

Is LeAnn Rimes to Blame for Cheating?



In the latest issue of [People](#), LeAnn Rimes says she has only herself to blame after cheating on her husband of seven years, Dean Sheremet, with Eddie Cibrian. “I did one of the most selfish things that I possibly could do, in hurting someone else,” but the 27-year-old singer added that she doesn’t regret the outcome. Rimes and Cibrian, 36, became friends on the set of *Northern Lights*, a *Lifetime* movie they starred in together. Although both were married to others during filming, they found themselves falling in love. Rimes and Cibrian are currently in a committed relationship, and their respective divorces will soon be final. **For couples who have seen the worst and have lost faith in themselves or their mates, how can you get your life back on track?**

Cupid's Advice:

Rimes is on her way to forgiveness. She has taken steps to bring her wrongdoing into the public eye, accepted responsibility for her actions, and understands that it will take time for everyone involved to heal.

1. Be honest with yourself: If there are problems in your relationship, take matters into your own hands, and talk to your significant other before you chat it up with someone else.

2. Take the next step: After discussing the issues that lead you to think of others, you should figure out how to work on the problems in your relationship together. As a team, you may find success.

3. Take time out: Working out kinks and complications can be draining. Set time aside to unwind from the stress involved. Whether this time is spent as a couple or alone, is irrelevant; you need to decide what works best for the two of you.