

# Relationship Advice: How Do You Deal With A Badmouthing Ex?



By

Dr. Jane Greer

Breaking up is hard in itself. You have to find a way to move from the “we” back to the “me,” disentangle your lives and heal enough to look to the future. But what happens when the end of a relationship is charged with unrelenting and unresolved anger, and rather than bowing out gracefully and moving on your ex instead allows that anger to fuel bad behavior which can damage your reputation? This includes saying terrible things about you and can happen in different ways, including revealing personal information, distorting the

truth, gossiping about a private mistake that was made when you were together or even by spreading rumors. Sometimes the information begins with the ex, and sometimes the ex simply serves to fuel the negative information. For example, [celebrity exes](#) Matthew Morrison and Lea Michele were in this situation when Morrison recently addressed reports of Michele's diva actions while working on the show *Glee*. He said, "Yeah, going back to what I was saying, you know, you want to be a good, pleasant person to be around." He did not appear to have her back.

**So, how do you deal with a vindictive ex who is out for revenge? How can you handle a negative campaign against you, especially from someone you used to care about? Check out Dr. Greer's relationship advice.**

When your relationship dissolves and you find yourself with a spiteful ex, there is no telling how far their anger will go or whom it will reach. Now that they are no longer trying to please you or make things work between you, they might feel they have free license to say anything they want. That can be scary, and in many ways it is its own form of cyberbullying, since so much information can be spread online so quickly. It can do harm to your integrity as well as your self-esteem. But once you figure out the focus of the verbal assault there are ways to live with it and to deal with it. Depending on whom your ex is talking to and what they are saying, you can pick your course of action accordingly.

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If, for example, they are disparaging you to loved ones – family and friends – consider putting your own boundaries in place. If your sister-in-law or friend tells you that your ex is saying bad things about you, let them know first and foremost that you don't want to hear about it. Ask them to stop reporting back to you because it is too hurtful. Once you do that, you can take it one step further and ask if your loved one would consider telling your ex that they would prefer they didn't talk about you to them. They might explain that they are in touch with both of you, or that they truly care about you, and don't want to get in the middle or hear these negative claims. If the people your ex is badmouthing you to are your children, if they are old enough you can explain that just because people are saying things, doesn't make them true. In fact, you can tell them that you separated because you didn't agree about certain things, and because of the ongoing disagreement there is still a lot of residual anger between you. As a result, people can say and do terrible things when they are that upset. It is also okay to guide your children toward telling the other parent that they don't want to be told these things about mommy or daddy. In other words, you can encourage your children to put their own boundaries in place by either talking to the parent who is saying the disturbing things or by choosing to not listen or to ignore what is being said.

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Finally, as was the case with Lea Michele, sometimes an ex has an even wider reach and says bad things to the public. This can sometimes be the most disturbing since it can contaminate your reputation and it can be harder to know how to reach so many people with your own message. In this situation, there are two options. The first is to ignore whatever was said and not give it credibility by trying to explain it away or

justify it. If you do that, it can sometimes validate whatever information was being put out there. However, if your ex revealed personal material that was supposed to be kept private but is truly offensive and can be verified, the better choice may be to take ownership of it immediately. You can do that by acknowledging what happened and sharing your remorse and regret about it, as well as how you have grown from it. You can let people know it is something you will never do again, and that this can be a lesson learned which may serve as an example and be an inspiration to others.

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No matter who is the recipient of the information, having an ex – someone you once loved and trusted – attack your personality is an awful place to be. If you follow these basic suggestions, though, you will be able to keep some control so you can maintain your own relationships and hold onto their respect and your own integrity. In the case of Lea Michele, her ex didn't defend her when others questioned how she handled herself on the set of *Glee*, and, in fact, perpetuated the negative things that were being said about her. Hopefully she, and you, will be able to be your own champion and take back the narrative of your life.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) the first Wednesday of each month, at 11 AM EST, 8 AM PST; including Shrink Wrap on Call, Pop Psych with Dr. Greer, and Let's Talk Sex! Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer](https://twitter.com/DrJaneGreer) on Twitter for her latest insights on love, relationships, sex, and intimacy. Listen to Dr. Greer's Shrink Wrap News at 7 segments on [HealthyLife](http://HealthyLife.net).*

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# Celebrity Parents: 'Glee' Star Matthew Morrison Gushes Over Fatherhood



By

[Karley Kemble](#)

Matthew Morrison's new life as a father has filled him with lots of glee! In recent [celebrity news](#), he and his wife Renee Puente welcomed their first [celebrity baby](#), Revel James Makai Morrison just two weeks ago. Morrison tells [EOnline.com](#) that fatherhood has been "something I have been ready for" and such a "beautiful transformation in my life." Congratulations to

these new celebrity parents!

## **This celebrity parent couldn't be happier with the transformation in his life! What are some ways your relationship must change when you become parents?**

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

Welcoming a new bundle of joy is sure to bring lots of change to your routines and overall way of life. Without a doubt, your relationship will have to adjust accordingly. Cupid has some tips to consider:

**1. Prioritize, prioritize, prioritize:** It'll probably feel like you have less time for you and your partner to spend time together. That's normal – your new baby comes first!

**Related Link:** [Matthew Morrison Shares Wedding Photo With New Wife Renee Puente](#)

**2. Be there for backup:** With two parents taking care of one child, it may sometimes feel like one person is pulling more weight than the other. Make sure you are self-aware and there for your partner when they need a little respite. Remaining strong together is key

**Related Link:** ['Glee' Star Matthew Morrison and Girlfriend Dress as Britney and JT for Halloween](#)

**3. Compliment each other:** Moral support is so necessary as first-time parents. If you see something you admire about your partner's parenting style, tell them! It'll give them a wonderful confidence boost.

Do you have other relationship tips for new parents? Do tell us in the comments below!

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# Our Favorite Celebrity Couple Halloween Costumes



By

Molly Jacob and Nisha Ramirez

As a child, Halloween is all about trick o' treating and competing for the title of Candy Ghoul. As a single adult, Halloween means being voted best costume at your Halloween monster bash. As a couple, Halloween is about finding the

perfect costumes that will showcase your partnership. And as a celebrity couple, Halloween is all about stepping out as a duo without a budget. Check out our favorite celebrity couple Halloween costumes for inspiration this All Hallows Eve:

**1. Gisele Bundchen and Tom Brady:** Lions, tigers, and...Patriots, oh my! Gisele Bundchen and Tom Brady went for a classic look last Halloween when they dressed up as Dorothy and the Cowardly Lion from the *Wizard of Oz*. Bundchen, holding a basket with a toy Toto inside, posted an Instagram photo of the adorable couple kissing with the caption, "Having fun with my Lion last night!"

**2. Lauren Conrad and William Tell:** Here's some inspiration for you DIYers: even celebrities like to craft! Lauren Conrad created her tooth fairy costume for Halloween 2013, and her husband (then fiancé) William Tell dressed as a dentist. While Conrad didn't make her own dress for her beautiful wedding last September, she did use her DIY skills for some finer touches.

**Related:** [Lauren Conrad Ties the Knot with William Tell](#)

**3. Neil Patrick Harris and David Burtka:** Neil Patrick Harris and hubby David Burtka, known for their elaborate Halloween outfits, didn't disappoint in 2013 with their Alice in Wonderland themed costumes. Harris and Burtka, dressed as Tweedledee and Tweedledum, made it a family affair when they put their three-year-old twins in Alice and White Rabbit costumes. We can't wait to see what the family dresses as this Halloween!

**4. Bryan Greenberg and Jamie Chung:** Love is all you need! At least, according to Bryan Greenberg's and Jamie Chung's Halloween costume. The actor couple, who plans to get hitched sometime in 2015, rocked out in an ensemble inspired by another famous duo: John Lennon and Yoko Ono.



**Related:** [Best Celebrity Inspired Halloween Candy Choices](#)

**5. Fergie and Josh Duhamel:** It's a scary holiday, so why not be just as frightening? Fergie and Josh Duhamel donned heavy face paint and creepy skeleton costumes in 2013 to celebrate the Day of the Dead. Fergie, whose great-grandmother is Mexican, and Duhamel were inspired by *Dia de los Muertos*. Many famous couples, such as Kate Moss and husband Jamie Hince, also dressed up last year in matching outfits inspired by this holiday.

**6. Matthew Morrison and Renee Puente:** Quentin Tarantino would be proud of *Glee* star Matthew Morrison and his wife Renee Puente. Last week, the newlyweds dressed as characters from the cult hit, *Pulp Fiction*, for Morrison's annual Halloween (and birthday) party. Staying true to the movie, Morrison (dressed as Vincent Vega) and Puente (as Mia Wallace) even danced like their characters during an interview with *E! News*.

**What are your favorite celebrity couple Halloween costumes? Share your comments below.**

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## Matthew Morrison Shares Wedding Photo With New Wife Renee Puente





By

[Jessica DeRubbo](#)

It's official! Matthew Morrison tied the knot with Renee Puente this past weekend in Maui, Hawaii, according to [UsMagazine.com](#). In fact, Morrison introduced his new wife on Twitter, saying, "Conquered Hurricane Ana and got married! Most amazing week EVER. It's my pleasure to introduce, my WIFE, Mrs. Renee Marie Morrison!!" The *Glee* star followed up his tweet with a special photo of the two presumably right after they said "I do." Congrats to the happy couple!

**What are some unique locations to hold your wedding festivities?**

**Cupid's Advice:**

It makes sense to have your wedding in you or your partner's hometown, because then no one has to travel and it "just makes sense." That being said, if you're looking to spice up your wedding and take it in a new direction, Cupid has some tips:

**1. Amusement park:** It may sound crazy, but how cool would it

be to sail off on a rollercoaster ride seconds after saying “I do”? Plus, your guests will have the times of their lives bringing it back to their childhood days.

**Related:** [Create a Celebrity-Style Wedding](#)

**2. The beach:** This probably isn't the most unique suggestion, but the beach is no doubt romantic ... assuming it's good weather. Set up white chairs on the beach, and bring lots of flowers. That's all you need to make the day special!

**Related:** [Naya Rivera Secretly Marries Ryan Dorsey](#)

**3. Carousel:** If your town has a carousel, think about holding your wedding near the inanimate horses. You can take a special ride with your new spouse following the ceremony, and all of our guests can follow suit. Think about the amazing pictures you'll have from such an experience!

**Where are some other unique places to hold a wedding? Share your thoughts below.**

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## 10 Celebrity Couples We Never Knew Existed





By

## [Whitney Johnson](#)

Most of the time, famous folks can't get away from the spotlight. Rumored relationships and long-term loves alike are splashed on every magazine cover or tabloid site, making it difficult *not* to know who dated who in Tinseltown. Every so often, though, a celebrity couple flies so far under the radar that gossip-hungry fans miss their Hollywood romance. Read on for a list of 10 celebrity couples that you may not know existed:

**1. Shia LaBeouf and Hilary Duff:** These Disney darlings went on a terribly bad date – “probably the worst date either of us have ever had,” according to the *Transformer* star.

**2. Lance Armstrong and Ashley Olsen:** This unlikely duo were spotted making out in 2007 at Rose Bar in New York City. Their relationship never took off – which is no surprise given that the cyclist is 15 years older than the designer.

**3. Matthew Morrison and Kristen Bell:** These famous faces

attended New York University together and dated very briefly. Despite their eventual breakup, Bell still calls the *Glee* star “Matty.” Perhaps we’ll see them double dating with their respective fiancés soon.

**Related:** [Matthew Morrison and Renee Puente Are Engaged](#)

**4. Jake Gyllenhaal and Natalie Portman:** Long before his heavily documented romance with country singer Taylor Swift, Gyllenhaal was linked twice to the *Black Swan* actress, once in 2006 and again in 2008.

**5. Dennis Rodman and Madonna:** Rumor has it that Madonna desperately wanted to have the former basketball star’s baby when they dated in the early 1990s. Luckily, no child resulted from this unlikely pair.

**6. Jake Pavelka and Kristin Chenoweth:** It’s hard to believe that the star of *The Bachelor: Wings of Love* and the pint-size Broadway powerhouse are an item, but they’ve been dating since late 2012 after meeting at an awards show.

**7. Donald Faison and Minka Kelly:** This under-the-radar twosome dated for a year from 2004 to 2005. Now, they’re both happily taken: Faison is expecting his first child with wife Cacee Cobb, while Kelly has reunited with ex Chris Evans.

**Related:** [Celebrity Couples That Reunited](#)

**8. Sean Penn and Florence Welch:** It’s no secret that Penn has a thing for sultry songstresses – anyone recall his post-divorce romance with Scarlett Johansson? Lately, this potential pair has been laying low, but earlier this year, there were a number of paparazzi photos filled with PDA.

**9. Ashton Kutcher and January Jones:** Long before Kutcher married and divorced Demi Moore, he dated up-and-coming actress Jones, who had recently relocated to Los Angeles to pursue her big screen dream. The couple, who dated from 1998

to 2001, attended his *Dude, Where's My Car?* premiere together in one of their rare red carpet appearances.

**10. Matt Dillon and Cameron Diaz:** Who knew the stars of *There's Something About Mary* were an item off-screen too? This duo dated for three years, splitting in 1998 – the same year that the hit comedy was released.

**Did we forget one of your favorite couples? Tell us in the comments below!**

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## Matthew Morrison and Renee Puentes Are Engaged





By

Kerri Sheehan

*Glee* star Matthew Morrison popped the question to girlfriend Renee Puente Thursday night according to [People](#). The couple has been together since 2011 and announced their engagement at the White Tie and Tiara Ball in London.

**How do you know when your partner is ready to settle down?**

**Cupid's Advice:**

Marriage is a big leap and not knowing if your partner is ready to make a serious commitment to you can be frustrating at times. Are you ready to make that long walk down the aisle, but not sure if your significant other is? Cupid has some advice:

**1. Financial independence:** Many individuals have school loans and lots of other financial woes to deal with these days. Once a man has made the move to stabilize himself financially, then he may be ready settle down and commit.

**2. Baby talk:** If a guy is clearly ready to be a father, then there's no question that marriage is just around the corner. Marriage is a natural progression that leads to fatherhood.

**3. You're invited to family functions:** If he's in it for the long haul, then he'll want you to be comfortable with his family. Once he considers you a part of his family, you know he's ready to settle down and get married.

**Do you think your guy is ready to commit? Share below.**

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## **'Glee' Star Matthew Morrison and Girlfriend Dress as Britney and JT for Halloween**







By

Nic Baird

*Glee* star Matthew Morrison and girlfriend, Renee Puente, chose retro Justin Timberlake and Britney Spears as their couple costume this Halloween, reports [UsMagazine.com](http://UsMagazine.com). Though the celebrity pop duo split ages ago, Morrison and Puente reminisced about the musical media pair during JT's 'N Sync days and Britney's python charming circa 2001. Morrison, who portrays the coach of a high school glee club on TV, paid tribute to these 90s musical icons for his third annual birthday/Halloween party on Sunday. Morrison captured the look with a head and arm bandana, tinted sunglasses, a blousy white shirt, a spiky hooded vest, fingerless gloves and a hands-free microphone. Puente's outfit recalled the tiny green top and blue hot pants from Britney's "Slave 4 U" outfit, complete with a fake snake.

**What are three couples costumes you can wear for Halloween?**

**Cupid's Advice:**

Don't waste time fretting over costume ideas. Couples outfits can seem daunting, but they can easily come together with the right vision. Inspiration is within your grasp! Read these methods to find a fitting costume for you and your significant other.

**1. Puns:** Literally being "apples and oranges" will get you some groans, but costumes that work together is a cute Halloween option. Try to physically represent common phrases, like dressing as Justin Bieber and Swag, which could be a treasure chest of hair products. Sound out names or words to get other ideas, like the celebrity couple costume: "Sunny" and "Chair."

**2. Pick a Disney movie:** This is a great couples costume because Disney movies have replaced any fairy tale imagery we had as children. Try the classic couples: John Smith/Pocahontas, Aladin/Jasmine, Lilo/Stitch, etc. If you do Mulan, I'd choose Mushu or the evil Hun over Captain Li Shang.

**3. Suit and Dress:** For last minute costume scavengers, you'll never have an easier time than if you build a couples costume from your own wardrobe. JFK with Marilyn or Jackie is pretty quick to throw together. *Mad Men*, celebrity couples, and British royalty can save you at zero hour using just a suit and dress.

**What great couples Halloween costumes have you seen? Share your experiences below!**