

Expert Relationship Advice: 5 Ways to Turn “Me” to “We”



B

y Dr. Beth Gineris

In order to create successful partnerships in our lives, we must learn to shift thinking from an independent state (me) to a mutually interdependent state (we). Our mindset becomes both caring and supportive, rather than self focused. Here are some details of the two different relationship styles:

The Me-style in relationship

This is a style that is dependent, co-dependent, dramatic, and needy. The two people act as halves who come together and make one whole, with weak or non-existent boundaries. In the

Me-style both parties feel lonely, unheard and unseen. They are desperate to feel connected.

Related: [How to Master Being in a Relationship](#)

Example: Britney Spears. She needs others' approval, is insecure, and has found herself entangled with men unavailable to her and lacking stability. She has had great difficulty stepping up to her strength without constant reassurance from others.

The I-style in relationship

This is a style that is independent, solitary, and where individual credit and competition are paramount. Connection is via an intricate tally-sheet of each other's actions; two I's walking side-by-side, with rigid, inflexible boundaries, without interdependence, and lacking dependability.

Related: [Katy Perry and Russell Brand: What Went Wrong?](#)

Example: Russell Brand and Katy Perry. Russell Brand's reasoning for their split was that when you see that you may be incompatible, it's best to call an end to it.

These Me-dependent and I-Independent styles lack empathy and negotiation; either due to an inability of the person to get outside of him or herself to see the other's point of view and weak boundaries of self- **Me-style** OR due to a foundational insecurity of autonomy and competence resulting in rigid boundaries of self- **I-style**.

The We-style in relationship

This is a style that values interdependence, mutual give and take, negotiation, dependability, and trust. The two parties work together toward shared and individual goals; Boundaries are osmotic allowing interconnections without loss of self.

Example: Jennifer Garner and the newest Best Picture Oscar

winner **Ben Affleck**. They describe a dependable foundation of trust, collaboration and mutuality toward both individual and collective goals.

Here are five specific ways to bridge the gap between “me” and we”:

1. Discover your style of relating. Which describers fit? Possessive, needy, manipulated, insecure? **Me-style**; Defensive, competitive, antagonistic, or a fear of being engulfed? **I-style**; Valued, heard, accepted, dependability? **We-style**

2. To turn Me to We begin with yourself first. Determine what is keeping you in a Me or I-style of relating. Is it an issue of security? Is it something you learned from early life-experiences or a misunderstanding of your true strength?

3. Define when, how, under what conditions you feel secure. Create those conditions. Security can take the form of financial, emotional, physical, or spiritual security.

4. If you are in a Me-style you have to create independence before you move to interdependence.

5. Share your insights with your partner. Invite your partner to follow these steps. Trust the process.

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Find Out the Scoop Behind Katy Perry's New Ring from John Mayer



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y Jessica Conigliaro

This Valentine's Day, singer-songwriter John Mayer showed girlfriend Katy Perry just how much he cared for her. The couple was seen leaving Vincenti, an Italian restaurant in Los Angeles Thursday night. Perry left wearing a red heart shaped ruby on her ring finger, [People](#) reports. Although it has not been confirmed to be an engagement ring, Mayer certainly went out of his way to make her feel special that night.

What are some ways to show your partner you're serious about a relationship?

Cupid's Advice:

Now that Valentines Day is over, you are left wondering how to continue making your partner feel loved. Getting them a box of chocolates last week was a good start! Cupid has some great ways to keep them feeling special:

1. Include them in your life: Although you spend a majority of your time together, there are days you don't see each other at all. Talk to your partner about the things you do when you are apart. Invite them to any sporting events you're involved in—they will cheer you on the entire time and feel important doing so.

2. Invite them to family functions: Bringing someone home to meet the family is not an easy task. They can be judgmental and over curious about the new person at the dinner table. In these instances, your boyfriend should be more nervous than you are—he's the one being interrogated by your uncle! Keep inviting him to family events so they can get to know and respect him—your boyfriend will appreciate that.

3. Talk about the future: Mentioning future plans and aspirations in any relationship can be tricky. You don't want to scare them away with talk of marriage and kids. Instead, discuss smaller steps; the possibility of moving in together may be a good start. By doing this, you will let your partner know how committed you are to the relationship and hopeful for your future together.

How did you let your boyfriend know things were serious? Share with us below.

Katy Perry Disapproves of Rihanna's Relationship with Chris Brown



B

y Andrea Surujnauth

Katy Perry and Rihanna became close friends during last year's Grammy Awards. Now it seems as though their friendship is suffering due to Rihanna and Chris Brown rekindling their love or one another. An insider told UsMagazine.com, "They aren't tight anymore because Katy doesn't approve of Rihanna dating Chris Brown." Instead of hanging out together during this year's Grammy Awards, Perry and Rihanna were seen sitting in different areas of the audience, Perry with John Mayer and Rihanna with Chris Brown.

What do you do if getting back with an ex is controversial with your friends and family?

Cupid's Advice:

You want to work things out with your ex but your friends and family are extremely unhappy about it. They keep fighting you on the subject and will not agree with your decision to rekindle your love with your ex. What should you do? Luckily, Cupid is here to help you out:

1. Listen: Listen to why your friends and family do not want you back together with your ex. They are looking out for you and they have their concerns. Listen to why they are against it and maybe it will help you figure out whether getting back with your ex is really a good idea or not. They may help you see some points that you didn't think of before.

2. Tell them your feelings: Tell your friends and family why you think it is a good idea for you to get back with your ex. If your ex has changed something about themselves and you feel the change will help the relationship blossom the second time around, let them know that. Explain your reasoning. These are the people that care for you the most, they only want the best for you so trust their opinions and trust that they will hear you out.

3. Prove changes to them: When you got hurt from the breakup, so did your friends and family. They were hurt from seeing you get hurt. They will need proof that your ex will not hurt you again. Ask them to give your ex-sweetheart a chance and then bring them together so your family can see first-hand that your ex is different. They need to feel secure about your ex's change by seeing it for themselves.

What would you do if getting back with your ex created controversy with your friends and family? Comment below and let us know.

John Mayer Thinks His Relationship with Katy Perry Is 'Very Human'



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y Jessica Conigliaro

John Mayer is well known for getting involved in high profile relationships—so often that we are left wondering how meaningful these celebrity women are to him. Mayer recently started dating pop singer Katy Perry; his feelings seem to be more believable this time around, according to [People](#). Mayer said, “I don’t feel like I’m in a celebrity relationship...for me it feels like something that’s very human.” When a

relationship feels right, the topic of tying the knot tends to come up; when asked if he would ever get married, Mayer responded, "Of course!"

How do you know if your relationship is "real"?

Cupid's Advice:

As any new relationship develops, you begin to realize your true feelings towards one another. Being fully committed to someone definitely comes with challenges—but is even more rewarding when you find the right person—Cupid offers some advice on how to know if you are in a genuine relationship that offers future potential:

1. You feel comfortable with them: You're out to dinner with your boyfriend when all of a sudden you realize there's food all over your face—and we've all been there. Early in the relationship, an incident like this may leave you embarrassed; after a while however, little things like that shouldn't bother you anymore. Being comfortable around your partner is the beginning foundations of a healthy and serious connection. See if they accept you for who you are—annoying quirks included—The right person will love everything about you and will encourage you to be comfortable around them at all times.

2. He's your best friend: You should be able to talk to your boyfriend about anything and be excited to do so. For instance, you get a promotion at work and run home to tell your boyfriend. Take that as a good sign: you're in a strong relationship that is important to both of you. Your partner should want to know how your day was and seems to care if it was good or not. He should be concerned when you are upset and will do anything to uplift your mood.

3. Their family becomes yours: After talking about you for weeks, your boyfriend's family is dying to meet you. It's normal to feel a little nervous at first, fearing they will

disapprove. Soon enough, you will be spending so much time together that their home feels like yours. Your partner will start inviting you to spend the holidays with them; this is one way to know he is serious about you. Get to know his family—they might become yours one day.

How did you know your relationship was “real”? Share your experiences below.

Russell Brand Speaks Out about Ex-Wife Katy Perry Dating John Mayer





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y Andrea Surujnauth

Russell Brand and Katy Perry have been divorced for about seven months now and according to UsMagazine.com, Brand says that he has moved on. He was on Howard Stern's Sirius XM radio show on February 4th and Stern got him to open up about his feelings on the divorce. Stern asked Brand how he felt about his ex-wife dating John Mayer. "What do you make of your ex-wife dating John Mayer?" Stern asked. "Doesn't she know that he's a worse womanizer than you?" Brand jokingly replied, "Worse or better, depending on how you view it." But on a serious note, Brand spoke highly of his ex. He claims he has nothing bad to say about Perry or her new boyfriend, who she has been dating since July 2012. Despite Stern trying to dig a little deeper, Brand continued to claim that his ex-wife was perfect from top to bottom. He also admits that he is single at the moment and although he would love to have a wife and start a family, he is focusing on himself for now.

What do you do if someone you once cared about is dating someone you view as dangerous?

Cupid's Advice:

When you care a great deal about someone, you just want to see them happy. But what if the new person they are dating seems dangerous to you? What should you do? No worries, Cupid is here for you:

1. Voice your opinion: Tell the person that you are concerned about their new relationship, but do not start questioning their relationship or become too nosy. Just let the person know that you have a concern and that you do not want them to get hurt in their new relationship. After voicing your opinion one time, do not bring it up again otherwise this will chase the person away from you.

2. Let them know you're there: Let the person know that you care for them and you will be there for them no matter what. Let them know that you want them to be happy and you will back them up in any situation. This way if they decide to leave their boyfriend/ girlfriend, they will know that they have your shoulder to cry on and they won't be alone.

3. Stay out of it: After voicing your opinion and letting the person know you are there for them, you have to stay out of their relationship. Do not constantly voice your opinion and do not pick apart their relationship. They are the one that is in the relationship so they are the only one that knows if it is a bad relationship or a good relationship. You can't force them to do anything that they don't want to do. So stay out.

What would you do if you believe that someone you cared about is dating someone dangerous? Comment below and let us know!

John Mayer Says He's 'Quite Happy' Dating Katy Perry



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y Meghan Fitzgerald

According to UsMagazine.com, John Mayer said, "I'm happy in all aspects of my life. I'm very happy in all aspects of my life." Mayer and Katy Perry have been a couple since June of this year. Although they went through a brief break, they have been going strong for a couple months now. The loving pair can be seen spending their weekends together as reported by EOnline.com.

How do you know if your partner makes you happy?

Cupid's Advice:

You will immediately know if your partner makes you happy, it is a feeling you can't deny. The feeling you get when you're together triumphs every other aspect of life, and your worries wash away. You will automatically know if your partner makes you happy when you're together.

1. They're all you think about: You know you have found the one person who makes you happier than sunshine when they're all you can possibly think about. You wake up and immediately want to know what they're doing and want to be around them. You think about your future together and how you wish to spend every weekend from there on.

2. Butterflies: You know you're partner makes you happy when you have constant butterflies when they're around. You get nervous when you're around them yet, want to be around them and them only. You will never want to get rid of these feeling as long as you two are together.

3. Sex: All the emotions and feelings which go towards the love making, makes the sex incredible! When you make love with someone who truly makes you happy, it means so much more. No matter the age, or how long you and your partner have been together, if you two make each other happy, the sex will be spectacular.

Does your partner make you happy?

Top Most Romantic Celebrities





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y [Nic Baird](#)

When Hollywood [sex](#) symbol Marilyn Monroe died she had only been married to Joe Dimaggio for nine months. Despite a tragically short romance, the baseball legend put in a standing order for long-stemmed roses to be delivered to Monroe's grave three times a week for the next 20 years. The flame of [romance](#) continues to burn among the celebrity twosomes nowadays. On-screen or off, many stars continue to enthrall us with gestures of love. Over 24 million of us tuned in to watch Will and Kate's first kiss as prince and princess. There's still passion in the hearts of the rich and famous. Sometimes it makes our eyes water, and sometimes it's so cheesy we want to throw up, but we're definitely interested:

Related: [Get Back In the Dating Game This New Year](#)

1. Harry Styles: Styles sings about his "Last First Kiss" as a member of the boy-band One Direction. But is he as passionate out of the studio? "My mum tells me I'm a romantic because if she has a bad day at work, I run a bath for her when she gets

home and cook dinner, " he said. Besides his mom's testimony, Styles gets credit for dating hopeless romantic and songstress Taylor Swift. This year, for Swift's 23rd birthday, Styles bought 23 custom cupcakes including ones filled with candy floss and a mint liqueur center. A source told [Radar Online](#): "Once he likes a girl, he's all in. He's very romantic, long emails, surprise gifts, meticulously planned [dates](#)." Styles and his (now former) country music starlet will both be touring this year.

2. Katy Perry: The singer's romantic side came out during her past [marriage](#) to Russell Brand. The two were known for casual strolls and bike rides together. Katy Perry even bought her comedian husband a lilac-colored Bentley for Valentine's Day. Perry started introducing singer John Mayer as her "boyfriend" recently, and the courtship has been an exciting [romance](#). Cute moments like when they coordinate outfits and Halloween costumes show a playful side to Perry's affections. She puts herself into the dates, like when she took Mayer to visit her hometown of Santa Barbara last month for a romantic tour of The Old Mission. Perry's a fool for love, or maybe just a sucker for romance.

3. Nicolas Cage: Before he was known to "kick-ass" portraying various superheroes, this veteran actor was all about the romance in classics like *Moonstruck*, *City of Angels*, and *It Could Happen To You*. He unsuccessfully [proposed](#) to actress Patricia Arquette shortly after meeting her. He was turned down, but was given a chance to prove his [love](#) with a list of impossible tasks, like finding a non-existent black orchid. But when Cage returned with reclusive author J. D. Salinger's autograph, Arquette gave him a second look. Since 2004, Cage has been married to Alice Kim. He did the impossible again when he convinced the tribal council of the Havasupai Indian reservation in the Grand Canyon to allow the actor to shoot scenes for *Next* on the canyon floor, which is the same place where Cage and Kim had their first [date](#). Nostalgia and romance

are two things Cage can't resist.

What romantic gestures have blown you away? Post your favorites below.

Katy Perry Brings John Mayer Home for the Holidays



B

y Jessica Simpson

It looks like things between Katy Perry and John Mayer are turning serious! Though the two have only been dating for a few months, they reportedly spent Christmas together,

according to [People](#). “They’re happy together and with her family for the holidays,” said a source. “John really likes getting to know Katy’s family better.”

When is it time to introduce your partner to your parents?

Cupid’s Advice:

Taking that next step in your relationship and introducing your mate to your family can be intimidating. Here are some signs that it’s time to take the plunge:

- 1. It’s sure to be long-term:** If you have made plans with your partner months away, it’s probably a good idea to introduce them to those who are important to you.
- 2. You’re past the lust stage:** If that shiny glimmer you get at the beginning of a relationship has dissipated and you still want to be with your partner, consider taking the next step.
- 3. Comfort level:** If you don’t feel comfortable around your new mate yet, then don’t introduce them to your family. That being said, if you’ve never felt more comfortable around someone, your family is sure to feel the same way.

What are some other signs it’s time to introduce your partner to your family? Share your ideas below.

John Mayer Helps Celebrate Katy Perry’s 28th Birthday



B

y Nic Baird

Katy Perry's relapsing boyfriend, singer-songwriter John Mayer, attended a Friday celebration for the pop star's upcoming birthday, Oct. 25, according to UsMagazine.com. Perry dressed as a sexy vampire for the L.A. costume party, while her on-again man donned a vampire hunter outfit. Other celebrities, like Kristen Stewart, Diane Warren, Neil Patrick Harris and Johnny Wujek were also in attendance. Perry "believes she can change" Mayer, a source told Us about their rekindled romance. "She doesn't want to be just another one of his conquests."

How do you know if your new partner is a player at heart?

Cupid's Advice:

There's nothing more painful than a one-sided relationship.

Don't pour your heart down a bottomless pit. Relationships need sharing, vulnerability, and devotion. Find out if your partner has these qualities by looking for these signs:

1. Values: Getting a baseline for the personal values of your partner is a good way to decide if they're ready for a serious relationship. Discuss the principles you hold when you enter into a relationship, such as monogamy and honesty. It should be clear if they're looking for one person, or if they have a constant flirtatious attitude.

2. Priorities: Does their lifestyle support your relationship? Recognize if they'd rather spend time with you, or go out drinking with mixed company. If they don't have room for you in their schedule, it could be that they're very career oriented, but make sure you're their preference. If they're willing to spend the time to develop as a couple, it shows sincerity.

3. Intimacy: Fostering a connection with your partner, takes time and patience. If they're afraid to open up to you, maybe they're afraid to be honest. Players, though charismatic will be reluctant to share too many details of their life. As zealously enigmatic creatures, the fact that you haven't yet figured out if they're a player or not is a bad sign.

What are some other signs that your partner is a player? Share your thoughts below.

Is Russell Brand Dating a

Spice Girl?



B

y Jennifer Ross

It seems that Russell Brand, the British Comic, has a taste for ginger – Ginger Spice that is. Brand, 37, and Geri Halliwell, 40, are reported to be dating, according to [The Sun](#), British paper. Out in public, the two have been seen together in London at Hampton Court Palace, along with Halliwell's daughter from a previous relationship, 6-year-old Bluebell. More recently, Brand posed with the Spice Girls in a Twitter picture at the London Olympics' closing ceremony, which was considered to be the Spice Girls' amazing reunion performance. With his divorce from ex-wife, Katy Perry, only a month old, Brand also briefly dated Isabella Brewster, younger sister to Dallas star Jordana Brewster. Let's hope this relationship lasts!

How do you know if someone is boyfriend material?

Cupid's Advice:

With so many personalities in this world, finding a boyfriend may not always be sugar and spice and everything nice. Here are some things to consider when searching for a new love interest.

1. Communication is key: When you speak, does he hear you? Better yet, does he remember what you've said? Good communication starts with an open space to express your thoughts and includes someone on the other end listening, being able to understand, and even challenge you in a positive manner.

2. Attraction: Good communication without attraction is the same as having a relationship with your brother – sure you love each other, but not in the romantic way. In order to have a boyfriend, there must be a mutual intimate connection to each other, and that starts with physical attraction.

3. You've bettered yourself: Another thing to consider is who you were before you met him and who you have become. With all this physical attraction and communication between you two, thoughts and feelings are inevitably going to change. Have you changed for the better? If spending this much time with him encourages you to be a better you, then it looks like you may have a keeper!

What made you choose your boyfriend? What are the traits you admire most about him? Tell us!

Katy Perry's Baby Doll Beauty



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y Ann Csincsak, Vintage Sweet & Chic

Katy Perry is definitely a California girl at heart. Born and raised in Santa Barbara, her beach bum looks have morphed into a style that is fun, sophisticated and edgy. In the latest issue of *ELLE*, Katy admits that she can't be the bubblegum queen forever, but with five hit singles from her first album, she is certainly entitled to ride the wave for a while. While her stage outfits are nothing less than over the top, her street attire has an entirely different vibe. We often see her carrying Chanel purses, sporting Alice and Olivia tops and rocking Marc Jacobs flats – proving that she is no stranger to awesome style.

Her first look is a great representation of her style: playful and young but with an edge.

1. Alice and Olivia (actual), SOLD OUT. Club L Top (pictured above), \$29
2. Forever 21 Studs, \$3.95
3. ELF Studio Gloss, \$3 MUST HAVE!
4. Milly Black Suede Flats, \$56
5. Alice and Olivia Floral Capri (actual), \$195

Her second look shows off more of her girly side. This look is great for a dinner date with that special someone. Men love women in a dress – it shows off their curves and their feminine side.

1. Wheels & Doll Baby Belted Floral Tea Party holiday Dress (actual), \$28
2. Debanhams.com Pale Pink Cardigan, \$50
3. Christian Louboutin Burgundy Heels, \$170 DEAL from www.heels-1st.com, COLOR STYLE WATCH
4. Marc Jacobs Grey “Murray” bag, \$395
5. Butter Polish ‘Sloan Ranger’, \$14.00 COLOR STYLE WATCH

Take cues from this pop star and never be afraid to change your look. Explore different styles and always try to remember to set the trends rather than follow them, just like Katy.

PLUS: POPCHIPS GIVEAWAY!

This weeks GIVEAWAY is from Popchips’ newest investor and spokeswoman Katy Perry! Courtesy of Popchips, we are doing a fantastic giveaway: Popchips will be delivering, right to your door, a month free supply of Popchips.

TO ENTER: Go to Twitter and tell @anncsincksak (that’s me!) and @popchipsCO who your three favorite designers are, along

with the hashtag **#katypops** (in honor of Popchips partnership with Katy herself!). We will pick a winner from Twitter once the contest is completed, and you will receive your shipment ASAP.



Celebrity Couples Who Have Been Hurt By Their Own Stardom





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y Courtney Allen

In wonderful world of Hollywood, maintaining both a long-lasting relationship and a fast-paced career is evidently a huge challenge. The jam-packed schedules and non-stop tabloid mania in the everyday lives of celebrities leaves us constantly wondering when the next split will be—the fact they are going to happen is a guarantee. Nasty rumors of deceit, unexpected flings with co-stars and stress from an intense life can make stardom a celebrity couple's worst enemy. Unfortunately for these five celebrity duos, losing their battle to fame proved inevitable:

1. Kate and Jon Gosselin: Jon and Kate Gosselin first captured our hearts with their hit TLC show, *Jon and Kate Plus Eight*, which documented their hectic life as parents of sassy-yet-sweet twin girls and a set of adorable sextuplets. The Gosselins graced our television screens for seven seasons as they traveled the globe as a family, while we all hoped their marriage wouldn't end like many of the reality star relationships that preceded them. But Jon and Kate proved no different as the show slowly revealed Kate's exploding temper

and ego while the tabloids unraveled Jon's late-night getaways with other women. Years later, the two had one of the most public divorces in Hollywood.

Related Link: [Hollywood's Messiest Splits](#)

2. Rihanna and Chris Brown: Rihanna and Chris Brown shocked the world when their relationship began in 2008. In our minds, the singers couldn't be a more perfect match, as they're two beautiful and unique voices with stunningly-good looks. Things quickly changed after an incident in 2009 in which Brown allegedly assaulted the female pop star. The two have made amends since then and rumors of a new relationship have spread, especially after the recent release of their song, "Birthday Cake (Remix)." But due to their long-lasting tabloid presence and heated past, we can't help but think that a second try will end in disaster.

3. Jennifer Aniston and Brad Pitt: The split between *Friends* star Jennifer Aniston and Brad Pitt, her "Mr. Perfect," was by far the most controversial divorces in the history of Hollywood. With Aniston's glowing skin and Pitt's captivating eyes, they always had America's attention. It wasn't until the 2004 production of *Mr. and Mrs. Smith* that things seemed to get off track. Pitt quickly fell in love with co-star Angelina Jolie while filming the movie, leaving him and Aniston's happily ever after in the dust as rumors swirled of an affair. Jen filed for divorce in 2005 and Pitt almost immediately began dating Jolie. Now called "Brangelina," the couple has six kids and have made their mark as one of the most powerful couples in Hollywood.

4. Kim Kardashian and Reggie Bush: Kim Kardashian bared it all for her E! show *Keeping Up With the Kardashians*, including her relationship with NFL star Reggie Bush. The reality show revealed their head-over-heels romance for several seasons. But after their final split, the unfortunate truth was revealed: Kardashian's stardom was too much for Bush, who

never seemed to adjust. Kardashian has since been searching for her fairytale: a guy who accepts both her and her lifestyle. She found love in her marriage to Kris Humphries, but that relationship ended after just 72 days. Now the star is happily dating Kanye West. Thankfully, the socialite seems to be taking her new relationship slow, because if there's anything Kim has learned, it's that fame comes at a high price.

Related Link: [Why You Should be Happy You Aren't Famous When it Comes to LoveLove in the Limelight: Why You Should Be Happy You Aren't Famous](#)

5. Katy Perry and Russel Brand: California girl Katy Perry and British comedian Russell Brand began dating in middle of 2009. The two didn't waste any time getting serious as news of their engagement hit the headlines by the end of the same year. And in just ten months, the couple was married. The world watched the pop-star and her new hubby closely as we formed our opinions on whether they would last. Fourteen months later, the pair proved all the doubters right. Russell Brand filed for divorce last December, citing irreconcilable differences. But between both of their busy schedules and separated traveling, it's no wonder the pair couldn't stand the test of time.

Which celebrity couples do you think have been most hurt by their stardom? Share your thoughts with us!

Rumor: Is Katy Perry Dating

John Mayer?



Although Katy Perry's divorce from Russell Brand just finalized last week, she may already be back in the dating game. Hollyscoop.com reports that the popular singer was seen flirting with John Mayer at a party last weekend. Some fear that Mayer's reputation as a Hollywood bad boy may not make him the right choice for the emotional Perry, but a source mentioned that the two "definitely appeared to be very into each other."

How can you help yourself move on after a breakup?

Cupid's Advice:

It's always hard to start looking for romance after a divorce or a breakup, especially if it was a messy one. However,

eventually you'll have to move on and starting dating again. Here are some tips for getting yourself ready to find love:

1. Change your look: After a breakup, you have the perfect chance to try something new and exciting with your appearance. Getting a makeover, some new clothes or even just a different haircut are simple ways to help you move past your ex.

2. Consider what you need: A breakup can help put your wants and needs in a new perspective. Taking some time to think about what went wrong in your past relationship can ensure that your next one will be stronger and can help you find the perfect partner.

3. Give yourself time: Is your ex still occupying your every thought? If so, it's best to wait a little longer before looking for a new beau. Don't be afraid to take your time moving on. You'll be able to enjoy some of the special benefits of single life, like pursuing a new hobby.

How have you helped yourself to move past a breakup? Tell us below.

Rumor: Are Katy Perry and Robert Ackroyd Back Together?





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heart-topping pop singer Katy Perry's relationship may be back on with fellow musician Robert Ackroyd after their break-up less than a month ago. The 27-year old Perry gave the Florence and the Machine guitarist V.I.P. treatment during the Capital FM Summertime Ball in London on Saturday. A source tells UsMagazine.com, "Katy made a real fuss over him and made sure he was well looked after." The two were also spotted together earlier in the week meeting up after the pop star's taping on the *Graham Norton Show*. Perry and Ackroyd first went public with their relationship back in March, just months after ex-hubby Russell Brand filed for divorce.

What are some things to consider about getting back with an ex?

Cupid's Advice:

Break-ups are beyond complicated, but sometimes getting back together can make them even worse. Here are some important things to remember to ensure you and your ex make it work the second time around:

1. Examine your feelings: Make sure getting back together is something you both truly want and for all the right reasons.

2. Start with a clean slate: Starting fresh is crucial in a recovered relationship. Leave the previous baggage and drama behind so you can move forward together.

3. Trust is a must: Depending on how your relationship ended, ask yourself if you still trust this person. Without trust, a relationship never lasts.

What things have you previously considered before getting back with an ex? Share your stories with us.

Hollywood Relationships: Love, Marriage, and the Money in Between





B

y Victor McGlothin

Katy Perry was in love with Russell Brand. They got married, and then 14 months later, they experienced a celebrity divorce. When Hollywood relationships heat up so fast and end just as quickly, we all go running to blogs and message boards looking for answers. Often, reasons why celebrity couples break up are obvious...and it usually involves money.

Causes of Failed Hollywood Relationships

In Perry's case, she was a popular singer before marrying Brit uber-talent Brand. Both of them were exceedingly busy on photo and movie shoots, concert tours, and everything else that accompanies stardom. With so much time spent apart, it's no wonder they experienced problems that ultimately resulted in a failed celebrity marriage. The question is: What makes celebs think they can sustain a healthy relationship and love while living apart and chasing the almighty dollar rather than

the connection that keeps the home fires burning?

Related Link: [Why Celebrities Fall In and Out of Love So Quickly](#)

Perry and Brand aren't the only culprits to this type of demise. Perhaps the biggest wedding sham of all time was Kim Kardashian's televised nuptials to NBA power forward Kris Humphries of the New Jersey Nets. After 10 million viewers watched the choreographed broadcast on *E!*, 72 short days later, it was all over. Once it occurred to Humphries that Kardashian got what she wanted – astronomical wedding coverage gracing dozens of magazine covers and an \$18 million payday for the exclusive rights – he filed to have the marriage annulled, citing fraud allegations. It was merely an attempt to save face after being used and branded in the national tabloids as the villain and then subsequently lambasted online by Kardashian's family.

Kardashian refused to ante up the \$9 million owed to Humphries for his role of a lifetime in the wedding plot, but then, she offered \$7 million as a consolation prize. Over 90 days after the 72 day scam marriage ended, their celebrity divorce is still pending and adoring fans are still choosing sides. Yet another hot mess caused by money!

Related Link: [What Kim Kardashian Taught Me About Marriage](#)

Money, Relationships, and Love

Stories of Hollywood relationships like Brand and Perry's or Kardashian and Humphries's are all over the place, and there's usually the issue of money behind all of them. Even if money doesn't destroy a relationship and love, it always has a place. Even famous couple Brad Pitt and Angelina Jolie use money to buy happiness on occasion (see her massive engagement ring and \$25 million donation toward children's image rights).

Although us normal folk don't typically have the type of cash that popular celebrities bring to the table, it's still good to learn from the often careless ways in which they throw that money around. We should keep cash in the back of our minds, if at all possible, while pursuing a deep connection.

Victor McGlothin is a best-selling novelist and writer for wastedcash.com, providing commentary on celebrity spending and consumerism.

Russell Brand Unfollows Katy Perry on Twitter



British comedian Russell Brand and singer Katy Perry will be officially divorced soon, but Brand is getting rid of any kind of connection between the two and unfollowed her on *Twitter*. The two had only been married for a little over a year before they decided to split, and it appears that the pop star isn't having any trouble [moving on](#). Perry was caught making out with musician Robert Ackroyd at Coachella, and although their relationship is still new, an insider told [UsMagazine.com](#), "They're having a fabulous time."

What are some advantages to cutting all ties after a split?

Cupid's Advice:

Once you split with your ex, it can be best to lose any connection you have to them to avoid drama or heartache. Cupid has some tips:

1. No jealousy: If you spend time stalking their latest facebook pictures or checking their most recent friend activity, you'll begin to create scenarios in your head about how much better off they're doing, and it'll create unnecessary and false jealousy.

2. No constant reminders: They became your ex because you wanted them out of your life, so get them out. You don't need any reminders, whether it's pictures or Twitter popping up to give you a little memory of your time together.

3. Fresh start: By cutting all ties you can get the fresh start that you need to move on to a better tomorrow. Leave the past in the past and start trekking down a more hopeful, ex-free road!

What helped you move on from your ex after a break up? Share your comments below!

On & Off: When Celebrities Should Call it Quits



B

y Daniela Agurcia

With fame comes glamour and wealth. These are things everyone wants, but they can also take a toll on a relationship. With a celebrity's busy schedule and a seemingly bottomless bank account, it's hard to make time and decisions for things other than themselves. The fact of the matter is that there's only so much a relationship can take before the best decision is to just call it quits. Here are some of the issues that can ultimately break up a celebrity couple:

Related: [How to Master Being in a Relationship](#)

1. Your age becomes an issue: There are many celebrity couples whose age difference is more than a couple of years and this starts to become a problem. Demi Moore and Ashton Kutcher seemed madly in love and happy to be with each other, until the issue of their ages caught up with them and they realized they both wanted different things in life. When your age difference is significant and you both have a different mindset, this will catch up with your relationship, causing a split. When you're young, you want to continue experiencing life, while when you're older, you're usually ready to settle down .

2. Distance: The life of a celebrity can be hectic. Hollywood stars such as Katy Perry and Russell Brand have crazy schedules that barely give them time to relax and spend time with each other. Celebrities get caught up in everything they have to do and eventually the growing emotional distance between the couples becomes inevitable on both ends. There are only so many times you can Skype before you both realize it's just not enough. If you realize that you're only seeing your beau a couple of times a month, you're not ready to settle down with each other just yet.

Related: [4 Ways to Make Long Distance Work](#)

3. There's someone else in the picture: Celebrities are constantly on tour or on set with many different people so they're bound to meet someone who they have a lot in common with. When celebrities work apart from their partner, they sometimes get lonely and end up finding that missing company and comfort in someone other than who they're in a relationship with. How can you avoid falling in love with someone like Robert Pattinson when you're cast to play Bella Swan? Sometimes things just happen.

4. Fame and Money: A lot of fame and money can get to some

people's heads, and problems for celebrities are easily solved with having both, allowing them to avoid making rational decisions. With a lot of money, celebrities can make a quick escape out of a marriage or relationship, and it ends up being a trend in Hollywood to change your mind last minute about a huge decision, just like Kim Kardashian's 72-day marriage. If you notice a pattern in someone's love life that seems too fast paced, stay away!

How do you know when it's time to call it quits in a relationship? Share your comments below.

Sources Say Katy Perry Wants Russell Brand Back





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umors are flying that Katy Perry is trying to get Russell Brand back. Although three months ago she released her song “Part of Me” as revenge towards Brand, Perry has seemingly had a change in heart. According to [UsMagazine.com](https://www.usmagazine.com), “Katy’s been trying to get him back!” says a source. “She’s a lost soul right now.” Perry’s change of mind came from a recent trip to India on April 3, the same place where she and Brand were married in 2010. A source says, “She’d already been missing Russell. Being back there stirred up even more old feelings.” A friend of Perry’s said that the duo getting back together would be a “long shot.” “Right now, Katy and Russell are trying to get to the point where they can at least be friends.”

When is it OK to take an ex back after a split?

Cupid’s Advice:

Breaking up with your significant other is a tragic experience, and depending on the circumstances, getting back together with your ex could make more drama. Cupid has some tips:

1. Your ex changed: So maybe your ex used to have a horrible habit of overreacting and arguing too much, but took some anger management classes, just for you. That's a sign you should get back together. If your ex can realize he has a problem and create a solution, then it's acceptable to get back together, as long as you're sure he changed.

2. Your ex didn't cheat: If your past lover did not break your heart, then it's okay to talk through things and try to sort out your differences. However, keep in mind that if your ex did something that makes you look bad, like cheating on you, it will be even more embarrassing if you take him back so easily.

3. You both miss each other: No matter what terms you and your ex-beau split up on, getting back together has to be mutual. You can't force someone into falling back into love with you. Missing each other is a big step toward working through issues and becoming a couple again.

Did you take your ex back after your split? Share your stories below.

Why Celebrities Fall In and Out of Love So Quickly





B

y [Whitney Baker](#)

In recent years, the divorce rate in America has hovered around 50 percent, and in Hollywood, this statistic appears to be closer to 70 percent.

For some celebrity couples, rushing into a serious relationship or even marriage is no big deal; they can always break up or file for an annulment or divorce, knowing that their family, friends and fans will stand behind them. They are not held accountable by their vows, viewing any “easy way out” as an acceptable solution.

But why do so many Tinseltown twosomes approach romance with such a wavering attitude, in such fleeting terms? Here are just a few reasons why some celebrity relationships change with the seasons:

1. Publicity: They say that all you need is love, but in the case of some celebrity relationships, all they want is publicity. And some celebrity couples continue to demand attention even *after* the break-up. Take Jon and Kate

Gosselin, for example. The *Jon & Kate Plus 8* stars are still garnering media attention for their failed marriage and exceptionally large family.

Related: [Celebrities Who Share Too Much PDA](#)

2. Rushing things: Many celebrity couples mistake lust for love and rush into something too serious when they're still in the "get to know you" phase of their relationships. Beyond their own feelings, there may be outside pressure from family, friends and perhaps the media. For instance, Kim Kardashian's whirlwind romance with Kris Humphries lasted only 11 months, but included a made-for-television proposal, wedding and divorce. As this relationship's quick demise proved, infatuation can easily outweigh true love, but it doesn't last nearly as long.

Related: [How to Avoid the Reality Show Relationship Curse](#)

3. Time apart: Relationships require both time and effort to flourish. For celebrities, time together isn't always possible. Their busy schedules often keep them apart; such was the case with Katy Perry and Russell Brand. After only 14 months of marriage and a Christmas spent 7,000 miles apart, Brand filed for divorce. As celebrities focus on their individual careers, they fail to make the proper commitment to build a lasting and meaningful relationship.

4. Just because they can: Among some celebrities (such as Britney Spears in her younger years and Brandi Glanville of *The Real Housewives of Beverly Hills* fame), there's a sense that they can do anything they want. Spears married childhood friend Jason Alexander in a Las Vegas ceremony, only to have it annulled a mere 55 hours later. Glanville – a divorced mother of two – rushed into Las Vegas nuptials with a close friend on New Year's Eve. Calling it a "[drunken BFF thing](#)," she later admitted that they were just having fun.

5. Constant media attention: Sure, some celebrities fall in

and out of love for publicity's sake, but on the opposite note, too much media hype can also lead to heartbreak. Back in 2003, Nick Lachey and Jessica Simpson seemed to be living a fairytale romance until MTV cameras invaded their home for the reality hit *Newlyweds: Nick and Jessica*. Similarly, Taylor Swift and Jake Gyllenhaal dated for only two months at the end of 2011 and sources blame the short-lived romance on aggressive media coverage.

Why do you think some celebrity romances don't last? Share your comments below.

Did Katy Perry Sing About Russell Brand at the Grammy Awards?





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ewly single Katy Perry may be using her music as an outlet for her divorce with Russell Brand. A nominee for record of the year, Perry performed at the Grammy Awards. She came out with “E.T.” and then followed it up with her new song titled “Part of Me.” According to [People](#), with lyrics like, “You can keep everything.” It sure sounds like the singer was making a reference to Brand.

How can music help you recover after a tough breakup?

Cupid’s Advice:

Sometimes it can be difficult to find ways to get over your ex. Cupid shares some advice about using music as an aid to recovery:

1. Sad love songs: It’s cliché, but true. Listening to sad music can give you the perfect opportunity to cry and let it out, instead of holding it all in. It’s a better outlet than venting too much to those outside the relationship.

2. Embrace the music: Taking up a new habit, such as learning a new instrument or joining a singing group can be a good

outlet. It gives you the ability to concentrate on happier moments and forget the lack of compatibility with your ex.

3. Write it out: You don't have to be a superstar like Katy Perry to embrace the heartache, and write a song about your ex. It might not hit the charts, but it'll do the trick.

What are some ways you've used music to get over a break up? Let us know in a comment below.

Katy Perry and Russell Brand Reach Divorce Settlement



According to a filing that took place on Tuesday in the Los Angeles Superior Court, Katy Perry and Russell Brand have come to a “comprehensive written settlement of all issues.” A source tells [People](#) that Brand is not seeking cash from his higher-earning ex. Having not signed a prenuptial agreement, Brand would have been entitled to half of what Perry earned during the marriage. Since the ex couple have no children, the only issue was the distribution of property, which they will settling out of court. Seeing that Perry signed the papers with her usual happy autograph that included a smiley face in her last name, she must have been happy with the settlement.

How do you keep the courts out of your divorce agreement?

Cupid’s Advice:

If you conduct yourself well during a divorce and are able to respect and compromise with your ex partner, you can easily settle your divorce out of court. Here are some actions to consider when you want to keep your divorce out of court:

- 1. Don’t try to take it all:** Remember that your are spitting your assets. Once you go around trying to have your cake and eat it too, you might need to take your divorce to court.
- 2. Don’t gossip:** Emotions run high during a divorce. Engaging in gossip can only make it worse.
- 3. Stand your ground:** If there’s something you really want to hold onto such as a piece of property, let your partner know from being beginning.

Do you think you would be able to settle a divorce out of court? Share your thoughts below.

Valentine's Day Duos: 5 Hollywood Relationships That Spiraled Out Of Control



B

y Katanya Royster

Relationships can be hard work, and they require a lot of effort to be put in from both ends. When you both commit, it makes it all worthwhile- in most cases. While many relationships start off on a high note and continue on the path of blissfulness, others plummet to a place of irreconcilable differences, physical altercations and repeated infidelity. They end up heading straight to Splittsville. In

fact, all you have to do is ask the following couples:

1. Chris Brown and Rihanna: Typically, the phrase “first love” invokes visions of butterflies, sunsets and all things untainted. But, in 2009, we saw an ugly side of first love. Singer, Chris Brown, was accused of assaulting his popstar girlfriend, Robyn “Rihanna” Fenty. At the time of the assault, Brown was 19 and Rihanna was 20. After pictures of Rihanna’s badly beaten face surfaced, fans immediately took sides. Some were ready to dismiss Brown’s actions as a forgivable misstep, while others were relentless in their criticism of him. Either way, it was the worst possible ending to a seemingly beautiful love story. Or was it? Recent tweets make it seem as if reconciliation may be on the horizon.

Related: [5 Celebrity Couples We Want to See Reunite](#)

2. Russell Brand and Katy Perry: A shocked public let out a collective gasp when Russell Brand filed for divorce from his wife of 14 months. Failed Hollywood marriages are no surprise, but for some reason, we thought these two would be different. So what if Brand is a recovering sex addict and Perry is the daughter of evangelical ministers? We still thought this couple had a fighting chance. Brand’s boredom with the couple’s sex life and his inability to be alone, may have contributed to the couple’s marital problems, reported *US Weekly*.

3. Kim Kardashian and Kris Humphries. Many thought Kim and Kris’ lavish wedding was a publicity stunt. So, when Kim filed for divorce after only 72 days of marriage, no one was shocked – except maybe Kris. The NBA star claimed he was surprised by Kim’s actions and that he wanted to make the couple’s marriage work. After the split went viral, Kim was embarrassed and, in a rare move, retreated from the public eye while her ex-hubby was booed in NYC during a basketball game.

Thus, if the marriage was a publicity stunt, it may have been the worst one in history.

Related: [What Kim Kardashian Taught Me About Marriage](#)

4. Kobe and Vanessa Bryant: In 2003, Kobe was accused of sexually assaulting a 19-year-old hotel employee. Kobe proclaimed his innocence, but admitted to infidelity and famously apologized to his wife, Vanessa, with a \$4 million ring and a custom-made Lamborghini. It seems that Kobe's relationship patchwork was a bit like someone putting a Band-Aid on broken leg – a nice gesture, but it didn't actually fix the problem- a cheating husband. In 2011, after 10 years of marriage, Vanessa finally filed for divorce citing "irreconcilable differences,". Either way, a woman scorned, plus a husband worth \$150 million dollars, minus a prenup, equals trouble. With that kind of money up for grabs, this downward spiral may have only just begun.

5. Tiger Woods and Elin Nordegren. Tiger Woods' fame had just as much to do with his clean cut image as it did with his amazing golf game. However, a one-car accident near Woods' and Nordegren's Florida home changed his reputation forever. A parade of women subsequently emerged and admitted to having affairs with the golf pro. In an attempt to save his marriage, the father of two spent six weeks in a rehabilitation program for sex addiction. Nonetheless, Nordegren filed for divorce granted on the basis that the couple's marriage was "irretrievably broken." Nordegren was awarded an undisclosed settlement amount thought to be in the neighborhood of \$100 million dollars.

How did you know when you or a friend's relationship was over? Share your stories below.

Katy Perry Is Caught Flirting With a New Man



Though Katy Perry may not be fully ready to move on from ex-husband Russell Brand, she is getting there. According to UsMagazine.com, the singer was seen at a pre-Super Bowl party where she was seen mingling with many sexy athletes in attendance. She may not be hearing wedding bells again anytime soon, but she's certainly back to her old joking self.

"You'll be the first straight man I've had a photo with in a long time, so live up to it," she said to Carolina Panthers quarterback Cam Newton, as they posted for a picture together.

How do you know how long to wait before moving on after a split?

Cupid's Advice:

It can be difficult to determine when the right time comes for you to move on from your last relationship. Cupid shares some advice:

1. Mental closure: If you think of your ex late at night and are filled with feelings of hate, anger and jealousy, you need some time before attempting to move on and begin a new relationship.

2. You stop thinking about them: When you realize that you've gone more than just days without thinking of them, you're probably ready to begin dating again. You have to be happy by yourself before you can be happy with a new partner.

3. When dating helps: If you're potentially interested in someone and they already help you forget your ex, you may be able to move on with them. However, make sure that whoever you begin dating isn't a rebound.

When did you know it was the right time to move on? Share your stories below.

Katy Perry Moves On Post-Split in Las Vegas





A

night on the town with some close friends can really help get over a breakup, and that looks to be the case for Katy Perry.

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

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

Cupid's Advice:

Oftentimes after a breakup, the best way to move on can be to find some time to relax on your own or with good friends.

Cupid shares some post-split vacation spots:

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

your ex and help you enjoy being single.

2. Fantasy island: Ever dreamed of that one vacation you've always wanted to go on? Well, make it a reality by finding cheap flights and using up some of those vacation days at work. What better way to get over someone than by not having to show up to work for a few days?

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

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