Meets Boyfriend's Parents!





Britney Spears went on a date last weekend – but not just with boyfriend, Jason Trawick. His parents joined them as well! The four were spotted at the Grafton on Sunset Hotel’s Olive Kitchen + Bar, munching on meatballs and margarita pizza. “She seemed to fit in very well with his family,” a source told [People](#) on Monday. The pop star and beau have been linked together since last summer.

How can you make a good first impression with your partner’s parents?

Cupid’s Advice:

First impressions are long-lasting. Here are some tips to make it your best:

- 1. Ask questions:** Try to learn some things about your partner’s parents before meeting them. For example, if his mom is allergic to tomatoes, find that out before you serve her pasta.
- 2. No cussing:** Be polite and respectful. This isn’t the time to use obscene language. If you or your partner are in a

fight, hold off on any arguments until his or her parents have left. You want them to see you in good light.

3. Dress nice: Like the old saying goes, “Dress to impress!” Look neat, wearing clean and tidy clothes. And disregard trends – those will come and go, but a first impression is forever.

Is Britney Spears Dating Her Bodyguard?



While rumors of past infidelities surround her boyfriend and ex-agent Jason Trawick, Britney Spears might be again finding

love within her closest circle. Photos from last month reveal that Spears is quite taken with her bodyguard, Ryan. While the status of her relationship with Trawick is unclear, she seems to “melt” whenever Ryan’s around, according to [OK! Magazine](#). **Can you have a healthy relationship with your hired help?**

Cupid’s Advice:

It may seem comfortable to date someone who works for you but be prepared for awkwardness if it doesn’t work out the way you planned.

1. Approach with caution: Though it might be an easy affair to fall into, becoming involved with any hired help – whether it’s a bodyguard, nanny, or gardener – can make life at home tricky. Make sure you have a conversation with the other person about their intentions before jumping into anything.

2. Set boundaries: In this case more than any other, it’s key to draw lines between your personal and professional lives. The two are intertwined, but keeping things separate will lead to a healthier relationship.

3. Have a back up plan: Should the relationship go sour, it’s key to have someone else in mind to cover your ex’s job incase he or she decides to quit.