

Heidi Klum and Ex Martin Kirsten Step Out Post-Breakup



By Brittany Stubbs

Heidi Klum and Martin Kirsten may not be dating anymore, but they aren't acting like enemies or strangers. The former couple were spotted leaving a building in L.A.'s Brentwood neighborhood just eight days after a source confirmed to UsMagazine.com that they were broken up. Though looking casual, neither of them spoke as they returned to their separate vehicles. After dating more than a year, the insider claims, "He is no longer working with her or her family."

What are some things to consider before remaining friends post-breakup?

Cupid's Advice:

If you try to remain friends after a breakup, things can get complicated. Cupid has some advice:

1. The terms you ended on: How you leave a relationship usually has some influence on whether you're able to move on as friends or not. Evaluate the reasons for your separation. If your breakup was amicable and neither of you left with hard feelings, then having a friendship may be easy. But in messy and complicated breakups, salvaging anything for a while can be more difficult.

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2. Timing: The length of time that has past since you've broken up is certainly worth considering. Even if you ended on great terms, it's important you both have some space from each other in order to not only heal from the breakup, but adjust to be single again. Jumping into a friendship directly after a breakup often results in people just continuing with the behaviors and habits they had as a couple.

Related: [Heidi Kulm and Bodyguard boyfriend breakup](#)

3. Your Feelings: As always, your emotions are the most important part to consider when determining what you're capable of. If you're still not over your ex or the relationship you shared, this is a sign you need to hold off on beginning a friendship. You can't build a new relationship on the foundation of a broken heart.

What are some things you've considered before remaining friends with an ex?

Celebrity Couple Heidi Klum & Martin Kirsten Break-Up



By Louisa Gonzales

It looks like supermodel Heidi Klum is back on the market. [People](#) confirmed that Klum and her bodyguard boyfriend, Martin Kirsten separated a few weeks ago, after dating for a year and half. The ex lovebirds started dating a few months after Klum, 40, filed for divorce from ex husband Seal whom she was married to for several years. A source close to Klum states that Martin, 41, was there for Klum during the difficult time after her divorce. The ex lovers may have gone their separate ways, but Klum is still grateful for the time spent with Martin and all his support. The two will reportedly remain friends, but they will be discontinuing their professional relationship.

How do you know when it's time to call it quits on a

relationship?

Cupid's Advice:

Learning that not all of your relationships will work out and when to let go are two of the many lessons we must learn in this life. Finding love is hard and the thought of starting over and trying to find someone new can be terrifying, but should you stay in a relationship because of these reasons? What's the breaking point? Cupid has some advice on how you can tell when it's time to call it quits:

1. You're no longer smiling: If you are no longer happy in your relationship it is a major sign you might have to move on. You want to be with someone who makes you smile, laugh and feel alive, and if your partner is no longer making you feel these things you need to ask yourself if the two of you being together is the right thing. Everyone deserves to be with someone who makes them happy, and if you are arguing all the time with your lover or they make you sad more often than happy it's time to end the relationship.

Related: [Heidi Klum and Seal: What Blew Up Their Marriage?](#)

2. You both have changed: As time goes by people can change. Maybe who each of you were and what you wanted when you first started dating may have changed. If you find yourselves drifting a part and heading towards separate paths, it may be time to let go of your love and move on. It's okay to like different things and do your own thing from time to time, but if you find yourselves constantly fighting about your conflicting ideals or goals, or you are fine with being a part for long amounts of time the relationship may already be over.

Related: [Ashley Olsen and Boyfriend David Schulte Call It Quits](#)

3. Is one more into the relationship than the other: For your relationship to work both parties have to be invested in keeping your love alive. Are you both doing your share in the relationship or are you both equally committed to each other? If one of you is pulling more weight than the other, it is a sign your romance may be fizzing out. There could be different circumstances as to why your honey is pulling away, but if you can't find a way to work it out or fix it together the relationship is doomed no matter what. It's okay to escape a toxic relationship because sometimes there is too much stress and challenges for you to overcome and be able to work it out with your significant other.

How do you know when to call your relationship quits? Share you tips below.

Celebrity Couples: What True Love Looks Like





By Jared Sais

The start of a new year gives everyone a renewed sense of hope, and with this thought in mind, I decided to consider three celebrity couples who are happy in love.

Amanda Seyfried and Justin Long: These lovebirds have become a paparazzi favorite lately. In many photos, the couple appears surprised at their picture being taken. You'll see their eyebrows and eyes raised and their mouths just a bit open. Note that surprise is one of the seven micro-expressions that people make to indicate an emotion.

In another recent photo, we see the actress leaning towards her man, either for a kiss or to whisper something to him. This behavior shows how comfortable they are with each other. When people feel comfortable, they tend to get even closer into your "personal space bubble." It's an easy way to identify if two people are dating or just really close friends.

Related Link: [Amanda Seyfried and Justin Long Bond Over Her Dog](#)

As a side note, when flirting, if you're talking to someone

you're interested in, whisper something every once in a while so the person has to lean in to hear you. It's a great trick for getting closer and making a move.

Notice Seyfried's eyes in many photos of the couple. They're often locked on Justin's lips; this is what desire looks like. As she gives a slight grin and looks at her man's wanderlust smile, there is nothing but attraction and lustfully gazing eyes. Likewise, the actor has a very loving smile with deep eye contact, which tells me he is very romantically invested in the blonde beauty.

You can also see the lack of space between them in the photo above and other photos, which indicates a romantic relationship or at least a very close trusting relationship.

Drew Barrymore and Will Kopelman: We have something special here: best friends *and* lovers. They have a dynamic that many couples strive for. You can tell they are truly happy in many of their photos; the facial expression of smiling is categorized as high cheeks, crows feet in the corners of the eyes, and raised outer corners of the lips. Sometimes, this body language is easier to see in photos than in live action. But knowing the difference between a true smile and a fake smile can make the difference between catching someone in a lie or knowing if your partner is truly interested in you.

When people are comfortable with someone, they usually talk with the cup in their hands; put the cup down and continue to use their hands in a conversation; or put the cup to the side of their body. In a picture of Barrymore and Kopelman at a sporting event, we see the actress talking with her cup in her hands, showing us that she's very comfortable in her husband's presence. She also leans in towards him, putting her weight on him – another sign of trust and love.

Related Link: [Drew Barrymore Goes Public with Second Pregnancy](#)

Heidi Klum and Martin Kirsten: You'll often see this pair

walking at the same pace with locked hands or their arms around each other. This body language is considered mirroring each other, and all signs tell you that their relationship is going strong. They are a very real couple; they run together and share that interest. There's nothing better than an early run and coffee in the morning with your loved one.

Listen up, guys: Real man wear pink or hold their woman's purse. Yes, Kirsten often holds his girlfriend's purse, showing us what a gentleman he is. He is confident with himself and their relationship. Plus, it reveals just how close they are as a couple.

Author's Note: If you're looking for more in-depth non-verbal tricks, I will be holding a class in the New York City area. The class focuses on everything non-verbal, including confidence building, how to become a better flirter, how to spot flirting that is directed your way, how to find quality men/woman, fashion tips and tricks, and etiquette coaching. Please email me at jaredsais@gmail.com for more information and to sign up. Tickets are going fast, and there is a 20-person limit! See you there.

[Jared Sais](#) is co-author of the website [The Non-Verbal Game](#), where you can find free downloadable content. He is an expert in non-verbal communication, who specializes in body language, micro-expressions and lie deception as they relate to life and love.

Celebrity Couple Predictions:

Halle Berry, Jada Pinkett-Smith and Heidi Klum



By Shoshi

A celebrity's love life tends to be packed with things that create a hot mess. At the end of the day, when it comes to their relationships, they're just like everybody else: simply trying to figure it all out.

For my first expert post, I took a look at the energy (aura) of some hot couples: the sexy Halle Berry and Olivier Martinez, open marriage lovers Jada Pinkett-Smith and Will Smith, and last but not least, Heidi Klum and her bodyguard boyfriend, Martin Kirsten.

Related Link: [Spring Cleaning: 5 Signs It's Time to De-Clutter Your Love Life](#)

Halle Berry and Olivier Martinez: I have been keeping a psychic eye on Halle Berry since she announced that she's dating Olivier Martinez. From the very beginning, their energy as a couple looked vibrant and stable. While women envy Berry and assume she can have any man that she wants, her love life tends to be filled with drama and heartache. Berry was always into the "pretty boy" types, not that that's a bad thing. However, Martinez is an upgrade; Berry finally has a grown man by her side.

Recently, Berry revealed that she is pregnant with Martinez's baby. Berry has never looked happier on the outside, but there has been a shift in her energy on the inside too. She is more settled and comfortable in her own skin. While she has made a shift to fully embrace self-love, Martinez has been a big part of healing Berry's energy in her heart. Looking at their relationship as a whole, they have a wonderful connection.

From what I can see, it looks like Berry will have a bouncing baby boy. I also predict that Berry and Martinez will pull a Janet Jackson move by getting married at a secret sexy location in Paris.

Jada Pinkett-Smith and Will Smith: Finally, Jada Pinkett-Smith decided to address the rumors about having an open marriage with Will Smith. Not so fast, though: she actually did *not* come out and say that they have an open marriage. We did find out that Smith is his own man who can do whatever he wants and that Pinkett-Smith trusts him since they have a grown-up relationship. Some people are confused about what the heck she means since it wasn't a direct statement.

This couple has a very interesting energy that looks strained in certain areas. It look like they were talking about divorce, which was coming more from the side of Pinkett-Smith, but she changed her mind. Smith appears to be exercising their rule of doing whatever he wants more than her. She was feeling a bit neglected, but it made her hubby realize that he has to

prioritize what he has at home, or it shall be lost.

Although there is love in their relationship, it looks like the type of love that is friendship-based. There is a lack of passion between them at this point; if that doesn't shift, this marriage will be over for good.

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

Heidi Klum and Martin Kirsten: When Heidi Klum started dating her bodyguard, Martin Kirsten, it raised a few eyebrows. Hopefully, Kirsten will guard his heart in this relationship since Klum's energy has rebound written all over it. What Klum was missing in her marriage with ex-husband Seal, she is getting from Kirsten; however, she isn't allowing her feelings for him to run deep.

Kirsten is completely smitten with Klum and her kids. In fact, he had feelings for her before they started dating. It's not looking good for him though. Klum isn't ready to fully open her heart to anyone. One day soon, Kirsten is likely to get a kiss goodbye from Klum, and he won't even see it coming.

Wendy Williams Lashes Out at Heidi Klum for Relationship with Bodyguard Boyfriend





By Jennifer Ross

Wendy Williams speaks her mind about Heidi Klum's new relationship and it is not nice. Last Tuesday on [The Wendy Williams Show](#), Williams criticized the Victoria's Secret model, insinuating that Klum and bodyguard boyfriend Martin Kirsten began their relationship while Klum was still married to Seal. She even went as far as implying that intimate moments may have taken place under Seal's nose while Kirsten worked for the family the past four years. "Seal, you know what that means – and not just when you were out of town." The TV host ended with giving Seal advice on revenge. "I don't how much you're worth, but she's worth more. You need half. You need yourself a new girlfriend; someone young, hot and with a long future in modeling, and really fertile."

What are some signs that your partner is cheating?

Cupid's Advice:

No one ever wants to find out their partner is cheating. As a result, many people will turn a blind eye to the infidelity and live in denial. A problem with this is that the truth will eventually surface and you will need to deal with it. So rather than wait for your mate to confess, here are a few

signs that someone is cheating:

1. Private phone calls: Yes, there are moments when your partner will need to take a phone call into the next room for privacy. However, if your partner runs to the next room every time the phone rings, something is not right. Also, your mate may refuse to let you know who called or what the call was about.

2. Change in appearance: Another sign of cheating is if your spouse has changed their appearance, such as previously dressing conservative but now focuses on designer clothing. Also, your mate wasn't much for grooming but now is finicky about their hair style, jewelry, and/or make-up. A new love in their life will have them feeling more conscious about their look.

3. Overly defensive or angry: When a spouse is cheating, they may come off more defensive about answering for their whereabouts or any question at all. The defensiveness could lead to criticizing or controlling you for any little thing and impatience or aggression in just speaking to you. The infidelity signs will get stronger so pay attention.

What signs did you see that told you your partner was cheating? Comment below.

Heidi Klum Has an Affectionate Lunch with

Rumored Bodyguard Beau



By Nicole Weintraub

Recently divorced Heidi Klum was spotted grabbing a bite to eat with her rumored bodyguard boyfriend, according to [People](#). Martin Kristen and Heidi Klum went for lunch at Joe's Stone Crab in Las Vegas on Tuesday where an onlooker described their behavior towards each other as very affectionate. The duo has not yet been confirmed as an official couple, but the starlet has spoken fondly of her bodyguard. Kristen has been Klum's bodyguard for the past four years, caring for and helping with her children as well. The two have been photographed together frequently since her divorce from former husband Seal.

What are some ways to be sensitive to your ex's feelings?

Cupid's Advice:

Breaking up is hard to do, especially when there are children

involved. When children are involved, it is extremely important to try to remain civil with one another. Here are some tips on how to be sensitive to your ex's feelings:

1. Don't boast: If you have had the opportunity to find someone else, there is no need to shout your new love from the rooftops. Take things slow and keep them low-key, at least until it becomes serious and monogamous.

2. Do be open: Lying will only hurt your ex's feelings even more, especially if you get caught. In order to avoid a sticky situation, just be open and honest if they ask about your love life.

3. Keep it clean: Posting scandalous and revealing photos, comments or videos will only get you into trouble. Keep your personal life private – it will be beneficial for the both of you.

How have you been sensitive to your ex's feelings? Share your stories with us in the comments below.