

Relationship Advice: Making Marriage Work Like Beyoncé



By Dr. Jane Greer

During the premiere of her new visual album *Lemonade* this past weekend, Beyoncé shared very personal moments between her and her husband, [Jay-Z](#). The [celebrity couple](#) have had their share of marital rough patches. The challenge of a successful marriage is making it work with all of the elements of difficulty that arise, whether that be finances, children, in-laws, infidelity, or whatever else might bring a bump in the road to a relationship.

Beyoncé is addressing this important aspect of how much work goes into a marriage in this new album, and she is carrying on with the effort to make her bond with Jay-Z better and stronger than ever.

Beyoncé and Jay-Z share a celebrated personal and professional [celebrity relationship](#), but you don't have to build an empire with your partner to make it worthwhile to preserve what you have together. Even so, this idea of having to work and put effort into a marriage or relationship is often frowned upon, and gets a bad reputation because it takes on this connotation of being a burden, a chore, or a responsibility. It's as though people think if it isn't easy, then it's better to just call it quits and get out.

Related Link: [Expert Dating Advice: What Beyoncé's Body Language Says About Her Love for Jay-Z](#)

When [Ben Affleck](#) so famously said that marriage takes work, it was like he said something awful, instead of something positive. It reminds me of a couple that came to see me a few years back. Things were difficult between them, and the husband didn't really want to be there. He asked, "Why should I have to work at it? If it's so much work, then we must be in a really bad state. So, why not just end it?" I said, "Okay, you can make that choice, but keep in mind then you are going to have to put the work into dismantling your marriage." I went on to highlight all the effort that would take – dealing with the divorce, splitting up their assets, finding a new place to live, starting to date again. And then, if he was

lucky enough to find someone he liked and wanted to spend time with, he would have to hope that he got it exactly right that time so he wouldn't find himself having to work on that relationship one day. He looked at me and said, "Okay, let's work on the marriage." He could finally see that there was no guaranteed easy route, and as I pointed out, nobody gets a pass, so it was worth it to him to try to take his marriage to a higher ground.

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So, how do you begin to work on your marriage or relationship? The most important piece of [relationship advice](#) I can offer you is communication. So often there are misunderstandings and one person can become defensive or take something personally, which is not meant to be that way at all. Without talking about it, on both ends, people can begin to feel disappointed and alone. I have one patient who was dating a woman he really liked. Their first few dates were great, but on the fourth date he avoided kissing her goodnight and anything else that would go along with that. She was clearly upset, withdrew and didn't take his calls for several days. He was clueless about why this was happening, and didn't understand what had prompted her cold shoulder. He started to think he had been wrong about her; who needed to date a woman who changed her mind so suddenly? So, I encouraged him to talk to her, rather than just respond to what seemed like a negative situation. I told him that since he saw this as a promising relationship, he might as well ask her what was going on. When he did, she told him the truth, that she felt bad and unattractive when he didn't kiss her the other night. And then it all became clear to him. The truth was, he had eaten a whole clove of raw garlic at dinner, he didn't realize it until it was too late, and he was self-conscious about his breath. She had no idea about the garlic, so she thought he was rejecting her. Once he told her why he hadn't kissed her, she completely understood and even laughed about it. What they went through is a prime

example of a couple doing the work. Without being open with each other, their relationship could have skidded off the track. Instead, I am happy to report they are very much in love and planning to move in together.

It is so basic really, but so important. The crux of any relationship is being able to speak to your needs and real feelings in a way that doesn't carry blame. The hope is that you will each understand what the other person is experiencing. Once you are able to do that, you can put your heads together to find common ground and compromise, eventually realizing that the whole of your connection rises above each of your individual needs. Working on it means being willing to challenge yourself, to push yourself past your comfort zone, to be willing to be open, sometimes trying something new and different, which is not always easy. It means not reacting to the other person, but checking things out with them first. It means being willing to struggle with uncertainty and tolerate the frustration that goes along with waiting for changes to happen, and not knowing if they will. It is about balancing your hope for the future against your disappointments of the past, so you can continue to persevere together.

In the end it is that world and life you have built together that will fuel the effort it takes to do the work that makes it work. The art of problem-solving with your partner takes creativity and brainstorming, and makes you closer because you each feel cared about and supported, which is worth its weight in gold. It can be as valuable as anything else Beyonce and Jay Z create together.

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at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on Facebook, at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Kissing Co-Stars: On and Off-Screen Celebrity Couples



By [Katie Gray](#)

When couples on-screen become real [celebrity couples](#) off-screen, we get extra excited. What could be better than

falling in love with a movie relationship, and then learning that it is actually a reality? It's a fairy tale come true when it becomes an actual [celebrity relationship](#)! Whether the relationships last or are just a fling, it's fun while it lasts. In many cases, it's ended in [celebrity weddings](#) and [celebrity babies](#). We can all take a cue and [relationship advice](#) from these cute celeb couples who show us love on and off-screen!

Cupid has compiled our six favorite on and off-screen celebrity couples:

1. Ben Affleck & Jennifer Garner: This celebrity couple met on the set of *Daredevil* and ended up getting married and having children together. They married in 2005 in Turks and Caicos and have three children together: Violet, Seraphina and Samuel. They announced they were divorcing in 2015, but they remain friends and family because of their offspring. Garner has also dated previous co-stars such as *Alias* co-star Michael Vartan, and she was even married to Scott Foley for three years after meeting him on the set of his series *Felicity*. It's true that love can be found on set!

2. Brad Pitt & Angelina Jolie: Everybody loves Brangelina! This celebrity couple met while filming *Mr. & Mrs. Smith* together and caused a big stir, as speculation stirred that an affair happened between the two while Pitt was still married to Jennifer Aniston. They denied it, but in 2006 they announced they were expecting a baby. The pair got engaged in 2012 after seven years of dating and married two years later in 2014 at their estate in Correns, France. Although they were trying to kill each other on-screen, they sure make it work in real life! They seem to have a happy, healthy marriage and children.

Related Link: [5 Celebrity Couples Who Live Modestly](#)

3. Ryan Reynolds & Blake Lively: Spotted: one of the best celebrity relationships in Hollywood started on a set. That's right, lovely Blake Lively and handsome Ryan Reynolds, met on the set of *The Green Lantern*. This dynamic duo started dating a year later in 2011, purchased a home together in 2012 in Bedford, New York and married a few months later. The former *Gossip Girl* star gave birth to their daughter, James, in 2014 and it was just announced last month that they are expecting their second child! Congrats to the happy pair!

4. Ashton Kutcher & Mila Kunis: "Hello Wisconsin!" The co-stars we all loved on the hit sitcom *That 70's Show*, Ashton Kutcher and Mila Kunis, are now a happily married celebrity couple. The pair began dating in 2012, were engaged in 2014, gave birth to their daughter Wyatt Isabelle in October of that year and married in July of 2015. They show us that it is good to date for a couple of years to really get to know a person before jumping into wedlock and parenthood. It seems to be working well for them, as they are now happily married and the proud parents of a beautiful baby girl.

Related Link: [5 Celebrity Couples Where The Woman Earns More Money](#)

5. Freddie Prinze Jr. & Sarah Michelle Gellar: This celebrity relationship is one of the longest lasting in the entertainment industry! Fellow actors, Freddie Prinze Jr. and Sarah Michelle Gellar, met while filming *I Know What You Did Last Summer* and have been an item ever since. They even co-starred in the *Scooby-Doo* film together! They were engaged in 2001, married in 2002 and have two celebrity babies together. This celebrity marriage shows us how to make a genuine relationship last!

6. Channing Tatum & Jenna Dewan Tatum: This married celebrity couple met in 2006 on the set of *Step-Up*. They have been

giving us major relationship goals ever since. They got engaged in Maui in 2008 and married in a celebrity wedding in 2009 in Malibu, California. The *Magic Mike* star has even been referenced recently in Drake's new album. The rapper, has a lyric that says, "Got so many chains, they call me Chaining Tatum."

Who are your favorite celebrity couples on and off-screen? Share below!

Celebrity News: Jennifer Garner Says She & Ex Ben Affleck Will Make Co-Parenting Work





By [Brooke Crawford](#)

A [celebrity divorce](#) is no different than any other divorce, especially when kids are involved. In the latest celebrity news, [Jennifer Garner](#) discussed her split from ex-husband [Ben Affleck](#) during an exclusive [celebrity interview](#) with *Vanity Fair*. According to [UsMagazine.com](#), this former celebrity couple is choosing to continue on being a family unit for the sake of their three kids. During interviews, both stars have explained that their main goal is to do their best for the children.

This celebrity news really shows a commitment to family. What are some ways to compromise about your kids in the face of a split?

Cupid's Advice:

Being in the limelight makes celebrity divorce even more

complicated. If Garner and Affleck can co-parent with the whole world watching their every move, so can you! See below for some parenting advice from Cupid:

1. Alternate schedules: Divorce can be hard enough for a child to deal with on a daily basis. As parents, it's your job to ensure that the transition goes as smoothly as possible. Make sure that your kids are spending an equal amount of time at each respective parent's home. It will ensure that bonds are not broken and that the child's overall health is being safeguarded.

Related Link: [Making Special Occasions Comfortable for Children After Divorce](#)

2. Go to events together: Before the split, everyone in the family used to attend Christmas dinners, spring sings, and science fairs together. Even though things are different now, the show must go on. Take a cue from this celebrity news, and be cordial enough to attend events or even vacation as a family. It will show the kids that you are still a unified front.

Related Link: [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

3. Just listen: Having open ears and open conversations with both your children and the other parent is essential. By always maintaining a policy of patience when talking, your child will see that their well-being comes before any problems that you and the other parent might have.

Life after divorce is hard to navigate. What are some ways that you've found to compromise? Comment below.

Former Celebrity Couple Ben Affleck & Jennifer Garner Hit the Slopes with Tom & Gisele



By Emily Hoff

In [celebrity news](#), former [celebrity couple](#) Ben Affleck and Jennifer Garner and current couple Tom Brady and Gisele Bundchen were spotted vacationing together in Big Sky Montana on February 15th, according to [UsMagazine.com](#). The group went skiing at one of the Yellowstone Clubs where they enjoyed drinks and nachos. In past [celebrity relationship](#) news, Affleck had a fling with Christine Ouzonian, Ben Affleck and Jennifer Garner's nanny. Many people think that Ouzonian contributed to the celebrity divorce.

This former celebrity couple isn't letting their split affect their family life! What are some ways to keep your family life strong after a split?

Cupid's Advice:

1. Communicate: Good communication is key to anything in life. You need to communicate to your family what is going on. Communicate especially if there are kids involved. A split can cause a lack of communication, but it is vital, especially if you want to keep a strong family unit.

Related Link: [Celebrity News: Martin Henderson Dishes on Kissing Britney Spears in Music Video](#)

2. Be open about how you are feeling: If you are the one going through the divorce, communicate with your friends, family, or ex-spouse, how you are feeling. Do not hold those feeling in and be passive aggressive. No one wins in that case, and it only hurts your family more, so it's important to especially ask your kids how they are feeling because a divorce is very hard on them.

Related Link: [Celebrity News: Gwen Stefani Says She's 'Only Had Two Boyfriends'](#)

3. Know it takes work to be a strong family unit during a divorce: Ben and Jen are very lucky that they still can communicate with each other and be civil after their split. Some are not as fortunate. So, just know that if you want to still be a strong family unit especially after a split, that it is going to take work and it is not going to come easily.

What are some ways to keep your family unit strong during a

split? Comment Below.

Relationship Advice: 10 Actresses To Look To For Guidance



[By Katie Gray](#)

Lights. Camera. Action. There are so many talented actresses in Hollywood who represent strong, beautiful, classy, hard-working, empowering females. They not only play strong female leads on screen, but they are strong females who lead in the

real world by their actions. These women are great role models whom we can seek [relationship advice](#) from in our love lives, as well as in our careers.

Need relationship advice? Cupid has compiled the 10 actresses to seek guidance from:

1. [Jennifer Lawrence](#): This leading lady in Hollywood has accomplished so much. The Oscar winner is all about empowering women and creating wage equality between genders. She even wrote a wage inequality essay that all women can relate to! The *JOY* star has also maintained the right amount of publicity when it comes to her intimate [celebrity relationships](#). She doesn't hide anything, but doesn't publicize everything either. There was also a revealing leaked photo incident, which she handled like the class act that she is!

2. [Kate Hudson](#): This beauty has made films we all love, and so has her mother, Goldie Hawn. The release of her new book *Pretty Happy: Healthy Ways To Love Your Body* also encourages women to embrace themselves. She's a great mentor for health and fitness, and she even has a line of athletic gear called Fabletics.

Related Link: [Kate Hudson Would Marry Fiance Matt Bellamy 'For the Kids'](#)

3. [Mila Kunis](#): *That 70's Show* never gets old! This actress is happily married to fellow actor, Ashton Kutcher. The married pair has a beautiful daughter together who they dote on. We can learn a lot about their [celebrity relationship](#) by watching their dedication to parenting!

4. [Jennifer Garner](#): This television and film star has had many hits. Do *Alias* and *13 Going On 30* bring back any memories?

Although she's going through a divorce from Ben Affleck, she shows us how to maintain maturity even after you're separated and not a famous couple anymore. Jennifer really just lives for her children, and it's something we can all strive for!

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

5. [Reese Witherspoon](#): As America's Sweetheart, Reese Witherspoon can play literally any role. Whether she's singing as June Carter in *Walk The Line*, being a lawyer on *Legally Blonde* or an innocent Catholic student in *Cruel Intentions*, she brings her heart and soul to her work and the role she is playing. She has two children with her ex-husband Ryan Phillippe, and remarried in 2011 to Jim Toth (talent agent and co-head of motion picture talent at Creative Artists Agency where Witherspoon is a client.) The pair have a son together, Tennessee James, who was born in 2012. She's the perfect example of having a career and making love the second time around work.

6. [Jennifer Aniston](#): Jennifer Aniston will forever have a place in Hollywood. She won the world's hearts for her portrayal of Rachel Green on the hit series *Friends*. She is also one of the highest paid actresses in the industry, and in 2012, she received a star on the Hollywood Walk of Fame. Her marriage and subsequent [celebrity divorce](#) from Brad Pitt, had everyone talking for years. Now, she is happily married to Justin Theroux as of 2015. She's a great example of having a career first and then finding love when you're mature and ready. It's never too late and honestly, she is still young!

7. [Julia Roberts](#): Julia Roberts will go down in Hollywood history as one of the best actresses of all time. The Academy Award and Golden Globe winner, broke out with the romantic comedy *Pretty Woman*. She also played another iconic female lead, Erin Brockovich. She was married for a couple years to Lyle Lovett in the 90's, but she has been happily married to Daniel Moder since 2002. They have three children together.

Roberts is also the aunt to actress, Emma Roberts, who is inspiring to young girls. It runs in the family!

8. [Angelina Jolie](#): The proud mother of six and wife to Brad Pitt, Angelina Jolie proves that having a good heart will always prevail. She has adopted multiple children and has had biological children as well with husband Brad Pitt. She is also known for her humanitarian work, women's rights efforts and spreading positive messages about inner beauty.

9. [Gwyneth Paltrow](#): Actress Gwyneth Paltrow is the proud mom of two children and is very into healthy eating. She's divorced from Chris Martin, the front man of the hit band, Coldplay. The pair are a great example on how to stay cordial and friendly with one another after separating, for the sake of their children. They still have a good friendship.

10. **Tori Spelling**: Donna Martin graduates! The daughter of legendary television icon, Aaron Spelling, is Tori Spelling who has inherited her father's work ethic. Outside of her career as an actress and author, she shows us that family is the most important thing. She has four children with her husband Dean McDermott. She puts her efforts into parenting and her marriage, this is her first priority!

Who are your favorite actresses to look to for guidance? Share with us below!

Celebrity News: Ben Affleck & Jennifer Garner Have 'Cordial

Relationship'



By Dejha Carlisle

In the latest [celebrity news](#), former [celebrity couple Ben Affleck](#) and [Jennifer Garner](#) have decided to remain cordial, if only for the sake of their children, according to a source. The pair has the option to opt out of seeing each other unless necessary, but they spent their Christmas together on the same property. Affleck has no problem with residing in the guest cottage on their 3-acre property, though it's a less than ideal situation. The kids are pretty content about the living situation, and sources from [UsMagazine.com](#) says everyone is happy this way. This celebrity news is humbling, but it shows how even [famous divorced couples](#) can get along.

This celebrity news is disheartening for fans. What are some ways to stay cordial with your ex for your kids?

Cupid's Advice:

Keeping the little ones in mind is a very important thing to consider when you've recently had a split. Cupid has a few ways to help you remain cordial:

1. Give it time: The best way to deal with a split is to give it space and time. Your kids need the time to let the divorce sink in, and by doing this you can help them understand that you are all still a family.

Related link: [Celebrity News: Madonna Sticks Up For Ex-Husband Sean Penn](#)

2. Don't reminisce: Hanging on to memories might seem heart-warming, but doing so can confuse you (and possibly the children) in the end. Live in the now, and focus on what's best for your kids. Don't dwell on the past.

Related link: [Celebrity Divorce: Miranda Lambert Says There 'Ain't A Side' To Pick](#)

3. Maintain!: Make sure both you and your ex are both putting in the effort to work on your new friendship. Check in, involve each other in activities with the kids, and remember to keep everything cordial.

Keeping your cool with an ex around your kids may seem difficult. What tips can you give that might make it easier? Comment below.

Celebrity Photo Gallery: Famous Couples That Co-Parent





Jennifer Lopez and Marc Anthony

Although they're no longer together, the two singers co-parent and do business together. These celebrity exes didn't let their break-up get in the way of their children or career.

Photo: Charles Norfleet / PR Photos

Celebrity Couples Who Called It Quits in Summer 2015





By Abbi Comphe

Some celebrity couples just couldn't handle the summer heat together. There were many celebrity break-ups in the summer of 2015.

See what celebrity couples did not make it through the summer this year!

1. Zayn Malik and Perrie Edwards:

So many fans thought this celebrity couple was going to last forever. But sadly, they broke off their two-year engagement in August. This was shortly after Malik made his split from former pop group, One Direction.

2. Nick Jonas and Olivia Culpo:

The *Jealous* singer Nick Jonas and former Miss Universe winner Olivia Culpo split this summer in June. After two long years

together the celebrity couple called it quits. Jonas is taking time for himself and his work.

3. Scott Disick and Kourtney Kardashian:

Sadly, the famous *Keeping Up With the Kardashians* couple Scott Disick and Kourtney Kardashian called it quits in July. Disick was found out and about with his ex-girlfriend. That was the last straw for Kardashian.

Related Link: [Celebrity News: Scott Disick Cries in Trailer for New Episode of 'KUWTK'](#)

4. Gwen Stefani and Gavin Rossdale:

This summer Gwen Stefani and husband Gavin Rossdale finally ended things. The two have gone back and forth throughout their time together speaking about the struggles of marriage. They have finally called it quits, but will still have a happy and healthy relationship for their children.

5. Miranda Lambert and Blake Shelton:

Famous country star couple Miranda Lambert and Blake Shelton divorced in July after four years of marriage. They surprised everyone with this news and their fans were heart broken. The two have gone their separate ways.

Related Link: [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

6. Avril Lavigne and Chad Kroeger:

Celebrity couple Avril Lavigne and Chad Kroeger split in September after two years together. This couple has no bad blood though. They have chosen to remain close friends and will always be there for one another. That is a good break up!

7. Jennifer Garner and Ben Affleck:

Long time hollywood couple Jennifer Garner and Ben Affleck

divorce after 10 years together. They announced their split in June. They are still friends and choose to co-parent in a healthy and happy way.

What other hollywood couples split up this summer? Comment below!

Celebrity Exes Ben Affleck and Jennifer Garner Bring Kids to Orlando for His Birthday





By Maria N. Capalbo

According to [UsMagazine.com](https://www.usmagazine.com), celebrity exes Ben Affleck and Jennifer Garner are keeping things civil between themselves, as they celebrated Ben's birthday this past weekend in Orlando with their children. Despite all the rumors flying around about Ben's new celebrity romance with their former nanny, Christine Ouzounian, Ben and Jen still remain discreet and respectful in the public eye, especially for the sake of their children.

These celebrity exes are remaining civil for their kids. What are some ways to compromise with your ex with regard to your children

Cupid's Advice:

Having children with an ex may be a sticky situation. Cupid has some suggestions on how to compromise with your ex with

regard to your children below:

1. Children always come first: No matter what dispute or issue is going on between you or your ex, the child always comes first. In some instances, you may need to fake a smile, but you both being there for the child is much more important than not, just because you're in an argument with your ex.

Related Link: [Ben Affleck Smiles and Wears Wedding Ring at First Appearance since Nanny Celebrity Cheating Scandal](#)

2. Be respectful: Know that your children look up to you as adults, so arguing, and being disrespectful in front of them should not be something you and your ex do! Handle your issues elsewhere, and teach the children to respect each other always.

Related Link: [Sources Say Ben Affleck and Jennifer Garner Are Facing Celebrity Marriage Troubles](#)

3. Don't put the children in the middle: Never put the children in the middle or make them pick sides regardless of anything that is going on with you and your ex. That is immature and the children love both of you equally, so to make them pick sides is unfair.

What are some ways you've compromised with your ex in regards to your children? Share below!

Ben Affleck Smiles and Wears Wedding Ring at First

Appearance since Nanny Celebrity Cheating Scandal



By Maria N. Capalbo

According to UsMagazine.com, [Ben Affleck](#) flashed his celebrity wedding band and a smile during his appearance on the red carpet amidst the celebrity cheating scandal he has been facing. His good friend, celeb Matt Damon, said that Affleck is doing well. Affleck did not say much, and left left shortly after the premiere was finished.

Whether it's celebrity cheating or

not, the public backlash can be brutal. What are some ways to keep your head up in the wake of public reaction to a scandal?

Cupid's Advice:

Public reaction to scandal may sometimes ruin a reputation and cause unnecessary drama. Cupid has some dating advice to help you keep your head up during a scandal below:

1. Remain calm: Always remain calm and never stress yourself out when it comes to rumors and drama about yourself. Stressing yourself out is unnecessary and gets nothing accomplished.

Related Link: [Sources Say Ben Affleck and Jennifer Garner Are Facing Celebrity Marriage Troubles](#)

2. Do not give in to rumors: Over time, you are going to hear more and more rumors about yourself. Answering to any of them only creates more drama. Let people wonder what the truth is and continue to mind your own business.

Related Link: [Ben Affleck and Jennifer Garner Are Getting Celebrity Divorce After 10 Years of Marriage](#)

3. Never let anyone know what you're thinking: Keep a smile on, and never let anyone know that you are angry or upset. If you act like nothing is bothering you, things will soon fade, and you will most likely not be bothered anymore.

What are some ways you've kept your head up during a scandal? Share below!

Relationship Expert Talks About Being Friends With Your Ex



By Debbie Ceresa

“Today, I marry my friend.” It’s a common declaration of love shared between two people as part of their wedding ceremony. We promise “to love and cherish until death do us part.” But what happens when the relationship and love you once shared dies? Is it possible to stay friends with your ex?

Relationship Expert Shares Her Thoughts on a Friendship With An Ex

“If you don’t have children or financial reasons tying you together and you want to stay friends, you need to think about how the friendship would work,” advises Dr. John Aiken, a clinical psychologist and [relationship expert](#), in the article [“Can You Be Friends With Your Ex?”](#) Even if you share children with your former partner, Aiken refers to the importance of establishing boundaries, measuring expectations, and evaluating the true motivations for wanting to keep your ex in your life. We see this challenge in the recent celebrity break-ups of Jennifer Garner and Ben Affleck as well as Gwen Stefani and Gavin Rossdale as they move forward with separate lives yet combined parenting.

Related Link: [Expert Dating Advice: Moving On After a Divorce](#)

Sometimes, the reason the relationship ended supports the need to cut ties and walk away. However, as a relationship expert, I know that, many times, if you struggled on a romantic level, a friendship can still flourish. If you choose to develop a friendship with your ex, here are some things to remember:

1. Mourn the loss of the relationship you once knew: You’ve ended your relationship. For whatever reason, you’re no longer romantically together. Now is the time to stop the fighting and blaming and get on the path to recovery. “Give each other time to mourn the death of the relationship,” advises Ami Angelowicz in the article “The longer you two were together, the longer it will take before you’re ready for friendship. It could be two months or two years – feel it out. You’ll know when the time is right because both of you will feel ready for it. Let hearts heal and flames fizzle out before hopping on the friendship train.” You’ll have challenges along the way, but you’ll find that healing and forgiveness will bring you new insights. Once you step away from the negative thoughts,

you'll find yourself a new person who is able to renew your old friendship with your ex.

2. Set clear boundaries: Recognize that you're now at a different stage in your relationship with your ex. All couples have their own song and dance, but now is the time to change yours. This new dance could bring back what you miss about your lost friendship. "The same rules don't apply anymore, so toss out old expectations," advises Dr. Gabrielle Morrissey, a sex and dating expert for bodyandsoul.com. "Setting clear and defined boundaries means that, when you become attached again, you'll have an emotionally healthy relationship with your ex." Why not treat your ex like your other friends, acknowledging their strengths and weaknesses? Focus on your ex's friendship strengths, but keep the relationship at an appropriate level. Just because you're rekindling your friendship doesn't mean you're looking to rekindle your romantic relationship.

3. Move forward: Be angry. Be jealous. You can even spend time feeling hurt. Then move on. It's essential for you to date other people and make new friends in different social circles. "You might not realize it, but keeping your ex around as a friend after a break-up can keep you from moving on," observes writer Karley Sciortino in the article "Breathless: Should You Be Friends With Your Ex?" "Moving on is hard, and the impulse to keep your ex in your life can be really strong – we all get it. But you first need to give yourself a window to move on physically and emotionally."

Related Link: [Relationship Advice: 4 Reasons To Leave The Past In The Past](#)

Reaching out to a former love certainly has its rewards. You need to allow yourself time to mourn the loss of the relationship and embrace new parameters as well as set clear boundaries as to what those parameters include. Then, after moving forward by welcoming opportunities for love to

become a part of your life, you can enjoy the support of a former partner who knows you better than anyone else while you gain strength and focus on finding a new path to personal happiness.

Debbie is a Certified Grief Recovery Specialist® and the author to the #1 bestselling memoir A Beautiful View, available on Amazon.com. A Beautiful View documents her journey through her husband's battle with cancer, which ultimately ended with his death. She has experienced grief firsthand and is well equipped to aid others in the recovery process, whether with death or divorce. For more information about Debbie and how to recover from your loss, please visit debbieceresa.com.

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Jennifer Garner Source Says Ben Affleck's Alleged Celebrity Affair Was the 'Ultimate Betrayal'





By Katelyn Di Salvo

Devastation hit when the latest celebrity news broke that [Jennifer Garner](#) and [Ben Affleck](#) were getting a [celebrity divorce](#). Now, we have more details on the heartbreaking split. According to [People.com](#), Garner knew her celebrity marriage to Affleck was in trouble for quite some time. While on vacation in the Bahamas, the celebrity couple was planning their next move. Affleck had already admitted to Garner that he had not been committed to the marriage. Sources say that Garner found out her celebrity husband was having an affair with their nanny, Christine Ouzounian, while on this vacation, something Affleck strongly denies. Garner is angry, and believes this to be the “ultimate betrayal”.

Alleged and confirmed celebrity affairs are splashed across tabloids repeatedly. How do you

deal with the public backlash once the news of your partner's affair gets out?

Cupid's Advice:

Dealing with a betrayal of trust like an affair is hard enough as it is, but it's even tougher when the news gets out to your friends and family. Cupid has some tips:

1. Keep your head high: This is the most important step in dealing with the public backlash. Don't let people's comments bother you. You just keep your head high and focus on the blessings in your life.

Related Link: [Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian](#)

2. Focus on bettering yourself at work: There is never a better time to throw yourself into your work. Sometimes you need a distraction from all the craziness going on around you. Bettering yourself at work and becoming even more successful can change the direction of the conversation and can also be the best way to prove to yourself that you still got it!

Related Link: [Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance](#)

3. Surround yourself with loved ones: You can never deal with something like this alone. Having your close friends and family around can make you feel at home, and allows you to have someone to vent to when you need to let it out.

What are some way you would deal with the public backlash after a nasty break up? Share below!

Celebrity Break-ups of 2015





Gwen Stefani and Gavin Rossdale

This musical duo surprised everyone when they announced their celebrity divorce on August 3rd. They've promised to keep things amicable and co-parent their three sons together.
Photo: Albert L. Ortega / PR Photos

Celebrity Gossip: Ben Affleck Has Been Dating Nanny Christine Ouzounian





By Ryan Bonner

Rumors have been flying since the 10-year celebrity marriage of [Jennifer Garner](#) and [Ben Affleck](#) came to an end last month. [UsMagazine.com](#) recently reported that Affleck has been spotted with the 28-year-old nanny, Christine Ouzounian, and the celebrity gossip is that the two are dating. The California native nanny began caring their children this past spring, and word is that she was fired by Garner when she saw what was going on between Ouzounian and Affleck.

This celebrity gossip is getting complicated. What are some ways to rise above gossip when it comes to relationships?

Cupid's Advice:

Post-split relationship gossip can spread very quickly, especially if you are in the spotlight like Ben and Jen. There

are always different sides to stories and rumors about what is going on in the lives of the couple who called it quits. Below are some tips for rising above the gossip:

1. Do not be a part of the grapevine: Even if you hear or read gossip, don't continue to spread it. You could be spreading complete lies about the relationship and not even realize it. Try to be the person who puts a stop to the gossiping.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

2. Avoid becoming judgmental: You never know a situation until you are a part of it. If you hear something, don't be so quick to judge. Instead, rise above that and keep your opinions to yourself.

Related Link: [Ben Affleck and Jennifer Garner Are Getting Celebrity Divorce After 10 Years of Marriage](#)

3. Put yourself in their shoes: It's easy to be the gossiper, but it is hard to be on the other side of it. If you wouldn't want someone gossiping about you, try not to gossip about other people. Try to understand how it would make you feel before taking part in it.

How did you stay away from gossiping about others relationships? Comment Below!

Want an A-List Wedding? 10 Celeb Wedding Officiants



By Molly Jacob

Wedding dress? Check. Flowers? Check. Jonah Hill reading your vows? Check! While you may want to be friends with your favorite celeb, what if you were married by him or her? Some A-list celebrities have acted as officiants for some Hollywood couples at glamorous celebrity weddings and even sometimes for those of us who are not part of a famous couple.

See which celebs acted as wedding officiants, and start planning for you own A-list wedding accordingly!

1. Jonah Hill:

Funny man Jonah Hill and superstar Adam Levine have been pals since middle school, so when Levine was getting married to

Behati Prinsloo in July 2014, it was only fitting that Hill act as wedding officiant for this celebrity wedding.

2. Conan O'Brien:

In November 2011, O'Brien celebrated the first anniversary of Conan on TBS. During this big episode, this funny celeb acted as the officiant for an on-air wedding of his show's costume designer, Scott Cronick, and Cronick's partner, David Gorshein.

3. Lady Gaga:

The famous performer has acted as officiant for several weddings, including her yoga instructor's nuptials. She has considered presiding over gay marriages at her concerts as well.

Related: [Lady Gaga Celebrates Celebrity Engagement to Taylor Kinney](#)

4. Jason Segel:

Abbie Thorner and Jason Wood, just a regular couple about to get married, ran into issues when the person who was supposed to marry them suddenly could no longer do so. They spotted Segel at a West Hollywood bar and asked him to do the honors, which he did during his appearance on *The Tonight Show*.

5. Ian McKellen:

The famous English actor helped out his good friend and *X-Men* costar Patrick Stewart in 2013 when he presided over the *Star Trek* celeb's marriage to Sunny Ozell.

6. Victor Garber:

Garber helped *Alias* costar Jennifer Garner and Ben Affleck tie the knot at their celebrity wedding in 2005. That's not his only tie to this (soon-to-be divorced) couple – he's the godfather of their daughter, Violet.

7. Emma Stone:

Not only did Stone introduce her publicist Holly Shakoor to

future husband Ruben Fleischer, director of *Zombieland*, she also presided over their 2012 celebrity wedding! This Hollywood couple was probably very grateful for all Stone did to help their relationship.

Related: [Emma Stone Is Caught Carrying Andrew Garfield-Labeled Bag Post Celebrity Break-Up](#)

8. Kevin Smith:

Got \$5,000 to spend? Hire Kevin Smith to marry you! The *Clerks* star will officiate for anyone that pays a \$5,000 fee that includes a venue for the wedding. Memorable weddings include the time when he married a couple at their hockey-themed nuptials, who said their vows while wearing jerseys.

9. Benedict Cumberbatch:

The Imitation Game star helped out two of his friends in 2013 when he acted as officiant for their picturesque wedding set on the island Ibiza.

10. Tori Spelling:

When a couple was getting married at the bed and breakfast Spelling owns with her husband Dean McDermott, she was more than happy to officiate. The celeb told *The Today Show* that it was her “scariest moment” because she didn’t want to let them down.

Which celeb would you want to preside over your wedding? Let us know by commenting below!

20 Celebrity Kids Who Look

Just Like Their Famous Parents





Violet Affleck and Jennifer Garner

Despite their different hair colors, Violet is definitely Jen's mini-me. They both have almond-shaped eyes and share the same unique dimples in their plump cheeks. Photo: PR Photos/PRPhotos.com

Ben Affleck: Can You Forgive a Betrayer in a Romantic Relationship?





By Dr. Jane Greer

[Ben Affleck](#) and [Jennifer Garner](#)'s [celebrity divorce](#) announcement may have sounded amicable, but allegedly their celebrity marriage was shattered by Ben's partying and inappropriate behavior with other women. There were rumors of cheating, which may have caused Jennifer's trust in Ben to be forever damaged. Insiders close to the couple say there was suspicion throughout their marriage, adding that Jennifer tried to leave him a few times, but Ben would always convince her to stay.

So what can a couple do if a cloud of suspicion is affecting their relationship and love life?

It can be incredibly difficult to forgive someone after a betrayal, and even more challenging to trust them again even after you've forgiven their infidelity. Sometimes, despite a couple's best efforts, it's difficult to get past it and stay

together.

Explore rebuilding the relationship.

After finding out your spouse has been unfaithful, or exhibited other negative behaviors that defy the vows you said to each other at your wedding, the knee-jerk reaction is often to get angry and get out. But a lot of times there is so much at stake – family life, financial situations, the fear of starting over – as well as so many attachments and good memories, that the one who was betrayed is willing to try to stick it out. Even in the face of hurtful behavior it is hard to balance that against what came before. Those who are able to deal with the anger and disappointment are even able to rebuild the relationship into a healthier and stronger connection than it was before. Maybe that's what Jennifer was hoping for, and why she stuck around so long.

Remember when Ben accepted the Oscar for best picture in 2012 and he thanked Jennifer, saying that marriage is hard work, but it is the best kind of work? He took a lot of heat for saying that, but in truth it is a lot of work, especially when it is peppered with things that lead to mistrust and betrayal. He was probably referring to all the effort it took to preserve the celebrity love they shared and their family life in the face of the things he had allegedly done.

Determine what needs to change and follow through.

It can take a long time before someone is ready to say it's over. The beginning of the healing process is the same for those who do get through a betrayal, as well as for those who try to but ultimately don't. That first step is determining what needs to change – whether it is keeping secrets, seeing other women, gambling, or some other addiction or behavior that might make it difficult for the other person to live with them. The most important step is the follow through. The person with the negative behavior has to demonstrate that he

or she has stopped doing whatever it was that has brought them to this point. If that doesn't happen, then there are no grounds to keep the relationship going.

End the relationship if nothing changes and disappointment persists.

Ben might have promised he would change over and over again, and Jennifer most likely wanted to believe him. Maybe she gave him numerous chances to show he meant it. But in the end, evidently he did not do what he said he would. When you are left swimming in a pool of broken promises, disappointment and betrayal, it is inevitable that the time will finally come that you can no longer give the other person the benefit of the doubt and allow them to continue to try to earn back your trust. No matter how much you love them, you reach a point when you no longer believe your partner can really change. This is when the relationship comes to an end.

That might explain Ben's speech at the Academy Awards, as well as why they persevered for as long as they did. Unfortunately, though, the damage was too great and perhaps the promises of change were too empty to keep them together in the end.

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

Ben Affleck Removes Celebrity Wedding Ring After Comic-Con Appearance



By Katelyn Di Salvo

Things just got real for [Ben Affleck](#)! According to [UsMagazine.com](#), The actor was seen on July 13th in Santa Monica, California, ringless, this coming not too long after his [celebrity divorce](#) announcement with celebrity ex [Jennifer Garner](#). The two recently released a statement that confirmed all of our suspicions that the celebrity couple was heading to splitsville. The star, however, did have his ring on during his first post celebrity break-up appearance at Comic-Con in San Diego on Saturday July 11th. During the panel, Affleck kept it professional and discussed only taking on the

legendary role of *Batman*. He must have had a change of heart since then because now the star is walking around with a bare ring finger!

The celebrity wedding rings are coming off! How do you know when it's time to remove your ring in the midst of divorce?

Cupid's Advice:

Removing your ring in the midst of divorce can be a sensitive thing, especially if you have kids. Cupid has some advice:

1. No emotional attachment: When you look down at your wedding ring and it's nothing more to you than jewelry, its time to take it off. A wedding ring is a symbol of love and loyalty and if you no longer feel that with it on, then why have it on at all?

Related Link: [Ben Affleck Is Spotted Wearing Wedding Ring Post Celebrity Divorce Announcement](#)

2. Acceptance: Accepting your divorce can be the hardest part of the whole process, because it may feel like you are accepting a failure. But there comes a time when you feel ok about your divorce...when you feel like you've learned from it. When you can accept your divorce you can accept that its time to take off the ring.

Related Link: [Amid Celebrity Divorce, Ben Affleck Admits "Daredevil" With Jennifer Garner 'Didn't Work At All'](#)

3. Ready to date: The moment you feel you're ready to get back out there and start dating, is the moment you should take off your ring. Keeping it on will only be a turn off to other men,

and will appear as if you are still holding on to your past.

What are your opinions on when to remove a ring in the midst of divorce? Share your thoughts below.

Ben Affleck Is Spotted Wearing Wedding Ring Post Celebrity Divorce Announcement



By [Katie Gray](#)

[Ben Affleck](#) was spotted wearing his celebrity wedding band again! Ben Affleck and [Jennifer Garner](#) are in the midst of a [celebrity divorce](#) and America is devastated, as they are a celebrity couple favorite. The actor took his daughter on her school field trip, while wearing his wedding ring. After the pair's split announcement on June 30th, he was seen at Starbucks without it. Maybe there is still hope and things are being worked out between the lovely couple, or maybe it's for the children. According to [UsMagazine.com](#), a source said, "They are going to try and model their divorce like Gwyneth and Chris. They feel like they have to be mature adults for their children's sake and that they will figure out the healthiest way to co-parent. They want the kids lives to stay the same and to not have to change just because they aren't going to be married anymore."

Celebrity divorces are nothing to laugh about, and they're complicated. What are some ways to streamline the break-up process?

Cupid's Advice:

Divorces, separations and break-ups are never any fun. It's a tough time, and they are sensitive situations. To make the process smoother, it's good to take the respectful route, like Ben Affleck and Jennifer Garner. Cupid has some tips:

1. Maturity: Act your age, not your shoe size. A sure way to make the break-up process smooth, is to always remain mature and take the high road. Continue to be polite and respectful. Although you are hurting, you are better than stooping to a level of being immature.

Related Link: [Jennifer Garner Says She 'Would Do Anything' for](#)

[Ben Affleck](#)

2. Calm, cool, collected: The best way to make the break-up process smooth is to stay calm, cool and collected. Don't let your ex-partner see you upset. They may want you to be devastated, but don't let them see that you are hurt. Your life will go on without them, because you are independent and don't need a partner to survive. They will be envious of how you're holding yourself together. But remember, your life goes on because you are amazing!

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

3. Open communication: You may want to ignore your ex, but whether you like it or not, there will need to be some communication. If you both have open communication, it will make the process smooth. When you are speaking, try not to get a temper or lash out. Just stick to the basics of what you need to say. Be straight to the point! It will make it over quicker as well.

What are some ways you have smoothed your break-up process? Share your stories with us below.

5 Celebrity Marriages That Are Rock Solid





By Molly Jacob

With news of [Ben Affleck](#) and [Jennifer Garner](#)'s celebrity divorce, we're wondering whether Hollywood relationships can really last through the fame, wealth, and stardom. Not all hope is lost! Some celebs still stay together through all the tabloid rumors, scandals, and ordeals. There are some [celebrity marriages](#) that have stood the test of time and stayed rock solid.

See what celebrity couples are still together and stronger than ever, and see what love advice they have for other couples!

1. Will Smith and Jada Pinkett Smith:

Will Smith and Jada Pinkett Smith met on the set of *The Fresh Prince of Bel-Air*, when Pinkett Smith was auditioning for the role of Will's girlfriend (a role that went to Nia Long). This

celebrity couple got hitched in 1997 after two years of dating. The Smiths have raised celebs of their own in their celebrity marriage, with Willow and Jaden stealing the spotlight in many of Smith's movies. As for love advice, Pinkett Smith said in an interview with Howard Stern, "We have traveled and you've gotta be strong. It takes work – you know that!"

Related Link: [Will Smith Says Family Is All About Love and Communication](#)

2. Sarah Jessica Parker and Matthew Broderick:

These celebrity couple superstars have been together 18 years and have three children together. Broderick offered this love advice in an interview with *E!*: "Keep talking I guess, I know how cliché that is. Too much silence is definitely not a good idea."

3. Tim McGraw and Faith Hill:

Country music stars Tim McGraw and Faith Hill met while doing what they do best: while performing at an outdoor music festival. Hill broke off an engagement with producer Scott Hendricks and McGraw broke up with his girlfriend so that the pair could start dating and become the well-known Hollywood relationship they are today. Since their marriage in 1996, this celebrity couple has had three beautiful daughters. The country music celebs recently put to rest rumors that they were getting divorced.

Related: [Tim McGraw Credits Faith Hill for Helping Him Quit Alcohol](#)

4. Tom Hanks and Rita Wilson:

Hollywood superstars Tom Hanks and Rita Wilson married in 1998 and have two kids together, Chester and Truman. When Wilson had a double mastectomy this past May, Hanks stayed by her

side and took care of her throughout the whole ordeal. The celeb said in an interview with *The New York Times* that dealing with this brought this Hollywood relationship closer together.

5. John Travolta and Kelly Preston:

John Travolta and Kelly Preston met while filming *The Experts* in 1987 and married four years later. While many negative rumors have swirled around these celebs during the course of their marriage, they've managed to stay strong for the past 24 years. This celebrity marriage endured through many heartbreaking struggles, including their son's tragic death in 2009.

What other celebrity marriages are rock solid? Let us know by commenting below!

Amid Celebrity Divorce, Ben Affleck Admits "Daredevil" With Jennifer Garner 'Didn't Work At All'





By [Katie Grey](#)

Sadly, [Ben Affleck](#) and [Jennifer Garner](#) have announced their [celebrity divorce](#). In 2003, the famous couple co-starred in the movie *Daredevil*. Affleck recently told *Entertainment Weekly*, “Daredevil didn’t work at all.” He added, “If I wanted to go viral, I would be less polite.” According to [UsMagazine.com](#), “He hopes his newest endeavor – the much-hyped *Batman v. Superman: Dawn of Justice* will continue tradition of quality superhero movies and honor the long history of Batmans before him.”

Prior to their celebrity divorce, this celebrity couple’s movie together flopped. What are some ways to make working together successful?

Cupid’s Advice:

Working with your significant other isn't always easy. Cupid has some relationship advice:

1. Professionalism: Treat people how you want to be treated! Whether you're working with someone you're in a relationship with or people who you don't know, always be professional. This is a good reflection of you as a person and will help you further your career. Even if you're in a fight with your significant other at home, put it aside in the workplace and keep your professionalism in place.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

2. Organization: Organization is always key! When you want to work with someone successfully, especially your significant other, be sure to keep your professional life as organized as possible. Your "at-home" life may not be fully organized, but your "at-work" life can be.

Related Link: [Jennifer Garner Says She 'Would Do Anything' for Ben Affleck](#)

3. Manners: What really matters is having manners! Always be respectful when you are at the workplace, particularly with your partner. Maybe he/she forgot to bring the trash out at home this morning, but you can respect your partner's professional side in a separate way than you respect their personal side.

What are some other important things to consider when working with your partner? Share your ideas below.

Ben Affleck and Jennifer Garner Are Getting Celebrity Divorce After 10 Years of Marriage



By Maria N. Capalbo

According to People.com, famous couple Ben Affleck and Jennifer Garner are finally calling it quits. Their celebrity divorce is now taking place after the hard work they put in trying to keep their celebrity marriage afloat for 10 years! The couple released a statement, saying, "After much thought and careful consideration, we have made the difficult decision to divorce." A source said that the couple may be seeking mediation to deal with this difficult time.

We did not see this celebrity divorce coming. How do you know when you've tried hard enough to make your marriage work?

Cupid's Advice:

Keeping a marriage alive is sometimes very difficult. Unfortunately, there are times when we exhaust all options and start heading down the dreary road of divorce. Cupid has some ways to tell if you've tried hard enough to make your marriage work:

1. No regrets: You can look back on this matter, and have no regrets when you think about how you tried to keep things from falling apart. You feel no weight on your shoulders for going through with this, and you are ready to move forward with your life.

Related Link: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

2. Conscious forgiveness: You and your partner can consciously forgive each other for everything that you have been through and agree to move forward in separation amicably. After all is said and done, forgiveness is extremely important, and arguably the final step of an emotional separation.

Related Link: [Lessons From Jennifer Garner and Ben Affleck](#)

3. Partner agreement: You and your partner can equally agree that things are heading down the wrong road, and you have both tried your best to keep things alive. Once you both agree that you should take separate paths, you know you have tried everything in your power, and now it is time to let go.

What are some ways you knew you tried your hardest to make your marriage work? Share below!

Hollywood Stars and Their Trendsetting Celebrity Kids





Honor and Haven Warren

Jessica Alba and Cash Warren's daughters know that prints are in! Take a cue from Honor and Haven and rock stripes or polka dots this summer. Photo courtesy of Jessica Alba's Instagram.

Sources Say Ben Affleck and Jennifer Garner Are Facing Celebrity Marriage Troubles





By: Maria N. Capalbo

According to UsMagazine.com, right before their 10th year anniversary, sources say that Ben Affleck and Jennifer Garner have hit a rocky road. They also say that their kids are the only reason they have remained a celebrity couple this long! Affleck and Garner have attended years of therapy and have endured long separations from each other to keep their celebrity marriage afloat. They both have come very far, and hopefully they keep things together!

We hope this celebrity marriage will last! What are some ways to work on fixing your marriage?

Cupid's Advice:

Once you say "I do", you promise to be there for your partner through sickness, health, and disagreement. Sometimes, those disagreements can escalate to bigger problems. Cupid has a few

pieces of love advice to work on fixing your marriage:

1. Talk it out: In most cases, talking it out goes a long way instead of just remaining silent about your problems. Some people think it is okay to just keep quiet about their feelings thinking it will just disappear, but the longer you wait to express yourself, the more problems you run into!

Related Link: [Ben Affleck Says Jennifer Garner's Love Helped Him Become a Hollywood Star](#)

2. Counseling: It is nice to have a median between you and your partner. Seeking a counselor is not the end of your relationship, it just gives another outside ear to listen to the problems between you two. Marriage counselors can really help a great deal!

Related Link: [Ben Affleck Kisses Jennifer Garner in Rare PDA Moment](#)

3. Giving space: Sometimes space is not a bad thing. Giving your partner time to think and calm down in tense situations may be the best option. Get some space, calm down, and return to the issue once you've both relaxed.

What are some ways you've fixed your marriage? Comment below!