

# How to Determine the Expiration Date of Your Relationship



By Allison Pescosolido, M.A. and Andra Brosh, Ph.D.

When you think the milk in your fridge has gone bad, you look on the side of the carton for the expiration date. If the date of expiration has passed, you simply toss it in the garbage, and buy a new one.

Relationships can also have expiration dates, but unfortunately there is no stamp on your partner's forehead that tells you it's time to move on. As a result, many people stay too long in a sour relationship, which can be toxic and damaging for everyone involved.

Sometimes the last breath of a dying relationship happens early on, like with Kim Kardashian and Kris Humphries. In other situations it comes much later, like with Al and Tipper Gore. Deciding to stay in a relationship or get out is complicated. While there are no hard and fast rules about when it's time to leave, here are a few tips to help you finalize your decision:

**Related:** [When Is It Time To Break Up](#)

**1. Have a bottom line:** Be very clear about what you are willing to accept as part of your relationship. Ask yourself if you are sacrificing your own integrity to save the relationship, and decide on what you are willing or are not willing to live with going forward. For example, once Sandra Bullock discovered that Jesse James was a serial cheater, she knew that the time had come to move on. She quickly separated and began a new life on her own with her adopted son.

**2. Know thyself:** Knowing if a relationship is healthy can be tricky, especially if you don't have any good role models to draw from. Many people know that their loves lives aren't happy, but can't really figure out why. Happiness comes from within, and knowing how and when you feel happy will help you decipher if it's you or the relationship that isn't up to par...or maybe both.

**Related:** [How Do You Know When It's Time To Call It Quits](#)

**3. Trust your gut:** If you know in your heart of hearts that the relationship has not felt right for a long time, trust your gut. It's easy to rationalize away the negative to avoid confronting what you don't want to face. Telling yourself lies so you don't have to leave will prevent you from making a rational decision. Look at the whole picture, not just the one you want to paint for yourself.

*Allison Pescosolido, M.A. and Andra Brosh, Ph.D. are experts*

*in Divorce Recovery and starting over. They co-founded Divorce Detox, a full service center to transform the lives of individuals transitioning through divorce. Both have advanced degrees in the field of Psychology and are certified Grief Recovery Specialists®. Andra and Allison are proactively changing the stigma of divorce on a national level by treating divorce as an opportunity for personal growth and a new life. The Divorce Detox programs transcend traditional forms of treatment by providing the tools, support and guidance for efficient and lasting results. [www.divorcedetox.com](http://www.divorcedetox.com)*

---

## **How to Handle Your Crazy In-Laws Over the Holidays**





By Evan Fischer

While Kim Kardashian and Kris Humphries may no longer have to worry about dealing with the in-laws, there are plenty of newlyweds out there facing the first real test of their matrimonial commitment this holiday season: meeting their new family members. For Jerry O'Connell and Rebecca Romijn, who recently renewed their vows, this will be old hat. But celebrity couples like Wills and Kate and Blake Shelton and Miranda Lambert will find themselves in the same boat as every other newly joined couple in the world; facing the uncertainty of several days trapped with their in-laws. The good news is that there's no need for stress. By following just a few simple guidelines, newlyweds everywhere can have an enjoyable and relaxing holiday, even if the in-laws are a little bit crazy. Here's how:

**Related:** [Ways To Impress Your In-Laws](#)

**1. Offer to help:** The best way to get in good with the in-laws is to offer assistance here and there. Your mother-in-law may not want you in the kitchen while she's cooking, but perhaps

she'll let you watch her make her special recipe (no doubt she'll be flattered by your interest). And you can always offer to set the table, wash some dishes or otherwise make yourself useful. Don't be pushy, but offer frequently.

**2. Clean up after yourself:** Even if you're treated more like a guest than a member of the family, you need to be a responsible adult and try not to make more work for your hosts than necessary. This means picking up after yourself, doing your own laundry (towels included), washing dishes (or at least putting them in the dishwasher) and generally making an effort to leave a room just as neat as you found it.

**3. Set aside "me" time:** There's nothing wrong with taking a little time out for yourself, especially if it saves you from a meltdown. No matter what you do, there's going to be some pressure to perform for your new partner's family. So give yourself breaks here and there to decompress; take a bath, a nap or a walk to get away. And any time you can manage it, drag your new spouse along for some alone time.

**Related:** [Dealing With Difficult In-Laws](#)

**4. Participate:** You've joined a new group, but you'll always be an outsider unless you integrate yourself. Even if you don't want to play board games, sing carols or look at family photo albums, be a sport. It will help you become a family member a lot faster than opting out.

**5. Delegate "handling" responsibilities:** This is a biggie, and it could just save your holiday. Each spouse needs to handle their own family, including making arrangements and dealing with any issues that arise. The person that approaches in-laws in an aggressive manner is going to be seen as an interloper, so don't try to be dominant. You handle your family, and let your spouse handle the in-laws. Less stress over the holidays will greatly reduce your chance of winding up in relationship counseling in the New Year.



*Evan Fischer is a freelance writer and part-time student at California Lutheran University in Thousand Oaks, California.*

---

# Kris Humphries Says He 'Doesn't Play Into the Gossip' Surrounding Ex Kim Kardashian



Their quick marriage and much-talked-about divorce may be making the headlines still, but Kris Humphries says he doesn't pay the gossip about his situation with Kim Kardashian much

mind. "I think that if people know me they know who I am and what I stand for," he said, according to [Hollyscoop](#). "I'm a fun guy and I don't play into the gossip. That's life." There's also much speculation that the couple's relationship deteriorated as a result of it being plastered all over reality TV. To those assumptions, Humphries says, "I can't say for sure. It's the only time I've been married. [But] I've been in front of cameras on the NBA since I was 19."

**How do you keep from participating in drama after a breakup?**

### **Cupid's Advice:**

After a breakup, you're no doubt hurt and sometimes angry. However, it's important to keep those feelings in check instead of unleashing them in a wave of drama. Cupid has some tips:

- 1. Count to 10:** When you're about to say something mean-spirited directly to your ex or behind his or her back, take a minute to think about it first. Spur of the moment comments are often times regretted.
- 2. Take a step back:** Right after a split, it's important to take a breather for a while. Avoid going to the places you know your ex or their friends hang out, and surround yourself with close friends and family.
- 3. Institute a checks and balances:** Give your friends the job of watching your every move. If they see you're about to text your ex, have them stop you. Make them the angel on your shoulder.

**How did you keep from participating in drama after a breakup?  
Share your ideas below.**

---

# Kim Kardashian 'Doesn't Want a Battle' with Kris Humphries



Despite the fact that Kim Kardashian had considered getting an annulment herself, it still came as a surprise when Kris Humphries filed for one himself. According to [People](#), “Kim doesn’t want a battle.” She wants to part ways with her ex amicably. Humphries requested the annulment this past Wednesday on the grounds of fraud, and if he receives the annulment, it will be as if their wedding never took place. Kardashian had wanted an annulment, but was told it would be too difficult to prove and decided to go with a divorce petition instead. According to sources, “the split was



devastating” for the reality starlet.

**How do you keep your divorce proceedings peaceful?**

**Cupid’s Advice:**

When you decide to get a divorce, it can often lead to a bitter parting of ways. Cupid has some ways to keep it peaceful:

**1. Understand that it will be hard:** Although it’s never easy, the end result is best for you and your former spouse. Try to be friendly with each other, but understand that there will be some hurt feelings on both ends.

**2. Cooperate:** Don’t butt heads with lawyers during the divorce process. If your lawyer or your spouse’s lawyer requests information, don’t dawdle. It’s best to get things out in the open early on.

**3. Keep stability:** Find a new residence and surround yourself with a close group of friends. Try to go about your normal routine as much as possible in order to maintain stability. This will prevent you from lashing out.

**What are some ways to keep divorce proceedings peaceful? Share your ideas below.**

---

**Kris Humphries Wants to  
Dismiss Prenup with Kim**

# Kardashian



The public hasn't heard much from Kris Humphries since Kim Kardashian filed for divorce, but his plan to annul their marriage could change that, reported [Hollyscoop.com](http://Hollyscoop.com). The annulment would dismiss their pre-nup, which includes a strict confidentiality clause that forbids either party from discussing intimate details of their relationship to the media. No pre-nup would mean no rules to follow, and Humphries could finally speak out. "Kris wants to be able to talk about the relationship without fear of being sued," a source close to Humphries told RadarOnline.com. He filed the annulment under claims that the marriage was a "fraud." He believes Kardashian deceived him as a tactic to benefit her success as a reality TV star.

**What parts of your breakup are best to keep private?**

## **Cupid's Advice:**

After a breakup, your emotions often take a roller coaster ride, but venting excessively to your peers is not the way to handle the situation. Here are a few things you should consider before blabbing your troubles to the world:

**1. Private information:** First and foremost, keep private information private. You may have intimate details and information about your ex, but they have the same information on you. Save yourself the stress and embarrassment, and respect each other's privacy.

**2. Details:** It's ok to talk to close family and friends, but don't become an open book, because you could possibly make yourself look bad. If you're going through a divorce, wait for the final court decision before you start spilling all the details.

**3. Negativity:** You're going to want to talk badly about your ex, but resist if you can. You loved this person at one point, but things didn't work out. Although all you can focus on right now are the negative characteristics of the relationship, dwelling on it isn't good for your image or theirs.

**Did you reveal things about your ex you wish you would have kept private? Share your comments below.**

---

# **Kim Kardashian Wears Love-Themed Hoodie Mid-Divorce**



Going through a divorce isn't stopping Kim Kardashian from still believing in love. According to [People](#), the reality star was spotted strolling through L.A. on Friday wearing a Peace Love World hoodie. In addition to featuring a heart on the back, the hoodie read, "I am love," and "Love is not something you are looking for, love is something you become!"

**How do you keep faith in love in the midst of a split?**

**Cupid's Advice:**

Keeping faith in love in the midst of a split is difficult, but possible. Here are a few ways:

**1. Keep an open mind:** Understand that not all men are alike, and the reason it didn't work out with your ex is because there is someone better out there for you.



**2. Talk to family and friends:** Speak with those you trust and see how they made their relationship work, as well as get advice on how to deal with your split.

**3. Join support groups:** Interact with others and see how they are or have overcome their split in order to fall in love again.

**How did you keep faith in love during your split? Share your experiences below.**

---

## **Kris Humphries Files to Annul Marriage with Kim Kardashian**





Kris Humphries is finally taking action. Ex-wife Kim Kardashian filed for divorce on October 31st, but Humphries wishes to bypass divorce proceedings by getting the marriage annulled, reports [UsMagazine.com](http://UsMagazine.com). Humphries is crediting “fraud” as the reason behind the couple’s split, but only because the other options were unfitting. “The whole ‘fraud’ thing is ridiculous. If the marriage was a sham, he was in on it,” said a source. “Did he not see the cameras or get a cut of whatever money was made? The marriage was real. It was just a terrible and unhappy one.”

### **What are some reasons to annul a marriage?**

#### **Cupid’s Pulse:**

Annulling a marriage is often much easier and quicker than getting a divorce. Here are a few reasons to do so:

**1. Infidelity:** If your new spouse is unfaithful within the first few months of your marriage, an annulment will most likely be granted by the Superior Court.

**2. Bigamy:** If your spouse is married to another person at the time of the marriage, the marriage can be annulled.

**3. Force:** A marriage will most likely be annulled if one partner forced the other into the marriage, either by making threats, abduction or physical force.

**Have you had a marriage annulled? Feel free to share your thoughts in a comment below.**

---

## What Kim Kardashian Taught Me About Marriage



By Liz from WeLoveDates.com

I finally caught Kim Kardashian's wedding special while I was home sick one day, and now there are two hours of my life I wish I could get back. Three days later, when news of her impending divorce broke, I wasn't surprised at all. I mean, anyone who tuned in to her wedding special could tell that the couple barely liked each other. I was originally ready for Kim to go away, but Lord knows I love a great reality show train wreck. So, I couldn't look away.

While Ms. Kardashian and I couldn't be more different, we also have a few things in common. We're the same age, in love with being in love and have a particular affinity for high heels and hair extensions. I then came to the conclusion that Kim Kardashian could teach me a thing or two about marriage:

**Related Link:** [How to Make Your Marriage 'Easy Breezy'](#)

**Womens Intuition Is Real:** There is a small part of me that actually feels bad for KK. I have to believe that beneath all the makeup, the spanx, and the money, there's a real person with actual feelings. Putting myself in her very expensive shoes, I wonder what I would have done if I had that "this isn't right" feeling in the pit of my stomach. Knowing that when I called off the wedding it would affect so many people and would make me feel bad.

**Money and Marriage Don't Mix:** By Kim selling out her wedding, getting married became part of her job description. This is where it gets tricky, because marriage should be about love between you and your partner ... and that's it. I highly doubt that anyone wants to pay me to film my wedding (if you do, call me!), but this was a reminder to keep my eyes and mind on what matters, and to keep it sacred. The more you treasure it, the more you should protect it.

**Eloping may be the way to go:** I've always wanted a fairytale



wedding, but watching this Kardashian sh\*t show has really forced me to re-evaluate my priorities. It seems as if we forget that marriage is not about the wedding day, the dress and the registry. It's about joining your life with someone else's, whether he lives in Minnesota or not, and whether there is an NBA lock-out or not. There's simply is too much emphasis placed on the wedding, and not on your future life together.

**Related Link:** [Advantages of Eloping](#)

And, ladies and gentlemen, I want the life. I want that happily ever after.

---

## **Kris Humphries Mocks Kim Kardashian's Weight Pre-Split**





The marriage may be over, but the season has yet to air. New footage from the upcoming season of *Kourtney & Kim Take New York* showed then-newlyweds Kris Humphries and Kim Kardashian flirting around in a negative light, reports [UsMagazine](#). In the clip, Humphries picks up Kardashian and says, “God, you ate a lot of wedding cake!” Though joking, a source says that Humphries frequently criticized his wife. “He belittled her in front of people,” said the source. “He’d call her stupid. It was truly sickening.”

**What are some ways to deal with your partner’s criticism?**

**Cupid’s Advice:**

When your partner wants to make a change, they may not go about it in the most polite way possible. Here are a few ways to deal with your partner’s criticism:

**1. Take their advice:** Often times your partner’s criticism is just poorly phrased advice. Tell your partner that their tone is offensive, but take their advice into consideration.

**2. Ignore them:** If you feel your partner's criticism is irrelevant, then ignore it. If the criticism has no effect on you, then your partner may stop trying to make a change.

**3. Confront them:** When criticism becomes frequent, it is time to confront your partner. Tell them that their criticism is hurtful, and ask them to stop.

**Have you ever had a critical partner? Feel free to share your experiences in a comment below.**

---

## **Kim Kardashian: Starring in Her Own Life Story**





By Amy Beth O'Brien

Regardless of what you may think of the Kim Kardashian/Kris Humphries whirlwind marriage, you have to admire a woman who knows how to play to her strengths. Ever since Kim's life became the subject of an E! reality TV show, her life became a business. Like any good businesswoman, she knew when to cut her losses.

Whereas most women in the non-reality world may have ignored the inner voice that told us we were [making a mistake](#) with our marriage and then spent years trying to make it work, Kim called it quits before anyone invested any more time or money.

**Related Link:** [Kim K's Divorce A Reminder About Relationship Mistakes to Avoid](#)

How many of us would have stuck it out because our parents spent a ton of money on the wedding and 400 guests bought us presents? How many would have been embarrassed to admit they made a mistake? Maybe we would have let it go on for years, had an affair, or brought a child or two into the equation in



an effort to do what we thought was the right thing.

After it ended, we'd tell our friends how we knew it wasn't right from the beginning. We just got so caught up in the wedding preparations and the desire for a fairy tale ending that we ignored the nagging inner voice of wisdom that told us we were on a road to nowhere with Mr. Wrong.

**Related Link:** [Kim Kardashian Files for Divorce From Kris Humphries](#)

It's a given that allowing your life to be put on display is probably not the best idea if you want your marriage to succeed, but for Kim Kardashian and Kris Humphries, I suspect they're no different from the thousands of other people who get married every year without enough forethought, only to wind up divorced. It's just that most of us would tie ourselves in knots trying to make it work and spend years in therapy avoiding the inevitable. We'd continue putting on a show for the sake of everyone around us, instead of acknowledging the reality of our lives. After a respectable amount of time passed, we'd finally give in and end it—an undefined amount of time that told society we at least gave it a shot.

Instead of judging Kim's 72-day marriage, perhaps we should admire her for being a little more real than the rest of us, having the savvy and the courage to play a starring role in her own life, and writing a script where the happy ending isn't the marriage, but in this case, a divorce.

*Amy Beth O'Brien is the author of four-time-award winning book Stuck with Mr. Wrong? Ten Steps to Starring in your own Life Story. Visit her web site at [www.amybethobrien.com](http://www.amybethobrien.com).*

---

# Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid



By Rosalind Sedacca, CCT

Sadly, celebrity divorces make all the headlines for all the wrong reasons. They showcase the most unconscious behavior, especially when it comes to relationships. Kim Kardashian's marriage going off track after such a short time is just one more example.

**Related Link:** [Signs that Kim and Kris were Doomed](#)

It appears Kim spent more time working out her wedding details than on determining whether this was a good match from the start. Unfortunately, celebrities are not alone in making this common mistake. Too many couples think no further than the honeymoon plans when contemplating marriage. They have no idea about the complexity behind real relationship issues and the maturity it takes to create a successful long-term outcome.

Divorced couples do, however. They learn through hindsight about the challenges two people face when living together week after week and month after month in today's stress-filled world. It takes awareness, flexibility, great communication skills and the ability to understand your partner's perspective to make a relationship work – and that's just for routine life experiences. Throw in accidents, sickness, job loss and other major stressors, not to mention the complexities that come with having children, and it's easy to understand why so many marriages fail and too often end in divorce.

If you're divorced and looking to find a healthier, happier relationship ahead, or if you're marrying for the first time and want to avoid relationship disasters, here are some tips worth serious consideration:

**Related Link:** [How to Size Someone Up For The Long Run](#)

– **Know your partner well – during the good times and the bad.** It's after you face disagreements or nurse your partner through an illness that you find out with whom you are really contemplating spending the rest of your life. If what you discover makes you uncomfortable, have some serious conversations – or move on before making any further commitments.

– **Don't expect to be "completed," "saved" or "fixed."** No one can fill the void in your inner self. You're

setting your partner up for failure if you expect them to fix your problems and love you through your unresolved issues. Do the inner work on yourself first, perhaps with the support of a therapist. Then seek out another soul who has done the same to partner with you.

– **Be hooked on more than just romance.** Happily married couples will tell you that you have to be more than great bed-mates to make a real relationship work. Look for common values, goals, beliefs and interests. Opposites may attract in the short-term, but you want a marriage based on respect and sharing a future together. If your core values and interests are not aligned, you're facing a tough road ahead.

– **Be your authentic self – and don't change for a partner's approval.** You can't fake your way through a marriage. If you hate sports, the internet or pets, state it up front and find a mate who loves you knowing this reality. It's unfair to hide your true self from your partner, and it's a disservice to yourself pretending to be who you are not. Honor who you are and look for a partner with high self-esteem who loves themselves as well. That's a formula for lasting relationship success!

As Kim Kardashian discovered, money won't buy you a happy marriage. You can't use sensuality as a substitute for good sense. Relationships don't have storybook endings. They require constant attention, the ability to sacrifice and compromise at times, and a heavy dose of respect for the person you brought into your life.

Before setting out in the relationship world, work on your inner demons, let go of the baggage from previous relationships, and take your time in getting to know the special partner you are choosing. There's no magic wand that will make your relationship succeed, but these guidelines will set you on a course that will circumvent a lot of pot holes along the road to happily ever after.



*Rosalind Sedacca, CCT is a divorce and relationship coach. She is founder of the Child-Centered Divorce Network for parents and author of the internationally acclaimed ebook: How Do I Tell the Kids About the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love! She is also co-author of the new book: 99 Things Women Wish They Knew Before Dating After 40, 50 & Yes, 60! Her free divorce and parenting tip sheet and coaching programs are available at [www.childcenterreddivorce.com](http://www.childcenterreddivorce.com). Rosalind's free dating tip sheet and relationships courses can be found at [www.womendatingafter40.com](http://www.womendatingafter40.com).*

---

## **Divorce: Kris Jenner Says Kim Kardashian Needs to 'Cry It Out'**





According to Kris Jenner, this past week hasn't been easy for Kim Kardashian as she deals with her divorce from Kris Humphries. Jenner says that her daughter will eventually open up about the issues that led to her decision to file for divorce, but for now she's still trying to sort things out. "She needs to do what she's doing now and cry and figure it out," Jenner tells Extra Magazine. "She's just trying to follow her heart, and she's going to be OK." Recently, Kardashian flew to Minnesota to see Humphries because, "She really needed to talk to him," said Jenner. She was there for less than 24 hours, and the two allegedly met with the pastor who performed their wedding ceremony to discuss what went wrong.

**What are some ways to cope in the midst of a stressful divorce?**

#### **Cupid's Advice:**

Going through a divorce can be a hectic and stress-inducing. Here are some ways to make process more relaxing:

**1. Give yourself a break:** Getting a divorce is not an easy task, and it will take a toll on you emotionally and physically. Take the day or a weekend to get away and indulge in some quality 'you' time. Do something that makes you happy.

**2. Don't isolate yourself:** Don't bottle everything up, because you'll inevitably explode. Talk to your friends and family about how you're feeling and what you're going through. Join a support group where you can talk to people going through the same thing. Don't be afraid to get help.

**3. Remember things will get easier:** You may be stressed out now, and things might only seem to be getting worse, but it will get better. Allow yourself to feel the pain you're experiencing so you can get it all out and start fresh.

**How did you cope during your divorce? Share your experiences below.**

---

## **Etiquette Expert Says Kim Kardashian Should Return Wedding Gifts**





According to Lizzie Post, an etiquette expert and author of *Emily Post's Etiquette 18th Edition*, Kim Kardashian's plan to give her wedding gifts to charity following her divorce from Kris Humphries is the wrong decision. Post does stress, however, that she's certainly not against charitable giving, according to [People](#). "I don't want to come across as saying that charity wouldn't be a great way to handle it," she says. "It's just that in that case, you're making a charitable donation on someone else's behalf under your name." She goes on to say that Kardashian would come across as seeming undeservingly "generous" and will get a bit tax write-off because of it. The right way to handle it, she recommends, is returning the gifts to the givers.

**If your marriage dissolves quickly, what do you do with the gifts?**

### **Cupid's Advice:**

It's an unfortunate circumstance with which to deal, but when your marriage doesn't last past the first few months, it's important to know what to do with the gifts you received at

the wedding. Here are some options:

**1. Charity:** If you think your guests would be offended at getting their gifts back, consider donating them to charity like Kim Kardashian. Just because Lizzie Post doesn't think it's the proper thing to do, doesn't mean it's not the right decision for you.

**2. Return to stores:** One option is returning the gifts to the stores they came from, and then giving the money back to your former guests. This eliminates the need for them to go through the trouble to return the gifts themselves.

**2. Return to guests:** If you're lacking time and energy, send each of the gifts back to the respective givers. Make sure to include a note thanking them for their kind thoughts.

**What should you do with wedding gifts if your marriage dissolves quickly? Share your thoughts below.**

---

## Why Kim Kardashian and Kris Humphries Are Calling It Quits







It was just a few weeks ago when over four million viewers tuned into E! to watch *Kim's Fairytale Wedding*, but it only took until the end of the month for the couple to split. They may have been newlyweds, but they were already bickering like an old married couple on the set of *Kourtney and Kim Take New York*. The fighting may have been too much for Kardashian, 31, who filed for divorce from Humphries, 26. After rushing their relationship with a quick engagement and wedding ceremony, along with the added pressures of filming the show, dealing with the media, and attempting to manage their busy conflicting schedules, their 72-day marriage has come to an end. "She rushed into it too fast," a source close to Kardashian told [People](#). "She's holding it together. It's insanely troubling and heartbreaking, but it's a decision she knew had to be made."

**How do you know when to call it quits in a marriage?**

**Cupid's Advice:**

Has staying true to your vows become a struggle? Here are some signs that it may be over:

**1. You're beyond annoyed:** If everything about your spouse irritates you and just the sight or sound of him makes you want to leave a room, it's not a good sign. If you find that all attraction has been lost emotionally and physically, you have to consider that you're no longer in a healthy relationship.

**2. You verbally assault each other:** As husband and wife, it is your job to support each other, but it can be difficult when every conversation turns into a fight. If you're frequently being critical and attacking each other's self-esteem with the goal to make your spouse feel dejected, then you've clearly lost respect for one another.

**3. You're miserable:** If you're unhappy with your spouse, and you feel like your life has hit rock bottom, it's time to move on. Get rid of the negative energy that's dragging you down, and don't let yourself become a prisoner to your own marriage. Regaining your independence may be the key to finding happiness again.

**Having thoughts of divorce? Share your comments below.**

---

## **Communicate This: Signs That Kim and Kris were Doomed**





By Roshini Rajkumar

Most people were taking bets on the marriage before Kim Kardashian walked down the aisle to Kris Humphries. But even Kim's most critical pundits raised eyebrows when word got out divorce papers were filed so quickly after the extravagant wedding.

## **THE SIGNS**

You can find meaning in every visual, verbal, nonverbal, and physical cue. So I was not shocked to hear Kim and Kris would not live happily ever after. Let's start with Kris's last name, Humphries. For those who watch Kim's reality show, you know she waffled about whether she'd take Kris's name or not.

We witnessed fights she had with her mother who urged, if not demanded, her to keep her name as Kim defended her soon-to-be marriage and man. We even saw Kris acknowledging the name was Kim's tie to her late father. In the eleventh hour, Kim kept her own—much to what looked like the surprise of Kris—as the couple signed their marriage license.

## **BODY LANGUAGE**

Body language can say a lot about what's going on inside someone. Let's investigate their on-camera communication. Even as you look at Kim and Kris together, they are a mismatch—in size, in age, and in geographic demographic. All of these elements come across subtly and obviously when you watch their body language. These body language fractures were abundant in the days leading up to the wedding. From a cold wedding rehearsal and Kim pretending to be a runaway bride; and Kris needing to check his phone and text during these important preparations, their body language did not communicate, “Til death do us part.”

## **VOCAL BEHAVIOR**

When you listened to Kim in the days leading up to her wedding ceremony, you heard a lot of complaints about Kris and how he wasn't helping with even small tasks for the wedding.

If you focus on how Kim delivered these rubs against Kris with her vocal behavior, you get a foreboding picture of their future ahead. Subtextual messages are the messages we send beyond the words we speak. How Kim complained about Kris was just as significant as the actual content of the complaint. Recall the whininess in her voice. Then flash to Kris sharing his discontent when the couple reviewed their wedding reception seating chart. Exasperation is what you hear coming from Kris. The subtextual message there is: “Oh boy, will I ever be heard or respected in this relationship?”

He didn't have to say those words, but his vocal behavior, backed by his facial expressions, delivered that message.

## **PUBLIC EYE**

Though most people feel sympathy for anyone going through a divorce, it is challenging to feel sorry for this pair. Being hounded by paparazzi or having a reality show gets blamed for their eventual plight. But remember, they chose this life.

Kim has built a mini empire around the visual that gets covered, photographed, Tweeted. No man or non-Kim-focused agenda is going to get in the way. Remember the cover of People magazine with Kim in a wedding dress? Where was Kris then? Now apparently, he's out of the picture for good.

*Roshini Rajkumar is a communication coach and author of book Communicate That, where she shares insider tips for dynamic communication and authentic presentations. Learn more at [www.communicatethatbook.com](http://www.communicatethatbook.com).*

---

## **Celebrity Couples Who Could Use An Extra Hour of Sleep**







By Melissa Tierney

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

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

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

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

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

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

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

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

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

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

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

---

## Kim Kardashian Files for Divorce From Kris Humphries



After just 72 days of marriage, Kim Kardashian and Kris Humphries are getting a divorce. According to *People*, Kardashian filed for divorce on Monday. The fashion forward reality star recently denied rumors that her marriage was on the rocks. Now, she's listed the reason for the divorce as the Hollywood cliché, "irreconcilable differences." So why the breakup? A source says that the couple couldn't take the demands of being a reality TV couple. Producer Ryan Seacrest announced on his show that Kardashian got caught up in all that was going on.

**How do you keep from getting caught up in the fantasy of a relationship?**

**Cupid's Advice:**

**1. Take it slow:** If your relationship is moving fast, take the time to stop and reevaluate. Don't rush into a marriage or committed relationship.

**2. Too good to be true:** If you and your partner are madly in love and haven't had any problems, this relationship could be too good to be true. The truth is, if it feels that way, chances are it is. A little disagreement in a relationship can be a good thing.

**3. Take some time off:** Being around someone all the time can cloud up your perspective. It's okay to take some time away from each other once in a while, whether that means going out with friends or spending weekends apart. You'll come back refreshed and missing your mate.

**Have you ever had to end a fantasy relationship? Share your experience below.**

---



# Kim Kardashian and Kris Humphries Can't Wait to Find a Home



Newlyweds Kim Kardashian and Kris Humphries are currently seeking a permanent living situation. According to [People](#), the two have been shacking up with friends and family members as they pursue their careers. Most recently, the two were living in a three-bedroom suite with Kourtney Kardashian, Scott Disick, and their 22-month-old son, Mason, during the filming of *Kim and Kourtney Take New York*. Now that the show has wrapped, the newlyweds are looking for a home base.

**What are some factors to consider when you're deciding on a home with your partner?**



## **Cupid's Advice:**

Settling down with your partner is one of the most significant steps in your relationship. Here are some primary factors to consider when finding a place to build your nest:

**1. Kids:** If you want kids, you should look into the quality of schools in the area. You'll probably want to live in an area with other families, playgrounds, etc.

**2. Family and friends:** It's often good to be close to friends and family for a support system.

**3. Comfort:** Live where you both feel both comfortable and happy. Whether that's a result of weather or proximity of good restaurants and shopping, take it all into consideration before committing.

**What would be the ideal place for you to settle down with your partner? Share your ideas below.**

---

# **Three Tips to Enjoy Marriage Despite the Battles**





By Patty Newbold, author of the award-winning marriage blog, AssumeLove.com

It can't be easy marrying into a reality TV show, as Kris Humphries recently did. Kim Kardashian and her family speak their minds, and it's all caught on camera. Kris already gets his share of it from her siblings, and it can't be long before he catches angry words or insults from his new wife Kim, too.

### **It's the Ratio, Not the Number**

Let's hope Kim's already figured this out, but fighting words do not kill a relationship. Marriages fail when the nastygrams are not matched with at least five times as many respectful, loving and encouraging words and gestures. Remember: Five times. Or more.

That's what psychologist John Gottman's research found. He uses it to predict, in just a few minutes, which marriages will last and which will not. It doesn't matter how many or how few unloving words, eye rolls, or shrugs are used in a relationship; only whether the good stuff happens at least five times as often as the bad.

## **It Won't Be What You Expected**

Here's a tip for Kris. There is only one thing you should expect when you marry: love. We all show up to our weddings with a boatload of expectations, and many of them will be dashed. Your marriage will not go the way you thought it would, and you'll make yourself miserable if you tell yourself this means you are not loved or respected. Kim, like any wife or husband, will love you her own way.

Therefore, due to the unique ways we all choose to show our love, it's important to stop yourself when you hear yourself thinking, "If she loved me..." Unless she is actually doing you harm, she loves you, and you are missing it. You will make a mess of your marriage by getting angry when it's not what you expected, not what someone else you know might do. That's exactly what I did the first time around, and I could not see how much love I had overlooked until after my husband's sudden death at the age of 35.

## **Never Compromise**

Just about now, Mr. and Mrs. Humphries are probably discovering that they disagree about things like where shoe polish should be stored and which family events cannot be missed. Well, there are never just two options for a resolution. Instead of disagreeing and eventually compromising, look for a third alternative to the problem that both makes you happy and also delights your mate.

Disagreeing is inevitable in any relationship, and if you're not doing it, there's probably something wrong. That said, it's important to outweigh those fighting words with words full of love, kindness and respect. If you do, your relationship will thrive.

---

# Kim Kardashian Says She'll Start Thinking About Having Kids in a Year



Happy newlyweds Kim Kardashian and Kris Humphries are thinking about having babies in a year, according to [People](#). Kardashian told Ryan Seacrest on his radio show that children are in the couple's future once they settle down in a particular location. Kardashian says that when Humphries figures out for what team he will be playing, they'll get to working on expanding their family.

**What are the benefits of waiting to have kids after you get**

married?

### **Cupid's Advice:**

Being a newlywed comes with a lot of new responsibilities. Before adding raising a child to your list, it's important to spend time together as a couple:

- 1. Getting to know your better half:** Everyone takes on a new personality once you live with them. For most newlyweds, living together might be a new step and getting used to your partner's habits will take some time.
- 2. Save:** Waiting on a baby helps the two of you to save for the expense of having children. A lot of couples divorce because of money, so don't be the statistic.
- 3. Grow together:** Waiting on having a child means that you can both accomplish career goals and other aspirations together before bringing a baby in the mix.

**Did you wait to have children? Share your experiences below.**

---

## **Kim Kardashian Talks Babies with Kris Humphries**







It looks like Kim Kardashian is being confronted with the baby question yet again post-marriage to NBA player Kris Humphries.

In fact, E! News got an exclusive interview with the diva and her man after they appeared on the *Tonight Show* together.

Although rumors have been surfacing that speculate about a possible pregnancy, Kardashian insists they simply aren't true, according to [HollyScoop](#). "I think we would wait like a year before we really start trying to have kids," said the reality star. "I think we want to figure out where he is gonna play and figure out like his career and like if we have to pack up and move somewhere, like the Midwest. Who knows?"

Despite their uncertain plan, they do know one thing, and it involves having "lots of kids."

**What role does your career play when you're deciding whether to have kids?**

### **Cupid's Advice:**

Many factors in life determine whether you're ready to have children, and your career is a pretty big one. Here are some things to consider:

**1. Hours:** If your job is demanding and you're rarely home long enough to scarf down some food and get a few hours sleep, you may not be prepared to have a child unless you can tone down your career.

**2. Position:** Make sure your career pays well enough to support a family. Babies cost money ... for at least 18 years of your life. You also need to decide whether one of you is going to be able to stay home with the new child or whether you're going to need to consider daycare.

**3. Maternity leave:** It may seem obvious, but it's important to research your company's policies on maternity (and paternity) leave for when the baby comes. If your job doesn't allow for such things, it's definitely a factor to consider.

**What factors did you consider about your job pre-baby? Share your experiences below.**

---

## **Kris Humphries Bonds With Scott Disick**





After his highly publicized marriage to Kim Kardashian, Kris Humphries has formed a close friendship with Kourtney Kardashian's man, Scott Disick. According to [People](#), Disick has been a great help in giving Humphries tips on how to win over the Kardashians. Their bromance became even stronger when the two spent quality time together in New York. "Scott and I are becoming closer because we're hanging out a lot in New York. We're just all about living life," said Humphries.

Khloe's husband, Lamar Odom, is also full of advice on how the newlywed can find his place within the Kardashian family. As Humphries works to impress one of America's most famous families, it seems that he's found a close friend with his almost brother-in-law while living in the Big Apple.

**What are some ways to bond with your partner's family?**

### **Cupid's Advice:**

When you commit to someone, you're also committing to being a part of the family. It's always a good sign if you find yourself spending time with their family when your partner isn't around. Here are some ways to bond:

**1. Get social on social media:** Before you even meet the family, don't be afraid to find them on Facebook and Twitter. They'll really appreciate your friend request and/or tweet. Not only is it a great way to break the ice for when you meet in person, you'll also be less nervous.

**2. Play a game:** Playing sports or a board game with the family can be a lot of fun. It's a good way to relax the mood into one of lightheartedness.

**3. Ask questions:** People love to talk about themselves. Also, if you feel like you need advice on the family dynamic, sometimes, all you need to do is ask.

**How can bonding with the family make you closer to your partner? Share your thoughts below.**

---

## **Kris Humphries' Family "Look Appalled" at His Wedding**







Kim Kardashian and Kris Humphries finally got hitched this weekend ... and the Humphries family had quite a mixed reaction according to [UsMagazine.com](http://UsMagazine.com). According to one guest, "Everybody felt awkward, like it was all for the cameras and more like a TV show than a wedding." Humphries' parents must have felt the same, because they "mostly looked appalled by the entire thing," although they "cheered when Kim and Kris were pronounced husband and wife."

**How can you have a lavish wedding without breaking the bank?**

### **Cupid's Take:**

Not all of us can afford a wedding like Kim Kardashian's, but we can pretend! Cupid has some tips on how to make your wedding fit for a reality TV princess (without spending like one).

- 1. Dress up your gown:** All brides know that it's all about the dress, and you don't have to empty your bank account to find a gown that makes you look like a million bucks.
- 2. Network for deals:** You shouldn't pay full price for



anything if you know the right people. Is your aunt a chef? Have her cater the wedding to save money.

**3. Keep it small:** As your guest list increases, so do your costs. Having fewer people means you can spend more on other things to make your wedding memorable.

Have any other tips on how to lower costs but keep your wedding looking fancy? Share your comments below.

---

## Newlyweds Kim Kardashian and Kris Humphries Leave for Mini-Honeymoon





Now that their lavish wedding is over, Kim Kardashian and Kris Humphries have decided to escape for a mini-honeymoon to Capri, Italy. It will be quick because the couple need to be back in order for Kim to present at the upcoming MTV Video Music Awards Show. Hopefully, they will have time for some rest, romance and relaxation. They will be visiting different areas throughout their trip, a source told [UsMagazine.com](http://UsMagazine.com). When spotted at LAX airport on Monday, the pair were glowing with love for each other.

**What European hotels make the perfect location for a honeymoon?**

**Cupids Advice:**

**1. Hotel Gritti Palace, Italy:** This gorgeous hotel has received praise from some very notable people, including Earnest Hemingway and Greta Garbo. One amazing amenity of staying here is that this Italian Palace offers boat service to its sister hotels in Venice Lido where you and your new spouse can enjoy a vast array of private beaches, swimming pools, tennis courts, and golf greens.

**2. Hotel Perivolos, Greece:** Words simply cannot do this location justice. This blissfully romantic getaway consists of a series of private homes overlooking the water. You and your love will be surrounded by a breathtaking landscape complete with a stone terrace and private pool, which flows down a cliff overlooking the Aegean Sea. This is the perfect place for two newlyweds to have endless alone time while taking in the amazing sunset each night.

**3. Hotel Palafitte, Switzerland:** This magnificent hotel is sure to turn up the romance for any honeymoon couple. The property is set lakeside with an awe-inspiring view of the Alps and offers a wide array of activities. For example, you can indulge your sporty side and enjoy golfing, sailing or skiing, and the next day feed your mind with Switzerland's culture by going to the theater or simply visiting the museums.

**Where did you go on your honeymoon? Share your memories in a comment below.**