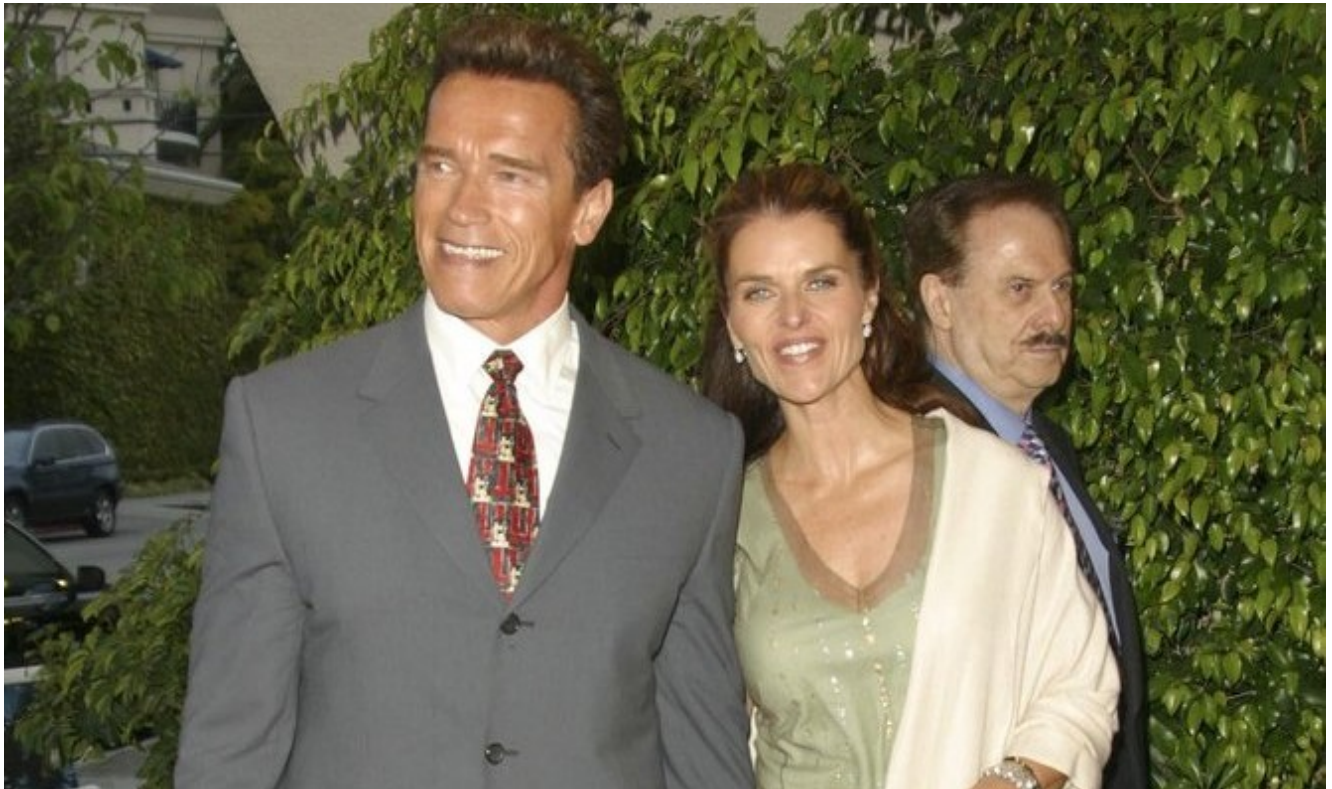


Celebrity News: Arnold Schwarzenegger Says Cheating on Maria Shriver Was a 'Major Screw-Up'



By [Karley Kemble](#)

Six years after announcing a shocking [celebrity divorce](#), Arnold Schwarzenegger is speaking candidly about his past decisions. According to [UsMagazine.com](#), in a preview for an upcoming television special, Schwarzenegger admits, "I know it was a major, major screw-up" when asked about his infidelity. The actor and former governor of California caused quite a stir in 2011, when he made [celebrity news](#) after cheating on his wife, Maria Shriver with their long-time housekeeper,

Mildred Baena. Shortly after the revelation, news also broke that Schwarzenegger had, in fact, fathered a child with Baena. Though Schwarzenegger and Shriver have officially filed for divorce, Schwarzenegger also has revealed that the celebrity exes have not yet finalized it.

This celebrity news proves that celebrities feel regret just like us. What are some ways to come back from a fatal mistake in your relationship?

Cupid's Advice:

As humans, we are subject to error and mistakes. While it may seem like you will never be able to bounce back after something terrible happens in a relationship, it's entirely possible. Cupid has some ways to cope and move on:

1. Don't let it define you: It's normal to take blame and harness a mistake as a part of who you are. You are not your mistakes or the product of mistakes that have affected you. It is important realize this and even more important to learn and grow from the past. Don't let it hold you back.

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

2. Practice positive mental talk: A positive mind is empowering. (Say that out loud five times!) If you're stuck in a rut after making a mistake, think of a way to spin negative thoughts into positive ones. Instead of thinking "I am so stupid" reframe your thoughts "I am smart, that decision was not." This way of thinking will really help change the way you see things.

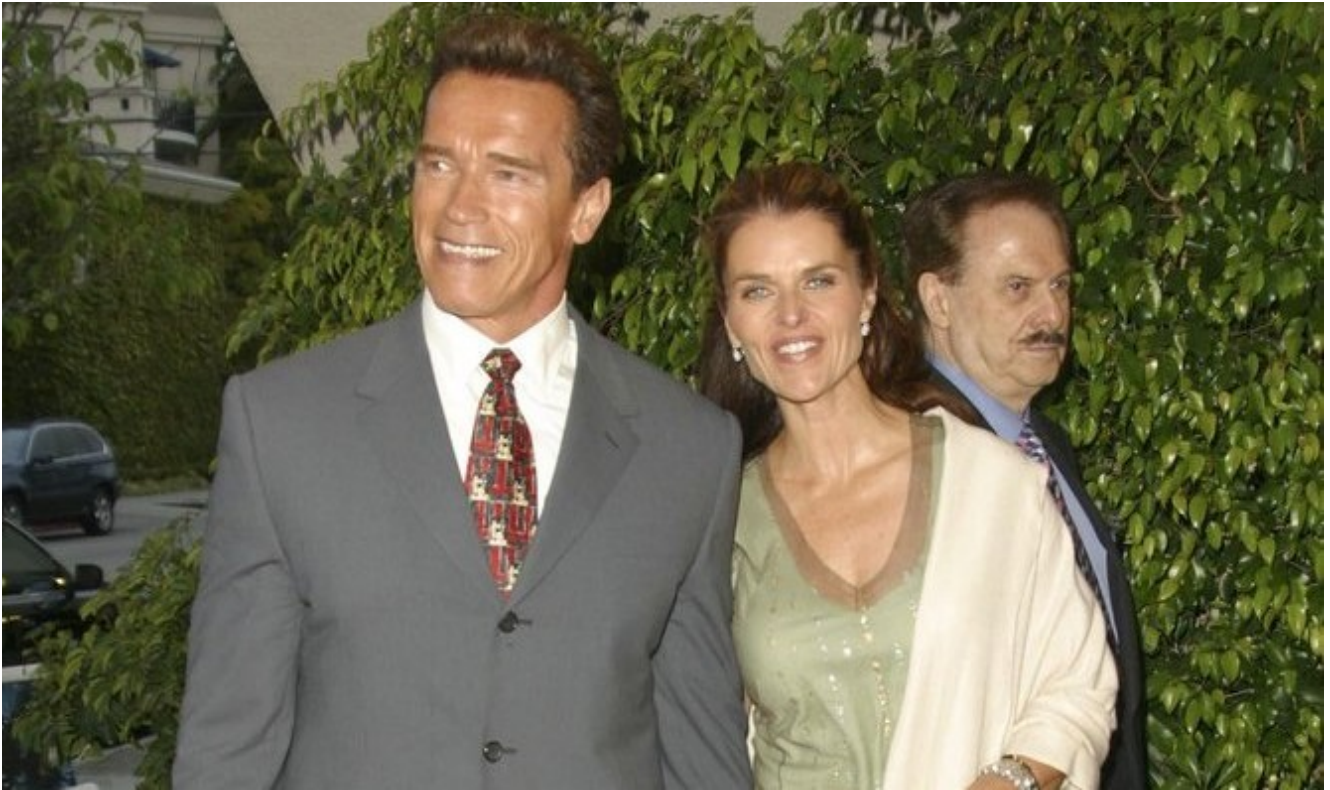
Related Link: [Can Politics Ruin Your Relationship?](#)

3. Forgive and learn from it: Forgiveness isn't easy, but it is possible. It certainly does not happen overnight. In time you will find it to be freeing. Whether you need to forgive yourself or somebody else, reflect on the steps you need to take to reach that point, and do what you can to get there. Forgiveness doesn't change the past, but it can help you learn from it.

How have you bounced back after a fatal relationship mistake? Share your experience below.

5 Times the Nanny Has Been the Catalyst for Celebrity Divorce





By Katie Gray

Could it be the curse of celebrity childcare? In Hollywood, there is always a tale of an affair between a spouse and the nanny floating around. Sometimes these celebrity marriages end up in [celebrity divorce](#) afterward. Rocker Mick Jagger is reported, in the biography *Mick: The Wild Life and Mad Genius of Jagger*, to have had an affair with his nanny while he was married to supermodel Jerry Hall. There have also been reports that soccer star David Beckham cheated on his wife, Victoria, after the alleged woman, Rebecca Loos spoke out. Rumors are swirling that Ben Affleck also cheated on his wife Jennifer Garner with the nanny, which he denies.

Cupid has the 5 times that the nanny has been the catalyst for a celebrity divorce:

1. Gwen Stefani & Gavin Rossdale: In [latest celebrity news](#), pop star and overall icon Gwen Stefani recently filed for

celebrity divorce from her husband Gavin Rossdale, after discovering he had been unfaithful with the nanny for a number of years. She is now dating country cutie Blake Shelton. This [celebrity couple](#) co-stars on *The Voice* together!

Related Link: [13 Most Shocking Celebrity Couple Affairs](#)

2. Jude Law & Sienna Miller: British actor and heartthrob, Jude Law, is infamous for his affair with his nanny while he dated Sienna Miller. He publicly apologized to her after the incident, and they were able to recover as friends.

3. Arnold Schwarzenegger & Maria Shriver: One of the biggest celebrity divorces due to a cheating scandal was definitely Arnold Schwarzenegger and Maria Shriver. The marriage seemed perfect, as she's a Kennedy and they were together for years. Then news broke that he had an affair with their housekeeper and even had a love child as a result!

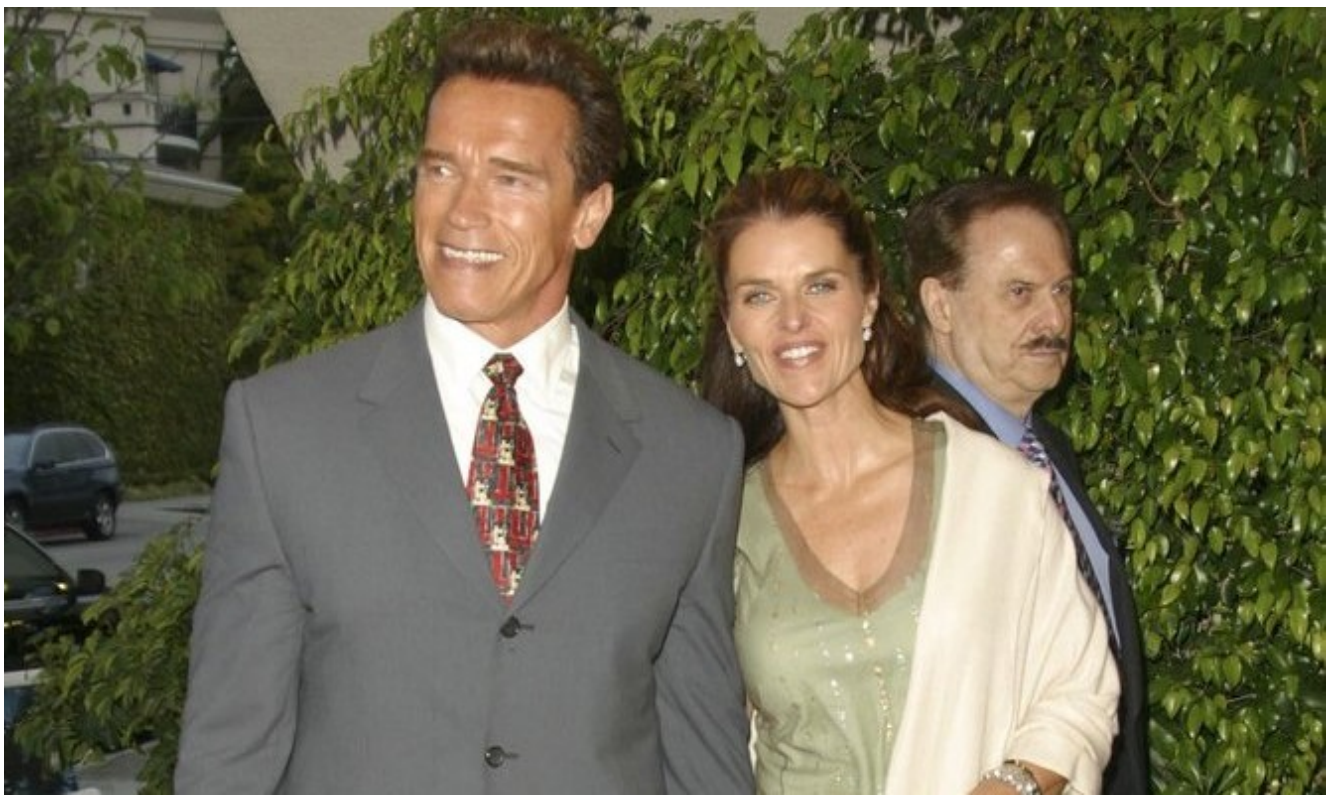
Related Link: [Relationship Advice: Ways To Restore Trust In Your Relationship](#)

4. Ethan Hawke & Uma Thurman: The tale of the two actors, Ethan Hawke and Uma Thurman were married for six years when it was reported he cheated with their nanny who watched their two children. The couple divorced and he subsequently married the nanny, after having denied the cheating allegations.

5. Jon & Kate Gosselin: This reality TV couple starred on their hit show *Jon & Kate Plus 8* with the world. Then, he reportedly cheated on his wife Kate, with their nanny, which led to her explosive interview with *InTouch Magazine*. They later divorced.

What are some shocking nanny scandals in your opinion? Share your comments below.

13 Most Shocking Celebrity Couple Affairs



[By Katie Gray](#)

In Hollywood, it's not always glitz and glam. We feel a bond with the actors and singers that we admire. In fact, it's almost as if we directly know them. Therefore, when there is a break-up or [celebrity divorce](#), we take it to heart. The [famous celebrity couples](#) we love will hopefully last forever. However; sometimes things have to fall apart so better things can fall together in the future. This is the case with some of the most shocking [celebrity couple](#) affairs.

Cupid has the 13 most shocking celebrity couple affairs:

1. Tiger Woods and Elin Nordegren: Arguably the world's most famous golfer, Tiger Woods is known for his scandalous affairs in addition to being a professional golfer on the green. Woods' voicemails on multiple women's answering machines were leaked, exposing his many indiscretions. He admitted to having cheated on his model wife, Elin Nordegren. The Ludacris song "Sexting" is based off of this scandal. The couple subsequently split, and she received \$100 million dollars from him in the divorce.

2. Peter Cook and Christie Brinkley: Famous American model and actress, Christie Brinkley, has been the All American Girl for decades. Remember her role in the movie *Vacation* as the red corvette girl? At 62 years old right now, she's still killin' it! She was married to Billy Joel and was even in his iconic "Uptown Girl" music video, and they have a daughter together – Alexa Joel. Afterward, she was married to architect Peter Cook until he cheated on her with an 18 year old, Diana Bianchi. This ended in celebrity divorce after 12 years.

Related Link: [Relationship Advice: 10 Actresses To Look To For Guidance](#)

3. Kristen Stewart and Robert Pattinson: This cheating scandal rocked the world and broke *Twilight* fans' hearts. Kristen Stewart and Robert Pattinson shared a romance on camera and off, during the famous *Twilight* series. However, while she was filming a movie on her own, photos of her and the director Rupert Sanders looking cozy were leaked, and she admitted the truth. He was married and 44 at the time, and she was 22. Stewart and Pattinson later got back together, but then went their separate ways again. At least we can still watch them together in the vampire love story on screen!

4. Maria Shriver and Arnold Schwarzenegger: Everybody loved Maria Shriver and Arnold Schwarzenegger! They were American royalty because Maria Shriver is a Kennedy. It turned out that Schwarzenegger had an affair with their maid, and even a love child that was kept secret. The couple separated after 25 years of marriage and later divorced.

5. Ethan Hawke and Uma Thurman: Uma Thurman is known for her empowering female roles, like in *Kill Bill*. She was married to actor Ethan Hawke, when he had an affair with Ryan Shawhughes and later married her. The couple have two children together.

Related: [Relationship Advice: 10 Emotional Stages of Being in a New Relationship](#)

6. Jennifer Aniston and Brad Pitt: Hollywood's golden couple used to be Jennifer Aniston and Brad Pitt. During the filming of *Mr. & Mrs. Smith*, which starred Pitt and Angelina Jolie, there was a lot of speculation that an affair happened between the two. It remains unknown, however; Pitt and Jolie began dating afterward the making of the movie and then married and have many children together. Aniston told *The Hollywood Reporter* last year, "Nobody did anything wrong... It was just like, sometimes things happen."

7. Eva Longoria and Tony Parker: Eva Longoria hit it big time when she landed her role as Gabrielle Solis on *Desperate Housewives*, but she is far from being desperate. She's beautiful, inside and out. She was married to NBA star Tony Parker, when she discovered text messages on his phone from another woman. It turned out to be a teammate's wife, and the situation ended in a celebrity divorce. But, as the face of L'Oreal, we know she's still worth it!

8. Sandra Bullock and Jesse James: Sandra Bullock is one of the best actresses in the industry. She is talented and plays diverse roles, such as starring in *The Proposal*, *The Blind Side*, *Gravity*, *Miss Congeniality*, *Hope Floats*, and many more.

She was married to Jesse James, when multiple allegations from women came out saying they had been with him. Bullock filed for divorce. She was too good for him anyway! Her talent, beauty and kindness will continue to get her far in life.

9. Sienna Miller and Jude Law: You can't have a list of shocking affairs, without listing Jude Law. It was plastered all over the tabloids that the actor cheated on model/actress Sienna Miller with his children's nanny, Daisy Wright. He issued a public apology to her, and they went their separate ways.

10. Tori Spelling and Dean McDermott: Author and actress, Tori Spelling, is the daughter of Hollywood legend Aaron Spelling who brought us countless shows such as *Charmed*, *Beverly Hills 90210*, *Charlie's Angels*, *Dynasty* and *Love Boat*. She's married to Dean McDermott and they have children together. He had an affair, and Spelling documented it on a Lifetime show titled *True Tori*. They worked through their issues and are to this day married.

11. Reese Witherspoon and Ryan Phillippe: Oscar winner and America's sweetheart Reese Witherspoon was married to her *Cruel Intentions* co-star, Ryan Phillippe. Rumor has it that Phillippe cheated with Abbie Cornish, but there is no way to know if those rumors are true. Phillippe and Witherspoon did divorce, although they are raising their children together. Witherspoon continued to stay strong and *Walk The Line* and is happily remarried.

12. Jason Aldean and Jessica Ussery: Country superstar, Jason Aldean, is currently married to *American Idol* contestant Brittany Kerr. It is known that he was married to Jessica Ussery when they began seeing one another, and he admitted it was inappropriate. He divorced his high school sweetheart, and last spring Aldean and Kerr were married.

13. Ben Affleck and Jennifer Garner: The most recent incident

to break our hearts is the separation of Ben Affleck and Jennifer Garner. There are allegations that he cheated with the nanny. Garner stated she didn't hear about that until after they were separated. They are remaining friends for the sake of their three children.

What are the most shocking celebrity couple affairs in your opinion? Share your stories below.

Celebrity Photo Gallery: Famous Couples That Co-Parent

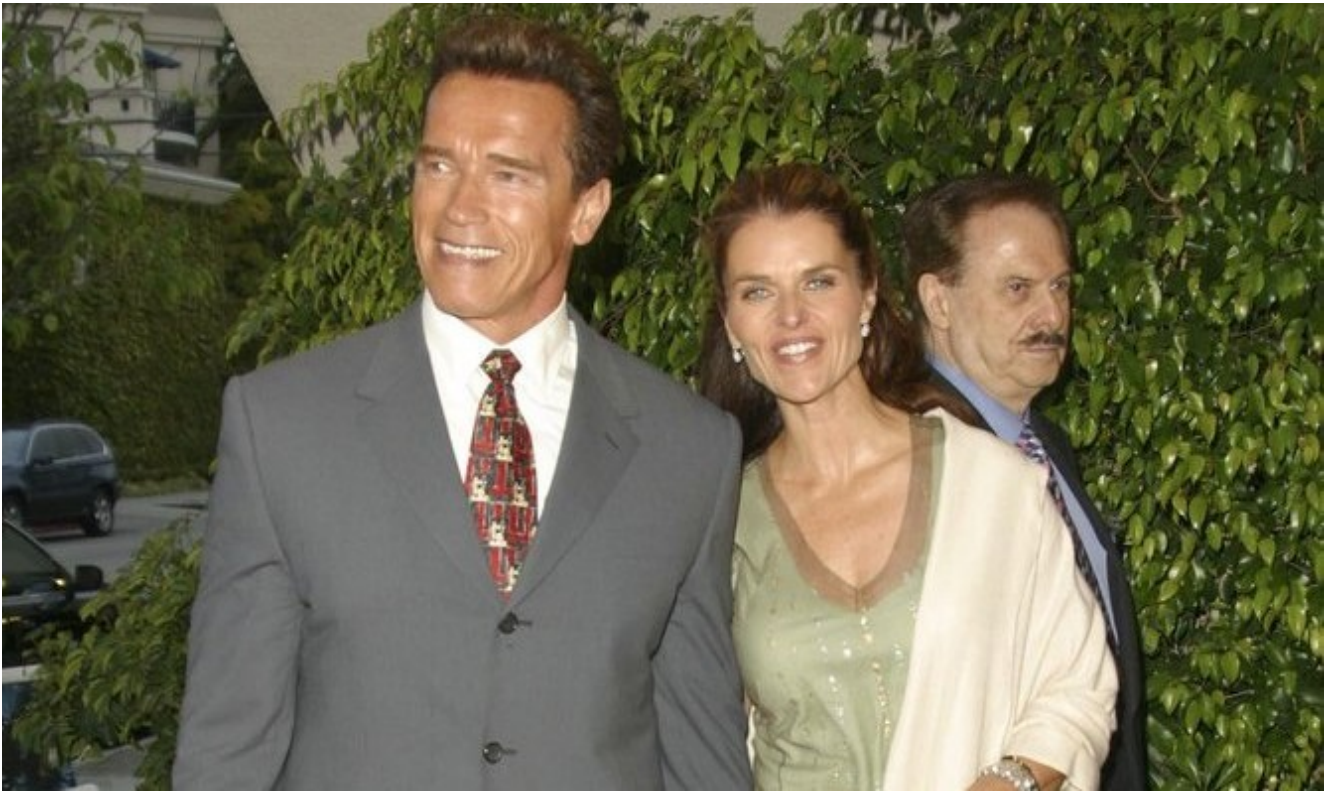




Jennifer Lopez and Marc Anthony

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

Celebrity Couple Scandals That Caught Us Off Guard



By [Courtney Omernick](#)

Relationships and love can be complicated, and so can the break ups. With easier access to news nowadays, we can hear the latest about a celebrity relationship or a celebrity breakup in an instant.

Below are a few celebrity couple scandals that caught everyone off guard.

1. Tiger Woods and Elin Nordegren: *The National Enquirer* claimed in 2009 that Woods was having an affair with hostess Rachel Uchitel. Reports of a total of 19 mistresses during his five year marriage to Nordegren surfaced and led to their celebrity divorce in 2010.

Related Link: [Scott Disick Checked Into Rehab Before Kourtney Kardashian Celebrity Breakup News](#)

2. Maria Shriver and Arnold Schwarzenegger: In 2011, the celebrity couple announced that their celebrity relationship was coming to an end after 25 years of marriage. Eight days later, Schwarzenegger admitted that he fathered the child of the family's long-time cleaning lady.

Related Link: [Scott Disick Invites Fans to 'Come Party' in Vegas Post-Split from Celebrity Ex Kourtney Kardashian](#)

3. Ashton Kutcher and Demi Moore: Following reports that Kutcher had an affair with 22-year-old Sara Leal, Moore released a statement in 2011 revealing that she was going to file for divorce after six years of marriage to Kutcher.

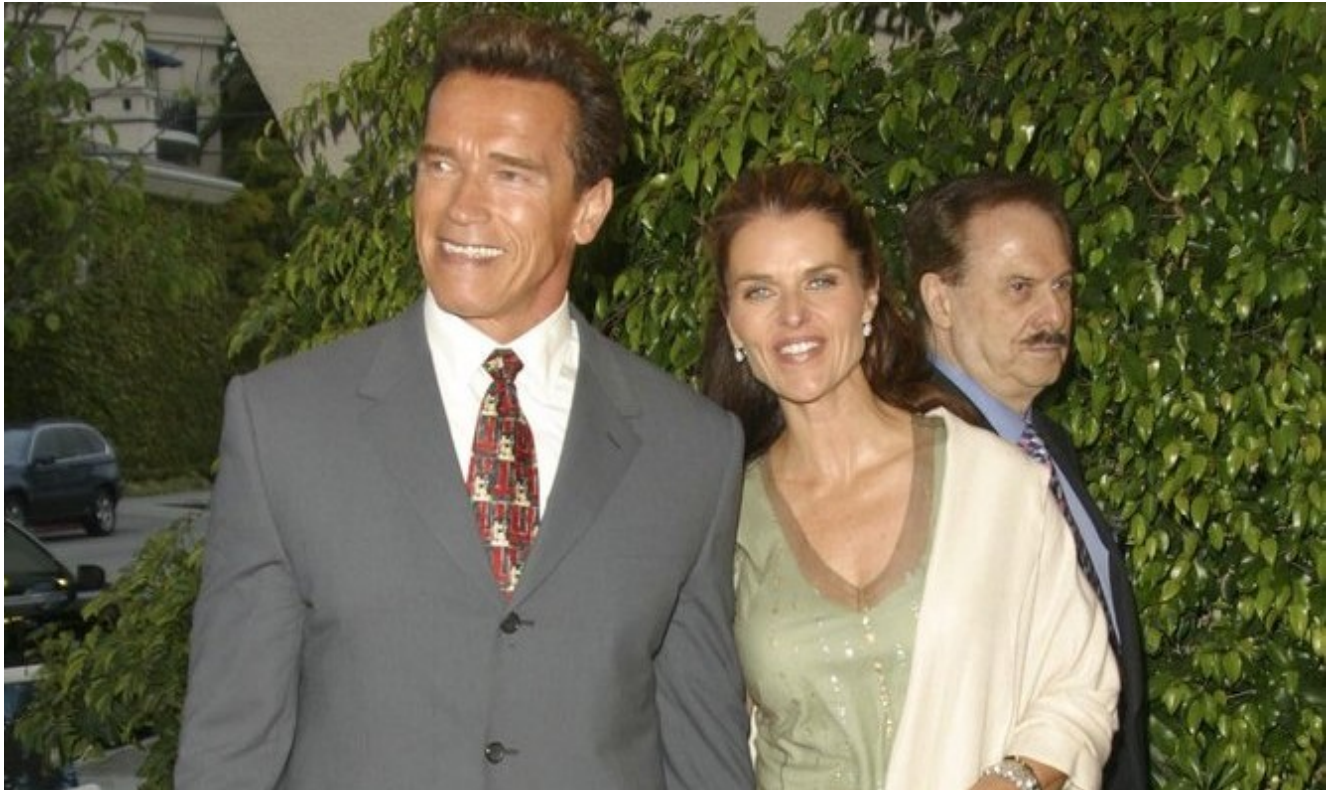
4. Kristen Stewart and Robert Pattinson: Pictures were published online of Stewart and the 41-year-old director of *Snow White and the Huntsman*, Rupert Sanders, embracing, and that ended up putting the knife into the celebrity relationship between Stewart and Pattinson.

5. Sienna Miller and Jude Law: Miller and Law were engaged in 2004, but the union was short lived. Seven months after Law proposed, he admitted to having an affair with the nanny of his children with ex-wife, Sadie Frost.

What are some other celebrity couple scandals that caught you off guard? Share in the comments section below!

7 Lessons We Can Learn from

Celebrity Divorces



By Relationship & Sex Talk, Jane Greer, Ph.D., for GalTime.com

Katie and Tom? Kim and Kris? Seal and Heidi? Do you relate to any of these A-listers break-ups?

With all the celebrity divorces topping the news regularly, there is much to be learned from their trials, and in some cases, triumphs. Here are seven tips to help you steer clear of a Maria Shriver-Arnold Schwarzenegger un-hitching, or handle a divorce gracefully– if that's the best route to take.

Know what you are getting into before you walk down the aisle. Could this have been the issue for Katy Perry and Russell Brand's short marriage? We can't know for sure, however, we

can take note. I often think of how we take the time to plan a vacation. We decide where we want to go, where to stay, eat, and tour. You wouldn't jump into the car without any thought and head to a destination. Why would you do that with a marriage? Learn what your partner wants out of life, and what they expect from you and the home you build, before you commit to being together forever. That is the only way to ensure a happy future and continued travel together.

Pay attention to the signs, so a divorce doesn't blindsides you. "I had no idea it was going to take this turn," Jennie Garth of "Beverly Hills 90210" fame told "Access Hollywood Live" about divorcing Peter Facinelli of "Twilight" fame after eleven years of marriage. The thing to keep in mind with this one is, if you've been fighting and then the fighting stops, it doesn't always mean things have improved. Maybe your spouse has simply given up. Just because your partner stops complaining doesn't mean the complaints have necessarily gone away. Don't assume all is well; make sure it is.

First deal with the "me" so you don't get caught up in the "we." Could Katie Holmes' path been different had she focused more on herself before she wed Tom Cruise? The perception that Cruise overwhelmingly ruled the roost and left no room for the compromise that a healthy marriage demands is something we all can learn from. Before you commit to a life of possible unhappiness, make sure you are a strong individual. Then together you can focus on becoming a couple.

Make your anger work for you. Rumor has it that one element in Heidi Klum and Seal's break-up was intense anger. In an intimate relationship everyone seeks a loving and safe shelter, and behavioral issues or outbursts can quickly erode those comforts. Over time, one partner may lose the sense of sanctuary and begin to feel fearful and anxious knowing that at any time their spouse might blow up. That pattern of behavior destroys the foundation of your mutual trust and commitment. Instead of letting things between you become

explosive and hurtful, use those strong feelings to do good.

Don't compare your old partner to your new one. Was Brad Pitt busy comparing ex-wife Jennifer Aniston to his new partner Angelina Jolie? Well, rumors seemed that way for years, but the honkin' engagement ring on Angie's finger puts that to rest. For the rest of us: If you play the comparison game, you will just keep yourself stuck on what was wrong with your past marriage. This will keep the pain and loss of divorce alive, instead of allowing you to let go and move on. Create closure for yourself, and to do that you have to be willing to let go. That means being able to cope with what you left behind, focusing on the positive of what you took away from it. When you talk negatively you keep your bad feelings alive. When you talk positively you put them to rest. The ultimate goal is to get on with your new life in a better place for what you gained from your old one.

Tend to other aspects of your life – financial, professional, health, parenting, education, friendships and family relationships. When “Desperate Housewives” star Eva Longoria ended her marriage to Tony Parker, NBA star point-guard for the San Antonio Spurs, one of the things that suffered was her financial situation. It is not unusual for the loss you have already been through with your separation or divorce to replicate itself in other parts of your life. Often, people end up experiencing loss in a panoramic sense – it finds its way into everything, taking over even more than their love and home life. Don't turn a blind eye to other corners of your life that need your attention, places where you can still make a difference. Pay attention so you can focus on and sustain the other things you still have in your life, thereby curbing the widespread devastation.

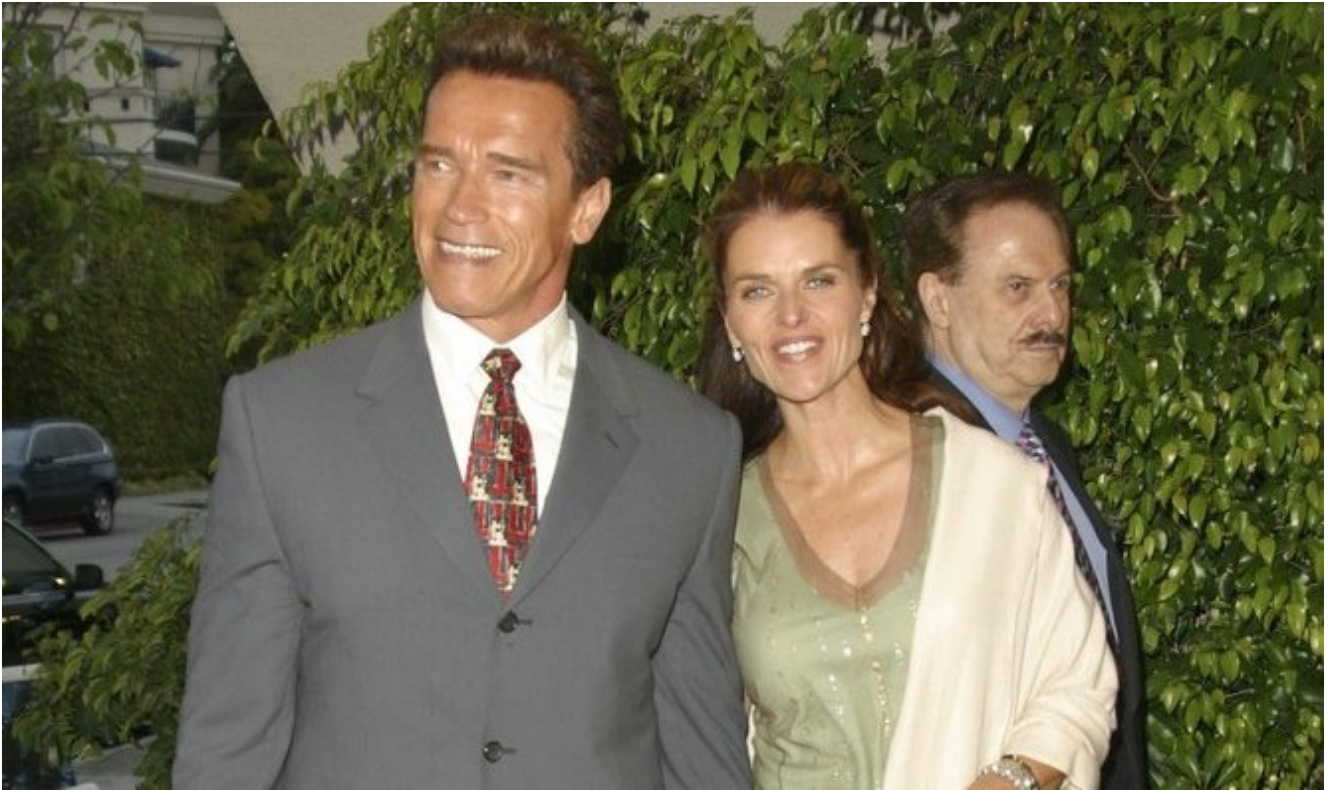
Don't bad-mouth your ex in public. Alec Baldwin is quoted in gossip mags bashing former wife Kim Basinger. Find an outlet for your anger, sadness or leftover emotions by keeping a journal, seeing a professional counselor, or joining a divorce

support group. It might feel good in the moment to go off about your former partner. But even if you're not in the press or spotlight, be mindful that saying negative things out loud about an ex rarely serves anyone well in the long run.

If you keep these tips in mind you can hopefully use them to insulate your marriage and stay on track. But if you've gotten to the point of no return, then maybe these lessons will help you remain in control so that you don't exacerbate an already difficult situation and make it worse. Use them to regain your footing and start your new life on solid ground.

Arnold Schwarzenegger Admits to Another Affair in Memoir





By Jennifer Ross

Just when you thought you had heard it all, Arnold Schwarzenegger confesses to another love affair. From his new book, *Total Recall*, the former California governor wrote about an affair with his one-time co-star Brigitte Nielsen that happened back in the 1980's. The latest news comes just one day after *60 Minutes* released an interview excerpt where Schwarzenegger admits to fathering a child with a former housekeeper while married to Maria Shriver. According to AP, it was his affair with Nielsen that made him want to marry Shriver even more.

What are some ways to deal with the revelation of a partner's affair?

Cupid's Advice:

Apart from a death, finding out your partner had cheated is one of the most saddening news to receive. You will go through many negative emotions and, more importantly, need to decide what to do next. So to help you with your dilemma, here are a

few ways to deal with the revelation:

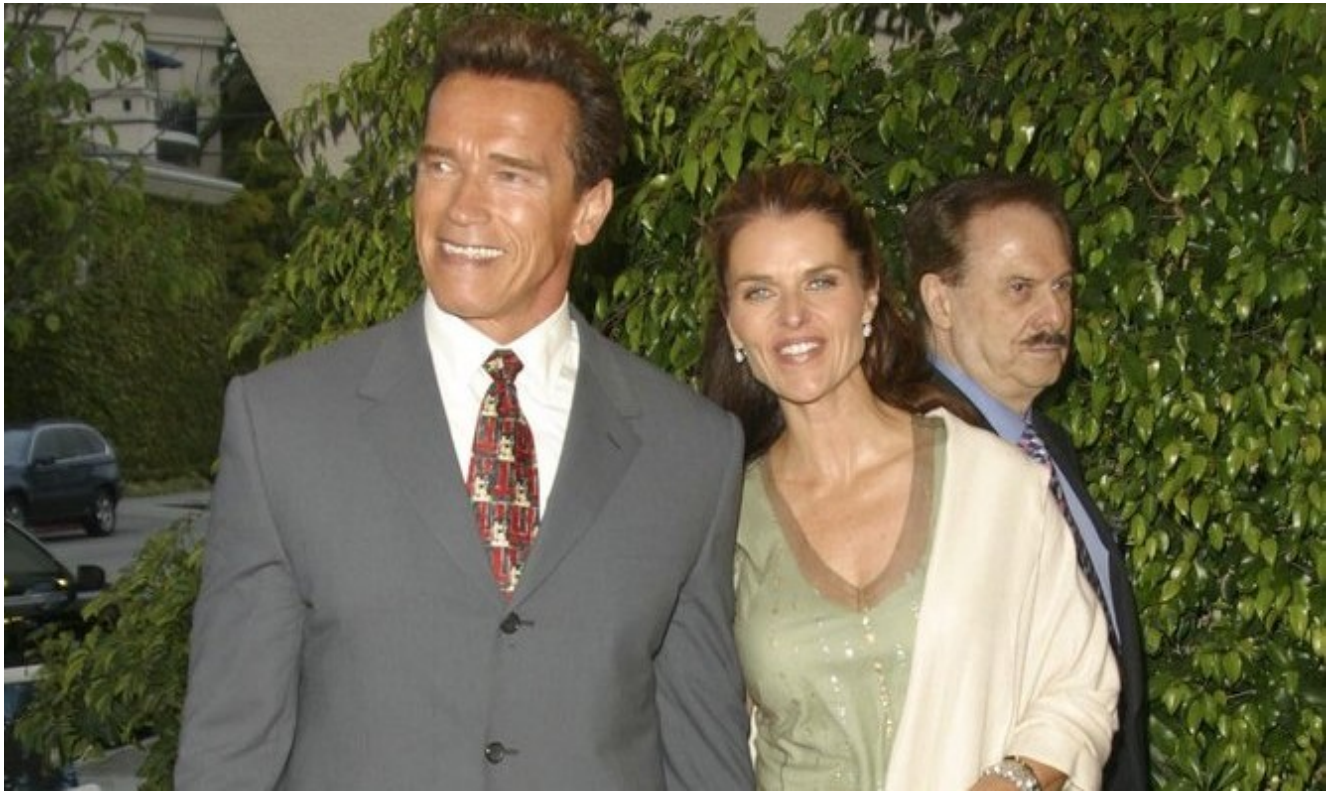
1. Answer the hard question first: One of the hardest questions to answer after an affair has happened is will you stay or leave your partner? No matter which you choose, the road will be difficult, so it is useless to look for the easier path. Even so, you must choose wisely and not go back on your decision.

2. Know your part: Unless your partner is a philanderer, he did not go out looking for an affair. This means that the affair more than likely was a slow process that started when you two had issues, and way before the other person came around. To truly deal with the issue, you must look inwards to understand your part, even if your part was just looking the other way.

3. Understand the stages: The next few months will be a roller coaster. Understand that you will go through times of anger, frustration, sadness, and moments of feeling absolutely nothing, in any order. Eventually, the negativity will lessen and you will get to peace and rekindling.

How did you deal with your partner cheating on you? How hard was it to deal with? Comment below.

**Celebrity Couples Who
Function As Families After
Divorce**



By Evan Goldaper

In the world of Hollywood, it's easy for celebrities to move on after they've been through a breakup. After all, there are always new and exciting people for them to meet, and everyone already admires them. However, some celebrities don't choose to completely separate from their exes. Although they didn't start dating each other again, these celebrity couples had their reasons to remain a family even after their divorces:

Related Link: [Five Ways Being Friends With Your Ex Can Ruin You](#)

1. Bruce Willis and Demi Moore: For thirteen years, Bruce Willis and Demi Moore were among Hollywood's strongest power couples. The two actors were at the heights of their careers when they married in 1987, making their wedding one of the most talked-about events of the year. However, by 2000, their

marriage had fallen apart and the two divorced. Unlike many other settlements, both in and out of Hollywood, Willis and Moore's split was uncontested and ended peacefully. They both agreed on the reasons for the divorce, blaming the increasingly small amount of time the two could spend together. Willis always said that Moore and their children's happiness was the most important thing to him, and he gave around \$90 million to her in spousal support. When Moore was still married to Ashton Kutcher, they would their spend holidays with Willis as one large family. As Bruce said to *People*, "Life is too short to spend what little precious time you have alive being unhappy."

2. Courteney Cox and David Arquette: It's rare to see any relationship end as amicably as that of Courteney Cox and David Arquette. After meeting on the set of *Scream* in 1999, the two actors were married. Eleven years later, they began a separation that ultimately ended this June with a legal divorce. This separation was very simple and surprisingly friendly. Neither used a lawyer, assets were split 50/50 and Arquette didn't ask for any support. In a statement they both released, they said that "the reason for this separation is to better understand ourselves and the qualities we need in a partner and for our marriage." Even while separated, the two remained committed to raising their daughter Coco as a team. Cox told [People](#) in 2012 that Arquette is still her "favorite person in the world." It's easy to believe that: Cox came to cheer Arquette on when he appeared on *Dancing With The Stars*, Arquette had a guest role on Cox's sitcom *Cougar Town*, and their joint production company Coquette Productions still makes television shows.

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

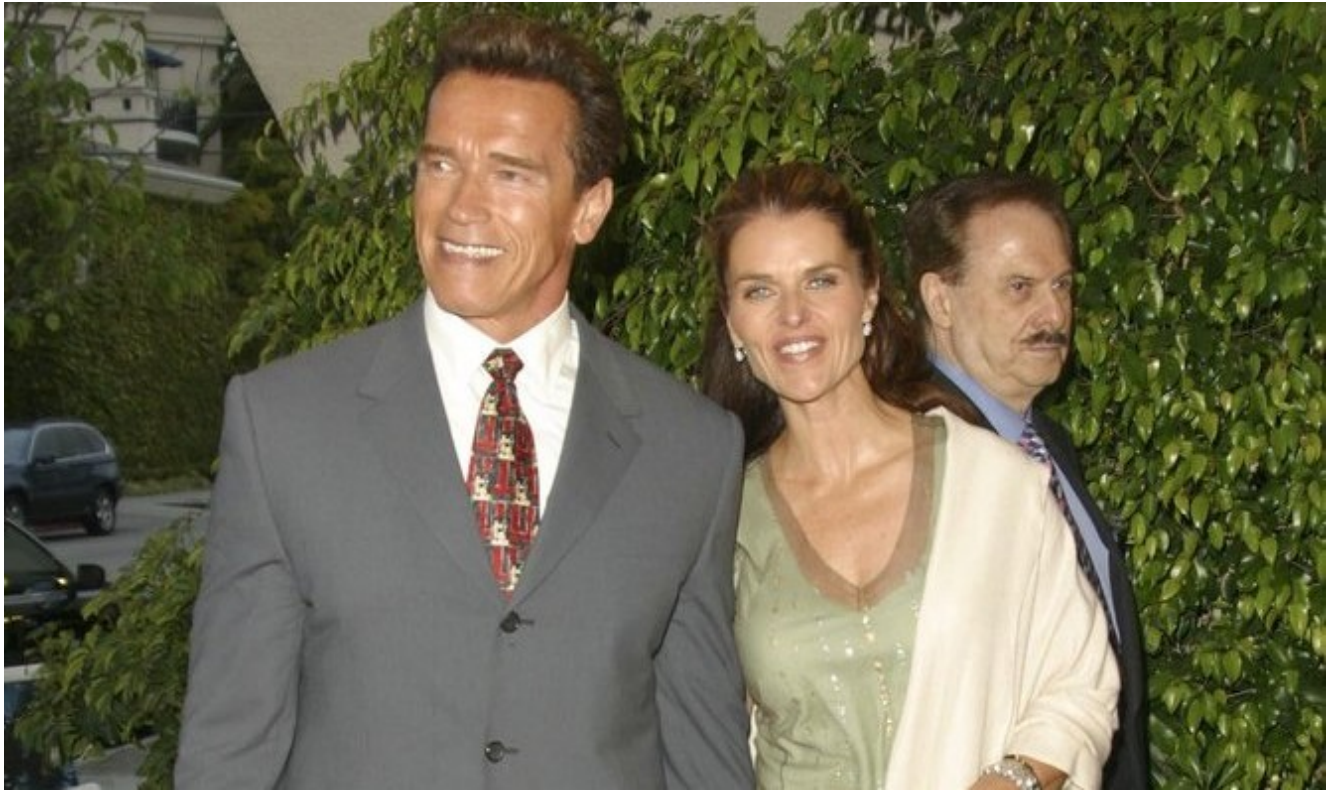
3. Arnold Schwarzenegger and Maria Shriver: Although this divorce was one of the messiest splits in recent years, Arnold Schwarzenegger and Maria Shriver have managed to remain respectful and friendly. We've all heard the story: after

being married for 25 years, Schwarzenegger revealed that he had fathered a child with their housekeeper over a decade earlier. He remained apologetic and said he deserved all the criticism he was sure to get, making him very accepting of his marriage's inevitable end. In part because of the love they still shared and in part because of Schwarzenegger's political position, the two tried to fix their marriage in couples therapy, but a divorce still seemed likely. Though the two are now separated, Schwarzenegger still has a great deal of respect for Shriver and the two raise their children as a team. As he said to the [Huffington Post](#) earlier this year, "The most important thing is that the kids are doing well, and Maria always has been an extraordinary mother and always has worked with the kids very closely."

What couples do you think have had the friendliest breakups? Tell us below.

Kailen Rosenberg Shares Expert Love Advice and Discusses Celebrity Relationships: "It's Much More Than Matchmaking to Me"





By Deana Meccariello

[Kailen Rosenberg](#) is a nationally-respected matchmaker and relationship expert who has helped many stars establish celebrity relationships throughout the years. She has a gift for bringing you back to the person you really are deep-down inside and helping you to shed the hard-coated exterior that society has forced you to wear. Given her background, it's no surprise that she's best described as a "love architect." So what is a *love architect*? It's someone who comes into a person's life, whether they are married or single, to help find cracks in their foundation (which is where the idea of an "architect" came from) that are in need of strengthening and repair.

As Rosenberg explains, "Whether you look at it spiritually or psychologically, I'm helping to mend areas that need truth and awakening. I come in and find those areas that need work, and then I help my clients come to their own truth. They discover which parts haven't been solid and built in a healthy way. Once that's done, they can finally have the relationship and love that they've always wanted and deserve."

Related Link: [Expert Dating Advice: 5 Signs He's Mr. Now and Not Mr. Right](#)

Kailen Rosenberg Discusses Being a Dating Expert on Reality TV Show *The Bachelor*

As proven by the many romance-focused reality TV shows of today, singles are finding it harder than ever to find a partner. Rosenberg can attest to that, having served as a matchmaker and relationship expert on season three of *The Bachelor*. “I worked behind-the-scenes in regards to seeking out the right bachelorettes for the show. I actually interviewed Bob the Bachelor,” she reveals.

Reality TV or not, the dating expert can shine a light in the dark corners of an individual's personality and help them truly find what – and who – they are looking for. She explains, “When most people come to me, they look pretty darn amazing in person and on paper. They believe that they like who they are, and in many ways, when we're talking about the ego, they *do* like who they are.”

Rosenberg expands on this expert love advice and adds, “However, they come to me believing that the issue isn't really about them but rather about finding the right person. During my beginning assessment process, people begin to realize that they never knew who they were and that they became the person they were told to be or taught to be by society. Therefore, they're not only attracted *to* the wrong people, but they're also *attracting* the wrong people.”

With this thought in mind, her first priority is to teach people who they truly are. “After I finally introduce and match my client with their true self, then we can get down to who this person should be dating. We've put over 200

marriages together and haven't had one divorce, which is just crazy and unheard of," she shares. "I think it's because these people are connecting on a genuine level that most people never have the opportunity to experience."

Related Link: [Top 10 Things to Know Before Hiring a Matchmaker](#)

Revealing how important her work is to her, Rosenberg gushes from the other end of the phone, "It's much more than matchmaking to me."

The relationship expert knows that, in order to find love, her client must be a healthy-minded person. They have to be in a place where they are self-aware and know that what they've been doing isn't working. This kind of acknowledgement tends to set the mind for positive experiences, whether they're an everyday person or a celebrity. For example, a radiant and successful woman with everything going for her, like Jennifer Aniston, will still have problems keeping a man if she doesn't have this mind set.

In fact, speaking of Aniston, Rosenberg says, "I do have clients that know her and say she's lovely. However, there is a very apparent trend in her love life. She is darling, and there is so much to like about her, but there is something going on with her, something that she needs to pay attention to. She needs to get down to the reality of what it is that she is doing. What is surfacing in her relationships after a certain level of intimacy, and what unhealthy pattern she keeps accepting into her life? I really think that's what it comes down to for her."

The Highs and Lows of Celebrity Couple Clients

Celebrity relationships, media, and technology can be a dangerous mix. Rosenberg says that there are people, like Kim

Kardashian, who are being followed around by a camera and dealing with sensationalism in every aspect of their love lives. Then on a real-world level, we have people using Facebook, Twitter and other social networking platforms to post every detail about their relationships – from happy pictures of the good times to angry rants detailing a harsh fight or break-up.

Related Link: [Use Your Five Senses for a More Fulfilled Love Life](#)

“The reality is that they’re publicizing who they are as well as their personal relationships, and when you act this way, people are going to look at you and scrutinize you – the good *and* the bad,” the dating expert explains. “As a couple, you need to be a team and understand that all that matters is what you and your partner know to be the truth.”

Rosenberg then adds, “If there is something that is triggering a pain or disconnect from the outside based on what you read or see, that’s something that you have to look within to understand. Couples need to be grounded in what love is really meant to be and not the attention it can bring.”

Another fascinating component of the relationship expert business is what she refers to as a “life remodel.” This particular piece caters to – but is not limited to – people in Maria Shriver’s position. For people who have been cheated on and are struggling with a messy divorce, Rosenberg can bring a person back from the ashes and help them move on. “In a case like Maria’s, there are always signs. We always have life poking at us with the truth, and it is up to us whether or not we want to see it,” she says.

However, this mindset is easier said than done. “Sadly, most times, we choose to turn a blind eye to things that are not good for us, and eventually, it comes crashing down. Then, we no longer have power or control,” says Rosenberg. “I think

someone in Maria's situation would have to ask, 'Were there signs? How far back? Why did I choose to ignore them?' It is important for Maria to forgive herself and, as hard as it may sound, to forgive Arnold. The most amazing thing is that sometimes, from the deepest trenches of pain, we can end up finding the most amazing love we've ever had."

It always goes back to your past. "You have to look at your view on relationships, including that of your mother and father. What was your vision of love, and what is it now?," Rosenberg asks. "Focus on what loving you means as well as what is still good and precious in your life. Surround yourself with people who are truthful."

Maria Shriver Discusses Support Received After Divorce Announcement





Maria Shriver endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying, 'You're my best friend Maria and you will never be left out,' " she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

1. Express your feelings: In order to heal, you must speak about your feelings with someone you trust, instead of keeping them bottled up.

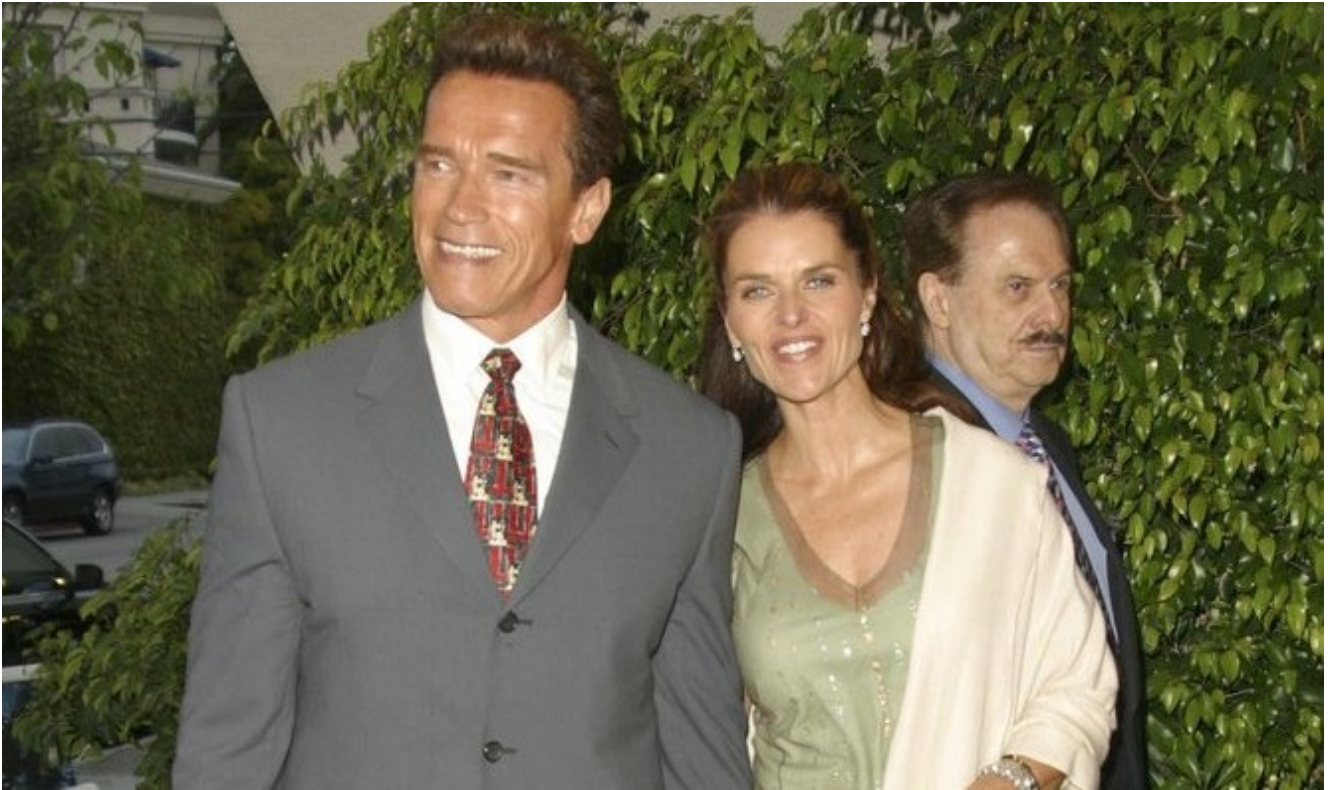
2. Activities: Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.

3. Travel: Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.

Maria Shriver Spends Arnold Schwarzenegger's Birthday With Him





For Maria Shriver and Arnold Schwarzenegger, the children come first. A source close to the family told [People](#) that the two were seen getting lunch at Casa Roma in Beverly Hills Saturday as well as indulging in a day of shopping in celebration for the former California governor's 64th birthday. A second source said that despite the divorce Shriver filed last month, the two will take care of their children first. "Arnold and Maria will always come together when it comes to supporting and loving their children," the source said. Their son Christopher was released from the hospital Monday following a boogie boarding accident resulting in a collapsed lung and two broken bones.

How do you establish independence after a divorce?

Cupid's Advice:

Moving forward after a divorce can be tough, but it's not impossible. Cupid has a few suggestions:

1. Family: There's an old saying that blood runs thicker than water and never runs dry. Your family can be a great way to

help provide support until you get past the toughest points in your life.

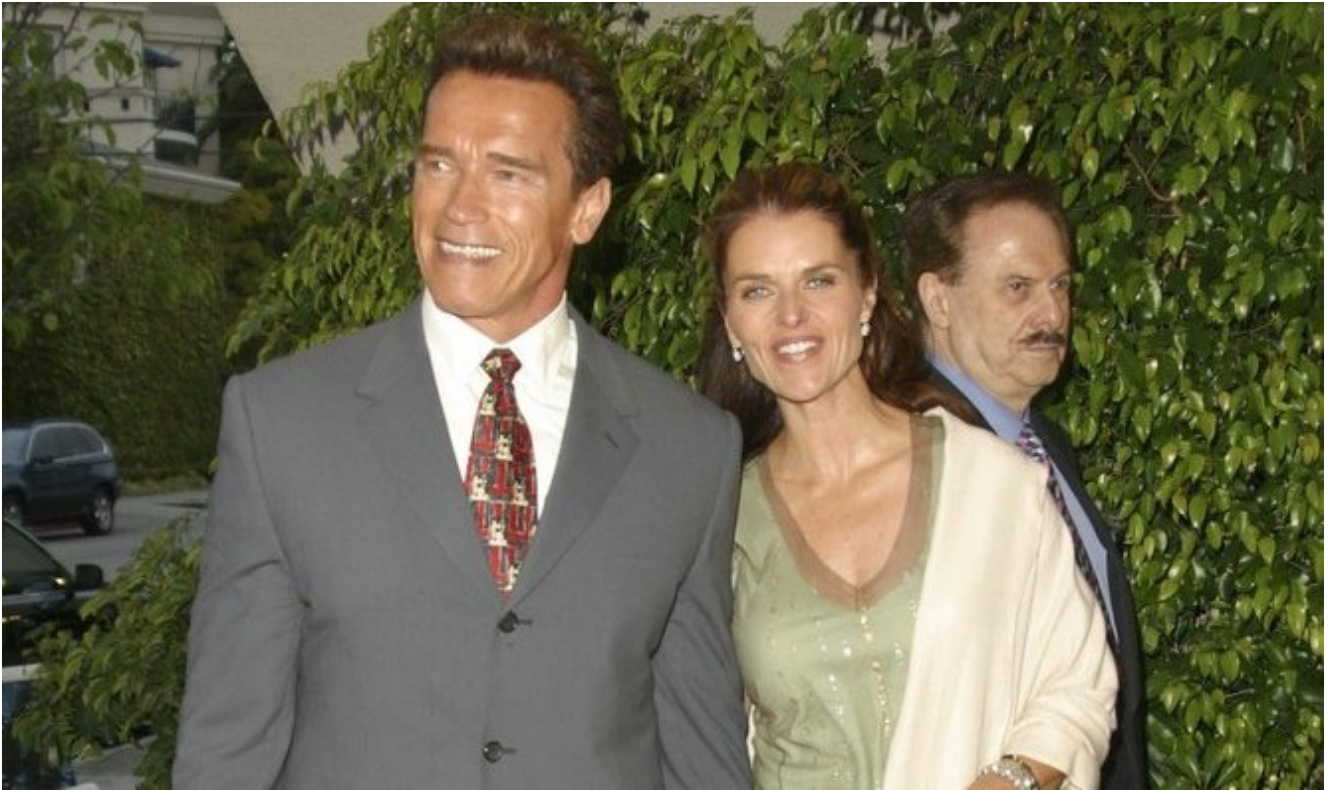
2. Friends: Take some time to rekindle old friendships while solidifying your current ones. Surrounding yourself with true friends can help keep you moving forward.

3. Yourself: Whether it's going out with friends or moving into a new place, what's most important is to take some time for yourself to heal. Relax, reflect and move on.

How did you move on after your divorce? Share your advice below.

Top Five Reasons Why Women Fall Out of Love





By Julia Slovic

Although stories of cheating men have been dominating the news lately and falling out of love seems to be happening a lot more frequently than people are falling in love, the situation isn't exclusive to men. Losing those loving feelings for your husband or boyfriend can happen just as easily to women. If you've experienced this in the past or maybe you're going through it with your partner now, the first step is to be aware of why it's happening. Follow these five reasons your fairy-tale romance could be slipping away:

1. Feeling Adored

It's important that a woman feels appreciated by her partner.

Men are usually good at this in the beginning of a relationship when it's still new, but as the novelty ends, the attention may die down, too. Just look at Jennifer Aniston and John Mayer. She broke up with him because he was obsessed with Twitter, telling her that he was too busy for her, but in the meantime, his Twitter page was saturated.

2. Bored to Tears

We want excitement! And, if we can't have that, give us variety. If a relationship gets into a rut and you end up doing the same things every weekend or having sex in the same positions every time, a woman can get bored and lose interest altogether. Both people need to put some work into the relationship or they'll find themselves quickly falling out of love.

3. Honeymoon is Over

Sometimes, we can be completely unrealistic and think that our relationship will turn out alright because "we love each other so much." Unfortunately, that's not always the case. Once the honeymoon phase is over, the reality of the relationship can be a slap in the face. Pamela Anderson and Kid Rock were married for a mere four months before they called it quits. Both agreed that it was time to end it, and Pam said that they just weren't meant to be together. It's easy to ignore all of the red flags when you're caught up in romance and passion.

4. Lack of Chemistry

Most women are looking for that spark that makes them feel all tingly and giggly whenever their man touches or looks at them. However, a relationship can't be built on sparks alone. Eventually they will fade if the relationship doesn't have substance.

5. Emotionally Disconnected

Poor communication (or no communication at all) is one of the main reasons women fall out of love. We need to feel connected to our partners emotionally as well as physically in order to love and be loved. When there's little communication, some women will shut down. Maria Shriver was extremely unhappy in her marriage to Arnold Schwarzenegger. Apparently, they hadn't been spending much time together in the last few years, and she was frequently absent from

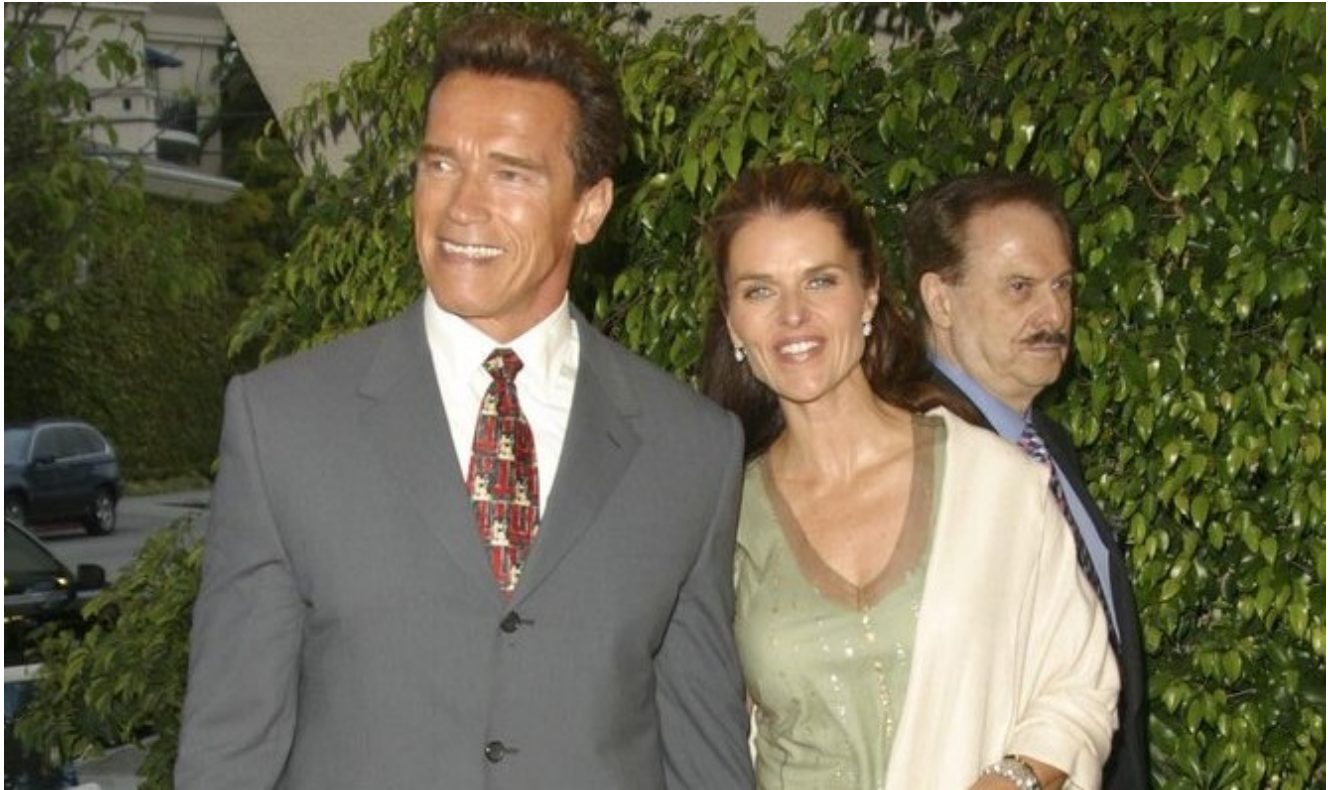
Sacramento where Arnold was the governor. If that doesn't signal a problem, nothing does.

It happens to the best of us. Sometimes we just fall out of love, but if you don't want to be another divorce rate statistic and want to make it work with your partner, use these five signs as a starting place to determine what may be going wrong and see if there's a way to fix it before it's too late.

Julia Slovic is a writer passionate about health, fitness & blogging. When she's not running with her dog she can sometimes be found writing about [laser liposuction](#), cooking and a myriad of other topics.

Arnold Schwarzenegger to Give Maria Shriver Generous Settlement





Looks like Arnold Schwarzenegger still feels guilty over the end of his 25 year marriage to ex Maria Shriver. According to [RadarOnline](#), the ex-governor is prepared to give his ex a hefty settlement in the divorce, much more than is required under California state law. Both Schwarzenegger and Shriver's lawyers seem to be getting along and are working together to come to a joint settlement. Schwarzenegger said he is the one to blame for the collapse of his marriage, and he is willing to give Shriver whatever she needs. He's also filing for joint custody of the couple's sons, which is a decision Shriver agrees with because she still wants her ex to remain a major part of their children's lives. It's so sad to see the end of such a seemingly perfect marriage, but at least the pair are putting their differences aside to do what is best for their children and themselves.

How do you show your ex that you still care?

Cupid's Advice:

It's tough to show your ex that you still care about him or her whether you went through a rough break-up or even a major divorce. Luckily, Cupid has some tips on how to show your ex

that you still care:

1. Admit you're wrong: By standing up and realizing you messed up and taking responsibility for what happened, you show your partner that you not only feel horrible for what you did, but also that you do care about him or her and his or her feelings. If you and your ex aren't on speaking terms, take a tip from "Mr. Big" in Sex and the City the movie and write a letter to your ex to express how you feel.

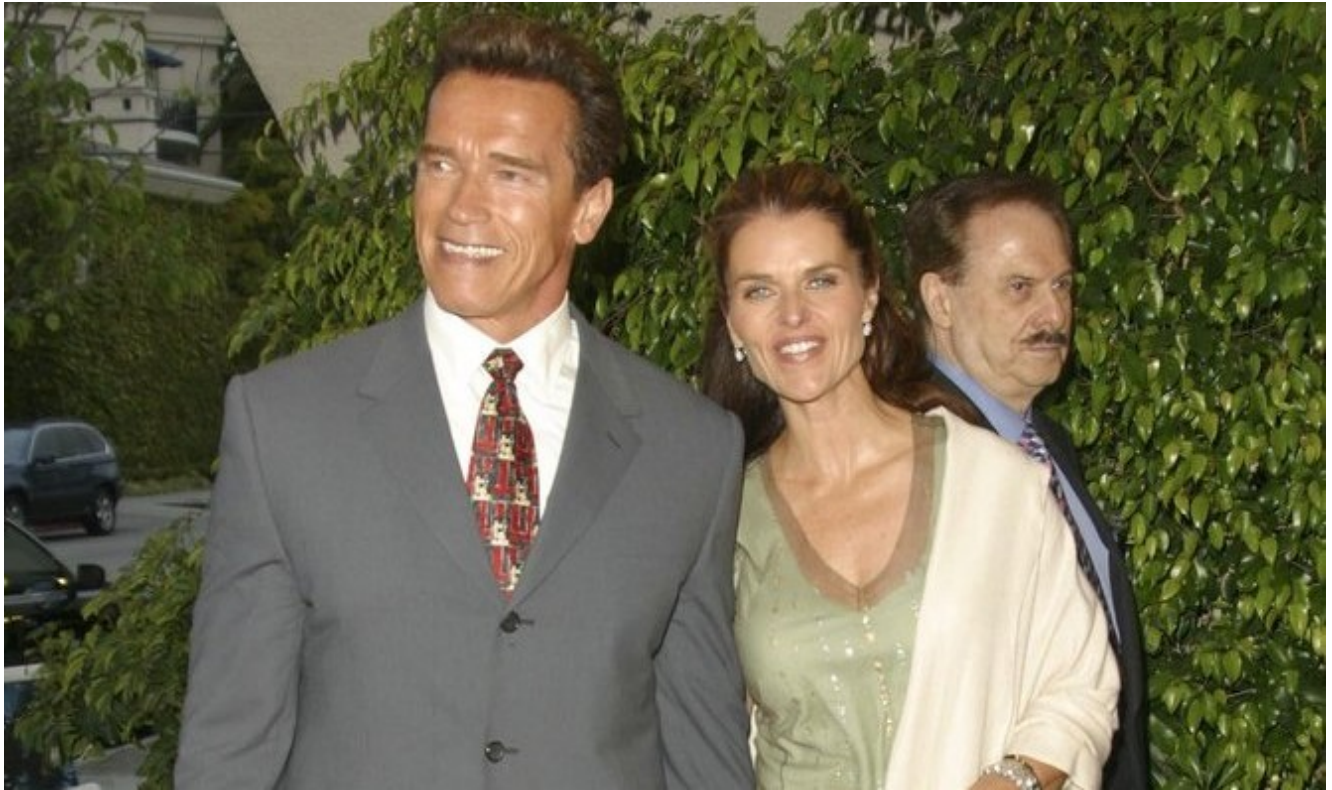
2. Make it up: You can't fix what's already broken, but you can do the next best thing and try to make the best out of the situation. Take a tip from Arnold Schwarzenegger and be willing to give a little extra in the divorce settlement.

3. Be happy for your ex: Don't try to get in the way of your ex's happiness. Allow him or her to move on. By doing this, it shows you care and there are no hard feelings between the two of you.

How do you show your ex that you still care? Tell us your thoughts below!

Maria Shriver Spends Memorial Day With Kids In Malibu





If she's upset, she sure isn't showing it! Maria Shriver looked happier than ever when she visited Tra Di Noi restaurant with her kids Katherine, Christina and Christopher; a few friends; and her bodyguard on Sunday night. [RadarOnline](#) reported that Shriver hired a high-profile divorce attorney, Laura Wasser, to represent her against ex-spouse Arnold Schwarzenegger. Schwarzenegger admitted to fathering a child by his and Shriver's former housewife.

What are some life changes you can make after a divorce?

Cupid's Pulse:

Going through a divorce is tough, but moving on with your life afterward is tougher. Cupid offers suggestions on some life changes you can make after a divorce:

1. Move forward slowly: It takes time getting used to being single. Letting others know how you feel will help you move on with your life slowly and steadily.

2. Meet others: It might take some time, but go out of your comfort zone and mingle with others when you're ready. You'll

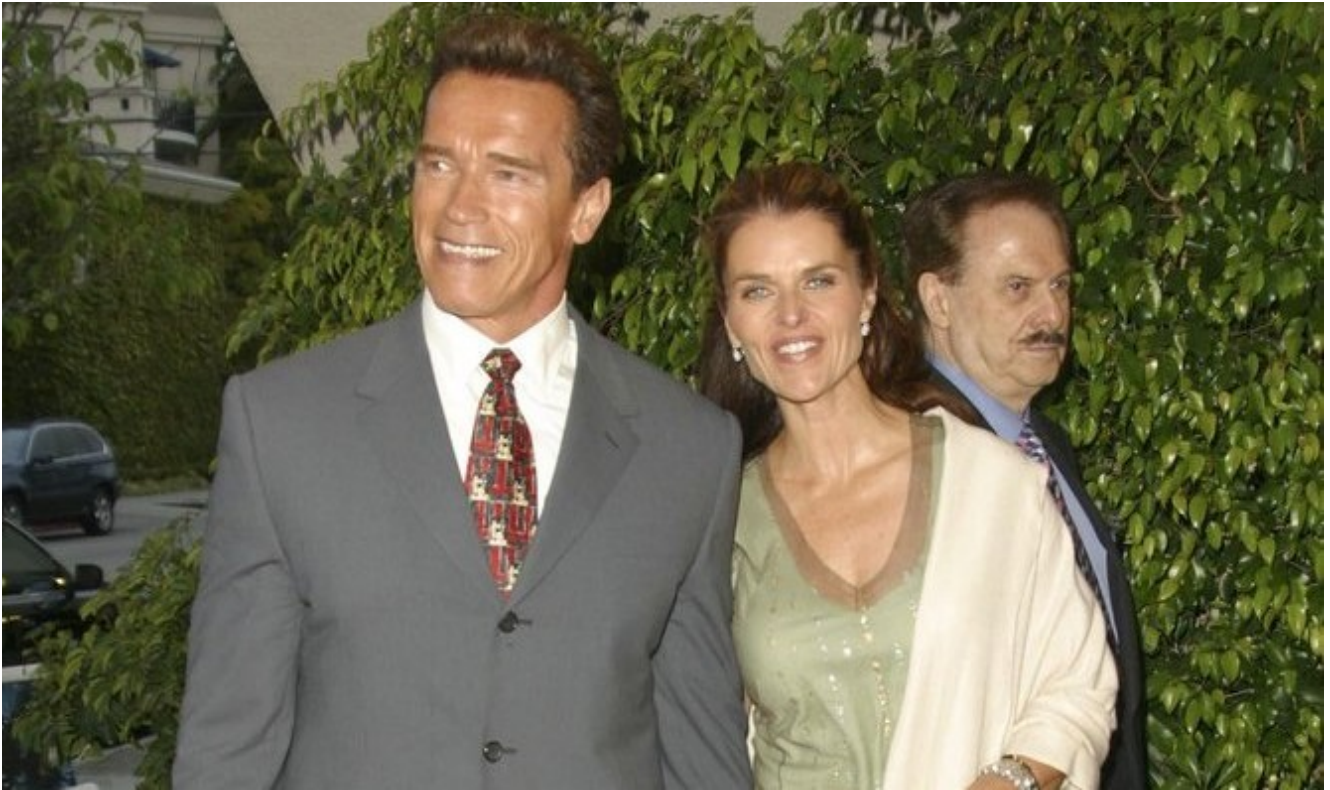
meet new friends and possibly the person who is truly right for you.

3. Embrace new opportunities: With all the time you'll have on your hands, get involved in extra-curricular activities. You'll be surprised when you discover new hobbies and talents.

What did you do after your divorce? Share your experiences below.

Ex-Husband of Arnold Schwarzenegger's Mistress Speaks Out





Betrayal has definitely been a popular topic in the media the past couple of weeks, and now another person affected by the Arnold Schwarzenegger affair has decided to speak out.

Rogelio Baena, ex-husband of Arnold Schwarzenegger's mistress, Mildred Baena, had something to say. Baena was just as shocked about the affair as Maria Shriver was, and to make things worse, up until a week ago Rogelio assumed that Mildred's son was in fact his biological son, according to [People](#). Rogelio decided to speak out about the betrayal he faced on *Entertainment Tonight*, and how he had considered Arnold Schwarzenegger, who employed his wife Mildred or 'Patty' for 20 years, a 'hero'. Looks like Rogelio no longer feels the same way.

If you're betrayed by your partner, how do you move on?

Cupid's Advice:

Being betrayed by your partner isn't an easy situation to deal with, but here are some tips on how to move on after facing it:

1. Realize that the situation doesn't define you: It's important to realize that after any situation that involves betrayal that you are still the same person you always were, and that in fact you are able to move on with your head held high.

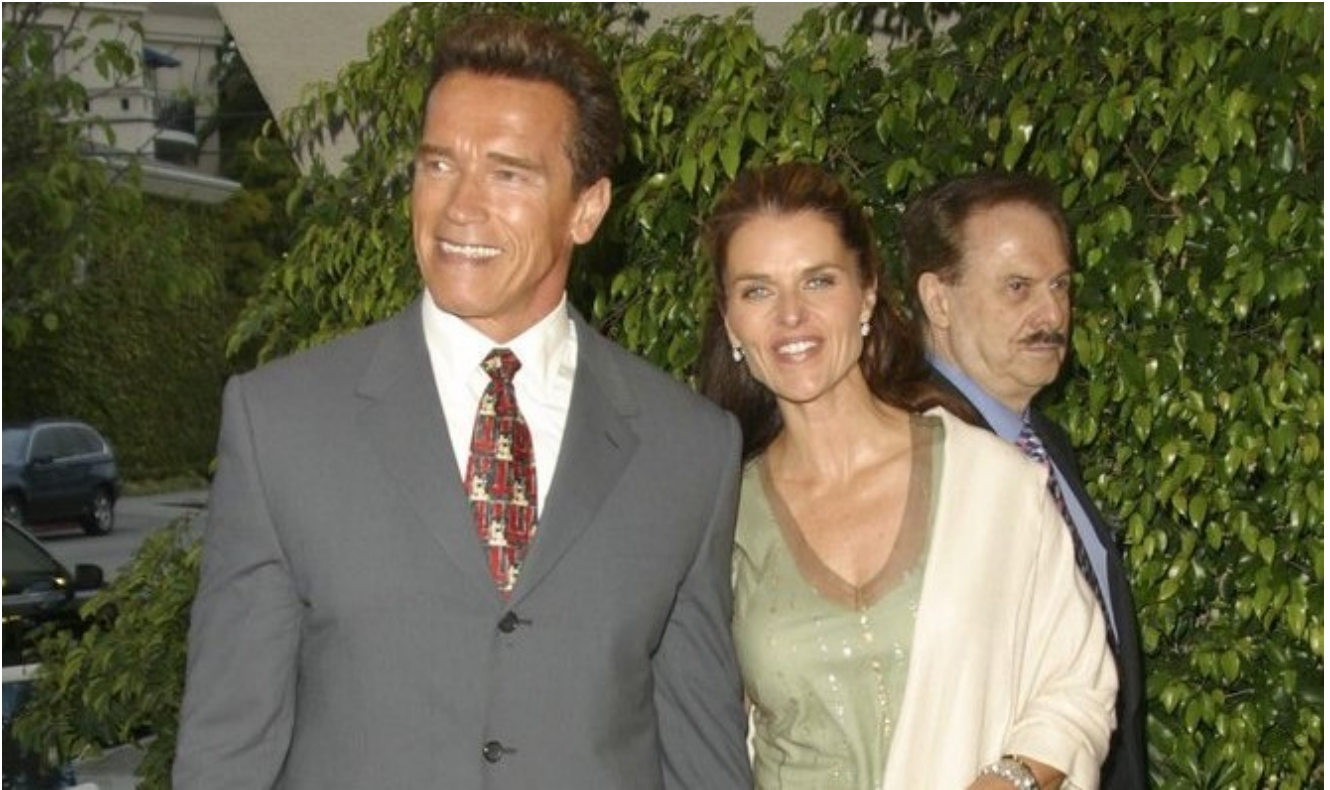
2. Keep yourself busy: Start moving on and rebuilding your life by enjoying hobbies that will hopefully distract you from all of the bad memories of the past.

3. Find yourself: It may sound a little corny, but after going through a tough situation, one of the best things to do is to focus on yourself. Try new things, and try to discover a little more about yourself.

Have you ever faced betrayal from your partner? Tell us how you were able to move on below.

Experts Say There's No Hope for Arnold Schwarzenegger's Marriage





By Diamon Hall

Juggling a career and relationship in Hollywood is one difficult task; between the flashing cameras of the paparazzi and the constant stream of gossip, there's just too much to live up to. To top it all off, men can be easily caught off guard by the plethora of eye-catching women in Tinseltown, causing some stars to take their gaze off their wives and dive into an affair. Arnold Schwarzenegger is the most recent man to fall into this category.

The 38th governor of California is currently facing backlash from the media after his extramarital affair with his housekeeper was made public. If that wasn't enough, a 13-year-old son erupted from the incident, adding to the drama of his separation from his wife of 25 years, Maria Shriver.

Schwarzenegger's case is far from unusual considering his fame status. As a former professional body builder, actor and politician, he's among the many celebrities before him that have succumbed to marital infidelity. We decided to dig deeper into exactly why he may have had this affair and how it resulted in a love child.

Sex expert and clinical psychologist Dr. Victoria Zdrok Wilson is the author of *The 30-Day Sex Solution*, which was co-written with her husband, John Wilson, a marriage and family therapist. The couple said the decision to write this book came from their own personal relationship problems. In addition, they knew they weren't the only couple having troubles and believe their book can help.

"We felt there was a real need for couples to reconnect," said Victoria. "Couples are more disconnected now than ever before." The book is a guide for couples to build intimacy, enhance their sex life and strengthen their relationship in one month's time.

The Wilson's offered detailed reasoning about what they thought caused the Schwarzenegger affair. For starters, testosterone may have been an issue.

"A lot of body builders are high on testosterone," said John. "Before he even met his wife, he wanted immediate gratification. People who have those traits have problems with commitment."

Victoria also thought his political career made him egoistical, causing him to want more attention from his wife.

"Politics seems to draw a certain kind of male and testosterone is a very important factor in this," she said. "Their marriage suffered from them being consumed with social life."

She also brought up the fact that after women give birth, they start paying more attention to their children. In turn, husbands feel left out when the mother and child are together while he is on the other side of the fence. In addition, she said many women may become conservative and less sexual after having children, making the man feel as if their wife is now boring and no longer adventurous.

"We think Arnold was very egotistical and felt that when he wanted attention, he was going to get it any way that he could," said Victoria.

Neither of the experts believes that Schwarzenegger's reasons for cheating are true for most other affairs. Their explanation: Not everyone is in front of the cameras every day. Arnold is.

"I think this relationship was going downhill for awhile," said John. "He should've read our *30-Day Sex Solution*!"

However, Victoria stressed that producing a child from this affair made matters much worse.

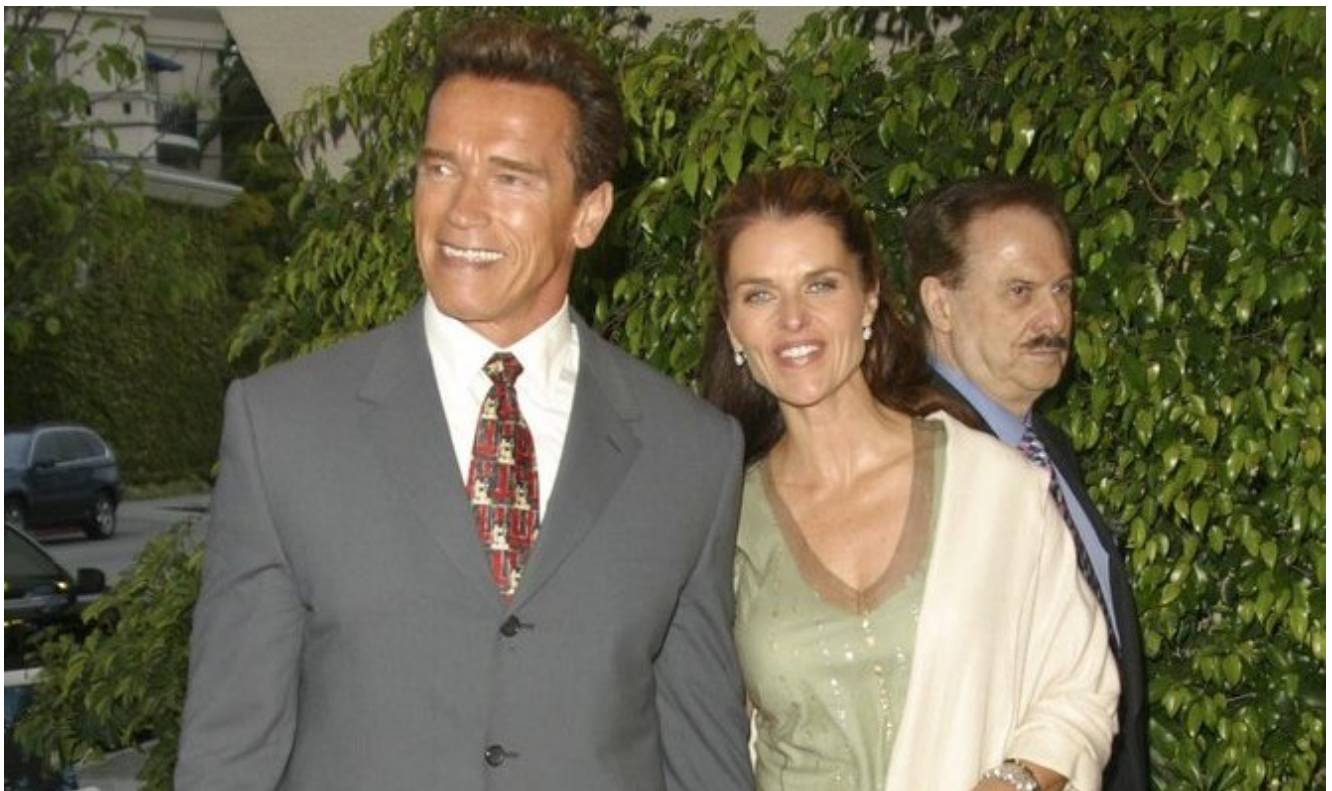
"It was just an act of recklessness and carelessness," she said. "Not only did he have this affair, he slept with someone unprotected, which is the ultimate level of disrespect."

Schwarzenegger's mistake has not only hurt his wife and children, but has also hurt himself, with ABC News reporting that he's needed to put his movie career on hold to focus on these family issues. Furthermore, the Wilsons don't believe these two will get back together anytime soon.

"Arnold needs divorce mediation and I'll be happy to work his case," said John.

The Wilsons reside in Pompton Lakes, N.J. where they will open a divorce mediation office. For ways to keep a healthy relationship, pick up their book, *The 30-Day Sex Solution*, on Amazon .

Maria Shriver Seeks Advice After Arnold Schwarzenegger Affair



By Dr. Judy Kuriansky

After 25 years of marriage to Maria Shriver, Arnold Schwarzenegger revealed that he had been hiding a love child from the public. Arnold's behavior is a serious insult – and the ultimate betrayal – to Maria, especially having this affair in her household and keeping it a secret for so long.

It will take a long time for Maria to rebuild trust in any relationship, and we now have a deeper understanding of her request on the web. Uncertain transitions in life can be traumatic. As stated in a video shared on YouTube, Maria

says, "As you know, transitions are not easy. I'd love to get your advice on how you've handled transitions in your own life. It's so stressful to not know what you're doing next. People ask you what are you doing and then they can't believe that you don't know what you're doing."

Maria is reaching out to others for advice on how to transition to the next phase of her life. For many women, Maria's outreach is reassuring. For a public figure to express that her future is unknown is both a positive and comforting example for those experiencing similar turmoil. Maria now has the opportunity to stand for the empowerment of women by respecting herself, having a high self-esteem, trusting her independence and not tolerating bad behavior.

Dr. Judy Kuriansky is a world renowned radio advice host, clinical psychologist, certified sex therapist, popular lecturer, newspaper columnist, author of many books, including *The Complete Idiot's Guide® to a Healthy Relationship* and saw Arnold and Maria's love bloom firsthand at their engagement party. To help Maria and women everywhere, she has offered three suggestions to handle transitions in life:

1. Dream big: Allow yourself time to be quiet and meditate. Think about your ultimate dream. Do not add qualifications or possible inhabitants. Let your mind run free. Imagine without any hesitations.

2. Re-focus your energy: Try out the following exercises:

- Picture your future by drawing a matrix. Put yourself in the center and tasks you are completing now in bubbles around you. Look at those tasks and think of how you could turn them into a substantial activity focus.

- Host a gathering of friends. Have each of them brainstorm something that you are good at, or what you could be doing in your next stage of life. When you do this, be sure to write

down all of the suggestions.

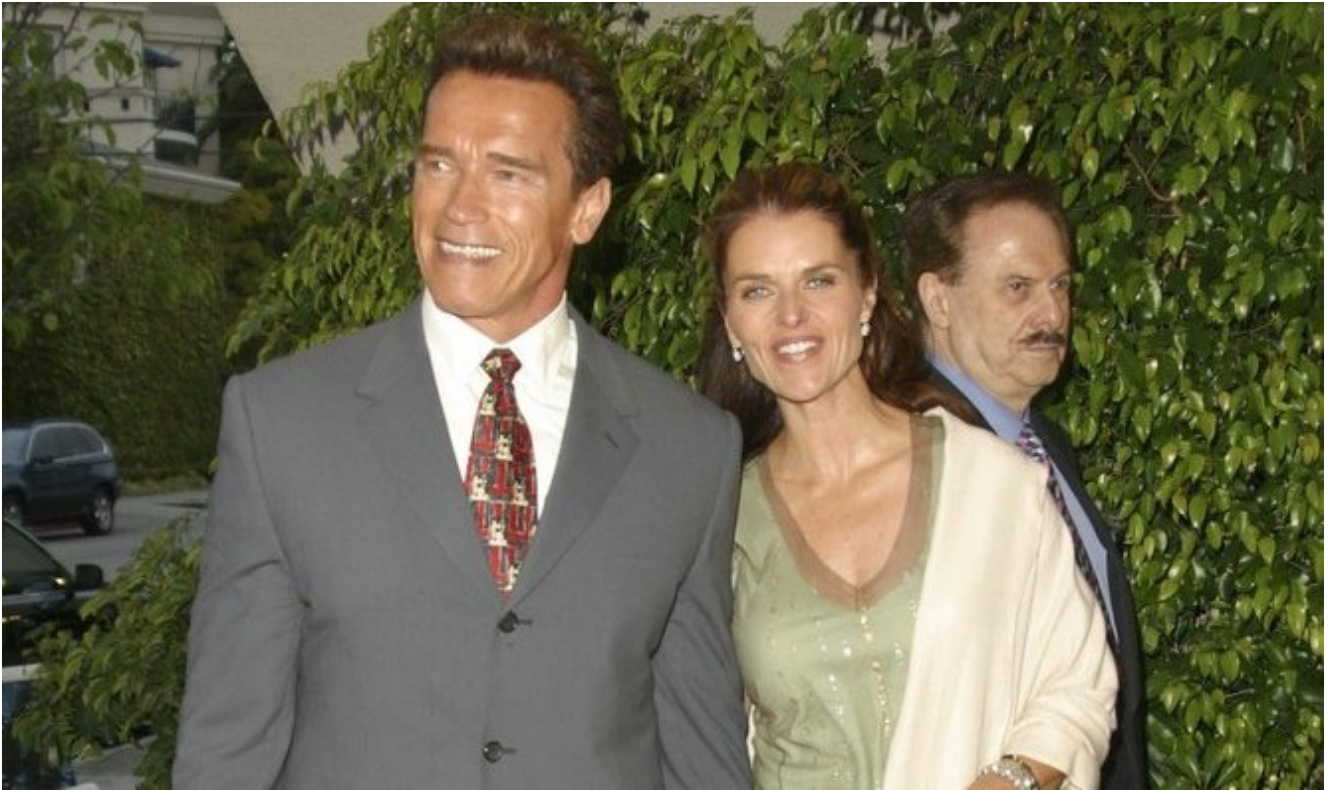
– Browse a college course brochure. Look for something new that you've always wanted to learn, but never had the time.

3. Anxiety into action: Transitioning can translate to both stress and excitement. Once you accept the stress and anxiety, you will gain the courage to face the unknown.

How have you have handled a new transition in life? Share your stories with Cupid below.

How Maria Shriver Found Out About Arnold Schwarzenegger's Love Child





New details about how Maria Shriver learned of her husband's infidelity have surfaced. UsMagazine.com reports that Shriver, 55, went out to eat with girlfriends Oprah Winfrey and Gayle King right before the news broke that Arnold Schwarzenegger fathered a child with a member of their household staff. Shriver supported her friend Oprah by attending her talk show send-off just days after the scandal went public. "Not only did she come, she came, she showed up, she did the part," King, 54, said. "[Maria's] a class act and she's handling it with such grace, trying to figure out what to do...how to help the children through. It's just a very difficult time and heartbreaking to see."

What are some ways to react when you find out your partner has cheated?

Cupid's Advice:

Learning about a partner's affair is tough, and there are lots of different ways to react. Cupid has some ideas on the best and worst ways to respond:

1. Get your revenge: Often our first instinct is to get angry and take it out on your cheating partner. While it's important to feel your frustration and sadness, don't do or say something you'll regret later.

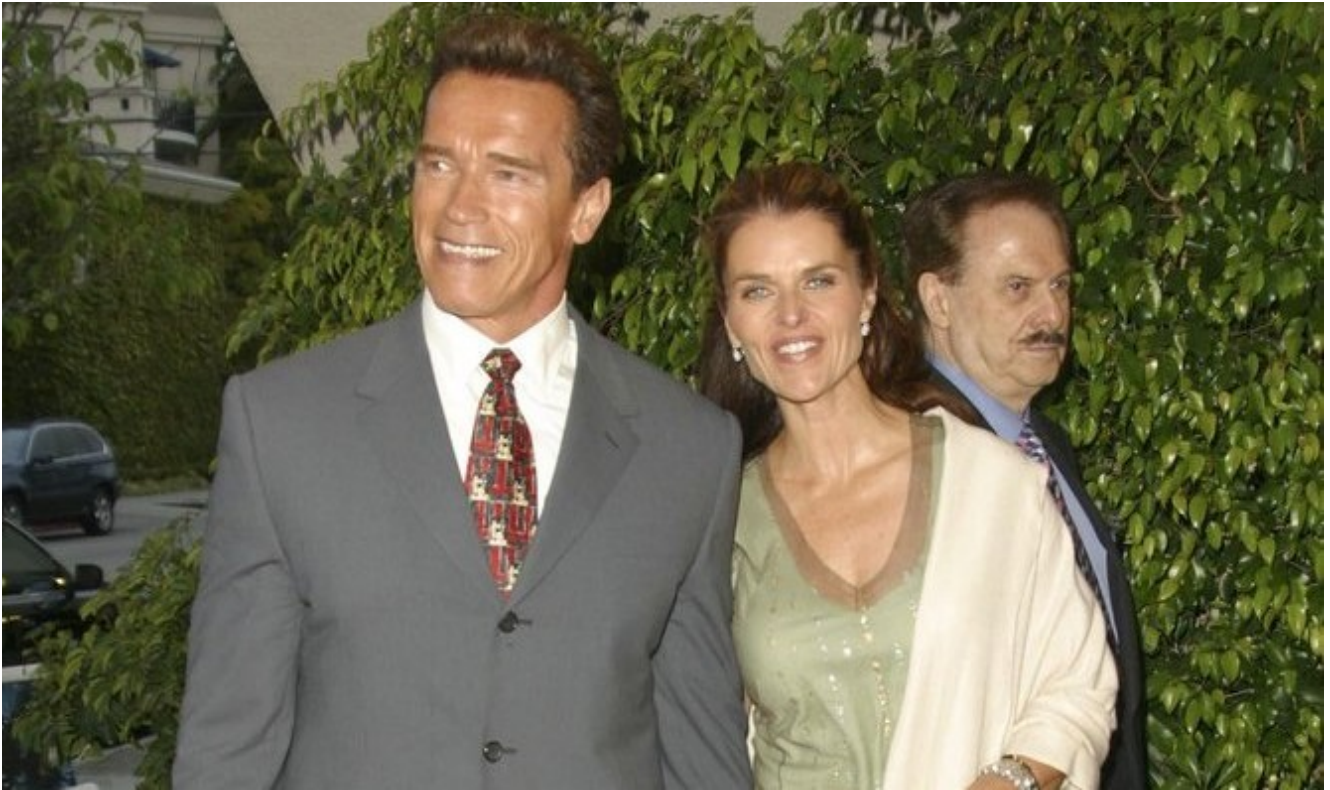
2. Become a hermit: Once you hear the earth-shattering news, you may need some time alone to grieve. But don't forget that going out and spending time with friends and family is essential during a difficult time.

3. Keep it classy: Even though you may want to either hole up or lash out at your mate, try to stay above all the pettiness. Take the high road, and remember that life goes on.

How would you respond to news that your significant other cheated? Share your comments below.

Arnold Schwarzenegger's Love Child: Did He Break Up Housekeeper's Marriage?





Lately, the news has been filled with the tragic separation of Arnold Schwarzenegger and Maria Shriver after a long-kept secret surfaced that the former governor of California fathered a child with Mildred Patricia Baena, a housekeeper and assistant in the family home. This shocking affair, however, also may have resulted in a divorce between Mildred Baena and her former husband, Rogelio de Jesus Baena. The couple split in 2008 over “irreconcilable differences.”

According to [People](#), contrary to the birth certificate that identifies Rogelio as the father, the divorce documents between the Baenas do not mention any minor children.

How do you get over the trauma of an affair?

Cupid’s Advice:

It can be tough to get over an affair. In fact, most people who experience this type of trauma in a marriage are never able to salvage their relationships. However, if you do choose to move on and remain with your partner post-affair, the only way to do it is to spare yourself the details:

1. Two affairs don't make a marriage: If you choose to forgive your partner's infidelities, don't try to make things even by having an affair yourself. It will only make matters worse and will never make you feel better in the end.

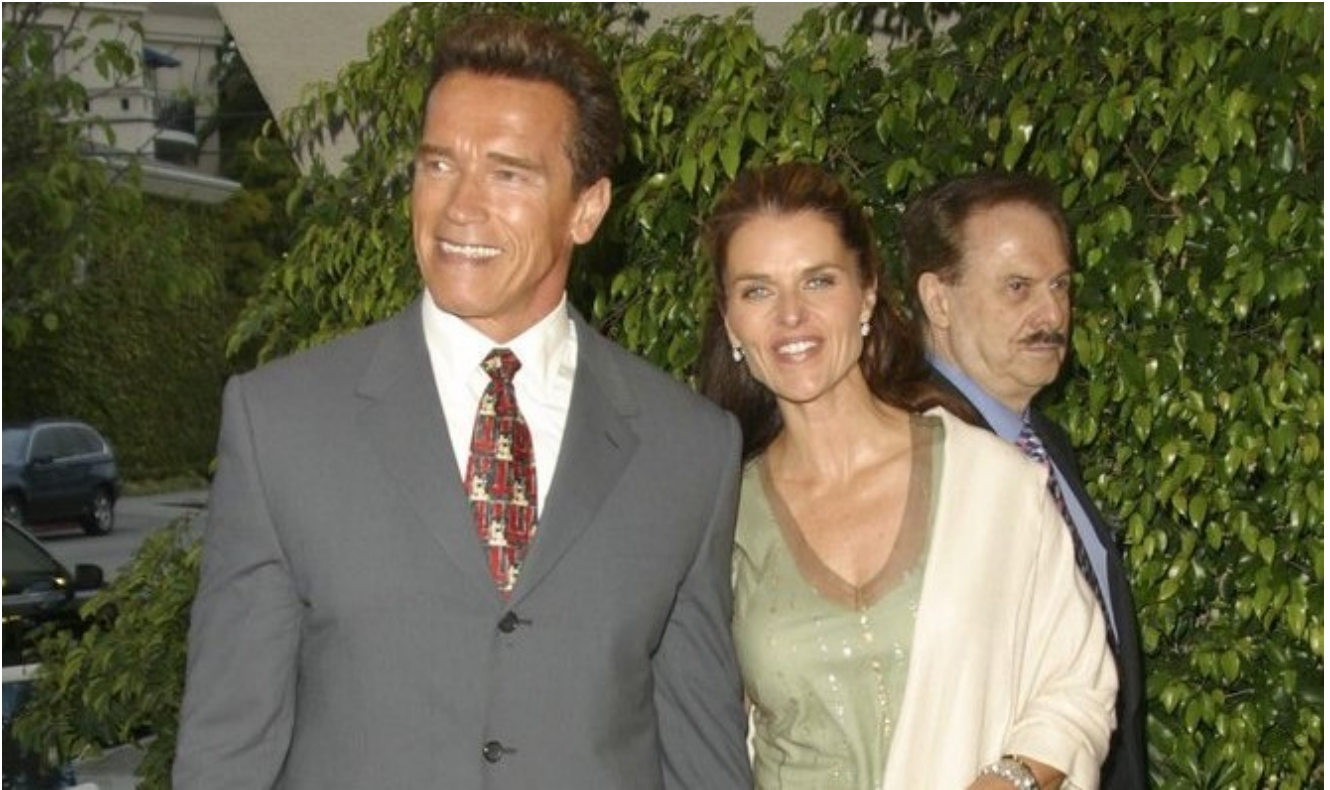
2. Restore trust: Trust takes a lot of time to restore. Don't stay with your partner unless you plan on being patient. Without trust, you can't have a healthy relationship.

3. Don't ask about the details: If you're going to move on, you can't do so with images in your head of your partner with someone else. Stick to a don't ask don't tell policy, at least as far as vivid descriptions are concerned.

If you have ever been with a partner who had an affair, we want to hear your story. Comment below.

Arnold Schwarzenegger Fathered a Child Out of Wedlock





The shocking breakup of one of the biggest power couples in Hollywood and politics now makes a lot more sense, reports [People](#). The *Los Angeles Times* broke the news that Arnold Schwarzenegger fathered a child out of wedlock 10 years ago, resulting in he and wife Maria Shriver separating. In a statement to the newspaper, the 63-year-old actor and ex-governor said, "After leaving the governor's office I told my wife about this event, which occurred over a decade ago. I understand and deserve the feelings of anger and disappointment among my friends and family."

What are some ways to tell that your mate is being unfaithful?

Cupid's Advice:

Maria Shriver was shocked to learn that her husband cheated, but if you can pick up on some warning signs, you might be able to save yourself a lot of time and a little bit of hurt.

Cupid has some ways to tell that your partner is running around beyond your back:

1. Liar liar: If you catch your partner in an untruth, ask

more questions to see if they get uncomfortable. If you feel like they're hiding something, it may be another lover.

2. Gone: When your mate spends a lot of time away from you and gives you lame excuses about where they've been, question them.

3. Abnormal behavior: Has your significant other changed his or her behavior dramatically? If you notice an attitude shift, like apologizing for everything or being extra sweet, be wary.

What are some other warning signs to watch out for? Share your ideas below.

Arnold Schwarzenegger and Maria Shriver Call It Quits





Arnold Schwarzenegger and Maria Shriver are parting ways after 25 years of marriage. [People](#) reports that the power couple, who have four children together, consider the split a mutual decision. “After a great deal of thought, reflection, discussion, and prayer, we came to this decision together,” they say in a statement. “At this time, we are living apart, while we work on the future of our relationship.” Shriver, 55, a TV journalist and a Kennedy, and Schwarzenegger, 63, a bodybuilder-turned-actor-turned-governor, were an unlikely pair from the start, but managed to stay committed to each other despite their differences.

Is it important to be with someone who is different from you?

Cupid’s Advice:

Sometimes opposites attract, but is dating someone who is different from you a good idea? Cupid has some ideas on whether two people with differing interests can find love:

1. Keep it interesting: Being with someone with contrasting interests can make your relationship more fun. Your mate can

introduce you to new things and vice versa.

2. Mismatched: While it may work for some, dating someone who has a completely opposite personality can also just mean you're incompatible.

3. Same old, same old: The bottom line is, you should be with someone who makes life fun and exciting. If you date someone who is exactly like you, you may get a little bored.

Do you think it's better to date someone similar or different to yourself? Share your comments below.