

Celebrity Divorce: Mel B & Stephen Belafonte Reach Partial Divorce Settlement



By [Karley Kemble](#)

[Celebrity exes](#) Mel B and Stephen Belafonte have reached a partial divorce settlement. While the exact terms have not been disclosed, [UsMagazine.com](#) has confirmed that they have also agreed to a partial custody settlement of their six-year-old daughter Madison. Mel B announced her [celebrity divorce](#) in March, with allegations that Belafonte had an affair with their nanny. In a heartbreaking statement, Mel B stated, "I am in fear of my safety, and I am in fear of being irreparably harmed." She was allowed a temporary restraining in May, and still awaits a domestic violence restraining order to be

finalized.

This celebrity divorce is partially settled, but not all the way. What are some ways to make your divorce proceedings more efficient and civil?

Cupid's Advice:

Sometimes when it comes down to it, divorce is the right decision for you and your partner. There certainly is potential for drama to fester within divorce proceedings, but if you want to avoid the added stress of a long and messy battle, check out these tips from Cupid:

1. Don't be defensive: When you're going through a rough divorce, a defensive guard might be your first instinct. Emotions are high, and maybe things aren't going your way. You are entitled to your feelings, though it is important to refrain from a "you started it" mentality. Be as mature as you can – it will make your divorce run a lot smoother.

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2. Nix the disses: While it's okay to vent to a close friend or your immediate family, you shouldn't let the hostility saturate. Don't trash talk your ex to everyone you meet. When you do that, you're making your private business a public ordeal. If you only have negative thoughts about your ex, consider keeping them out of the conversation. As hard as that may be, you'll find a positive mindset is beneficial to your mental well-being.

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3. Stay out of court: If you two can manage, try and come to an agreement without the help of lawyers. Not only is it easier on your bank accounts, it'll save you both a lot of time. It also will prevent a load of drama – we've all seen how messy divorce proceedings can get on T.V.!

Have you or has somebody you know gone through a rough divorce? How did you cope? Let us know below.

Celebrity Divorce: Mel B Makes Fashion Statement About Her Ex At The VMA's





By [Marissa Donovan](#)

This *America's Got Talent* judge is proud to be single and divorced from her husband. According to [People.com](#), Spice Girl singer Mel B made an appearance at the 2017 MTV's Video Music Awards wearing a dress that said "You Will Never Own Me." Many have speculated that the eye catching message alludes to her ongoing divorce and a temporary restraining order against her [celebrity ex](#) Stephen Belafonte. The single celebrity will be back in court on September 25th to make arrangements.

This [celebrity divorce](#) has inspired Mel B to make a bold [fashion](#) statement. How can you empower yourself through a messy divorce?

Cupid's Advice:

Don't allow your divorce to get the best of you! Although this may be a troubling process, it best to stay strong and keep

your head up. Here are some ways you can empower yourself through a messy divorce:

1. Focus on your family and career: Let the new direction of your life to steer you in the direction of your family and your career. Focusing on your career will allow you to evaluate your current job and decide what your next move might be. Your family will also be a good outlet to help you move on from pain and give you the support to move on.

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2. Refresh your look: After any divorce or break up, some people feel the need to get a new hair cut or wardrobe. Embrace the changes that you desire! Making new changes will help you think positively about starting over in your life. If that means updating your fashion or hair style, then go for it!

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3. Start reading: Brush up on your reading with books that have encouraging plot lines or read your favorite genre for comfort. Even if you're not a big reader, try finding a book at a bookstore or Amazon you could see yourself reading. Reading through your divorce will make you become invested in something besides the problems you may be facing.

What do you think of Mel B's dress? Let us know in the comments!

Celebrity Divorce: Mel B's Sister Slams Her Ex Stephen Belafonte After Abuse Claims



By Noelle Downey

One dramatic [celebrity divorce](#) took a turn for the disastrous recently when Danielle Brown, former [Spice Girl](#) Mel B's sister, lashed out at her past brother-in-law, Stephen Belafonte, amid allegations that Belafonte had emotionally and physically abused her sister during their almost ten years of marriage. According to [People.com](#), in spite of the sister's eight years of estrangement, Brown took to Instagram to defend sister Mel B., writing to Belafonte, "you are a sorry excuse of a man" and telling the world that she hopes Belafonte and the [celebrity couple's](#) former nanny, whom Belafonte allegedly

impregnated, would “go to jail and rot in hell!” She ended the post with a series of hashtags, calling Belafonte everything from a “wife beater” and a “psychopath” to an “animal killer” and a “devil man.” Belafonte, meanwhile, remains adamant that no such abuse occurred, maintaining that the allegations “shocked” him, despite Mel B.’s attempts to file a restraining order against him.

This celebrity divorce has drama written all over it. What are some ways to cope with negativity during your divorce proceedings?

Cupid’s Advice:

In this [celebrity break-up](#), things are heating up in a noticeably nasty way! While every divorce comes with its own set of problems to be resolved, some are far more complicated than others. If you’re experiencing a difficult divorce, never fear! Cupid is here with the top tips on how to cope with conflict during your divorce proceedings:

1. Rely on your close friends and family: Despite the fact that these celebrity siblings haven’t spoken in years, Danielle Brown is still clearly rooting for her sister. If you’re going through a difficult time with your divorce, reach out to friends and family that you trust and let them know how they can help you. Chances are they are dying to assist you in dealing with your drama in any way they can because they care so much about you!

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2. Get some professional help: There’s no shame in visiting a therapist when you’re going through a tough emotional time, or

even if you just need an unbiased listening ear to help you sort through your feelings. Whether you were in a [celebrity relationship](#) or not, a failed marriage can feel like earth-shattering headline news. Making sure you have someone to talk to can help you get perspective on this painful time in your life.

Related Link: [Mel B. Walks Out on Husband Amid Domestic Abuse Rumors](#)

3. Spoil yourself a little: Are you feeling as though your world is crashing down around you in the midst of your divorce? Then don't delay, give yourself a reason to smile again by luxuriating in a little self-care. Visit a spa, plan a relaxing trip, splurge on an expensive item just for you or even just escape to a luxury hotel for a night. By treating yourself, you'll be reminded that in spite of your conflicted feelings, you are still worth being cared for and pampered.

[Celebrity exes](#) Mel B. and Stephen Belafonte are locked in a dramatic and emotionally devastating divorce battle. What are some ways you deal with emotionally difficult times in your life? Let us know in the comments!

Mel B. Speaks Out about Husband Stephen Belafonte's

Alleged Abuse



By Maggie Manfredi

If you wanna be my lover, you gotta get with my fans! According to UsMagazine.com, Melanie Brown, better known as Mel B., finally addressed the public on the rumors that her husband has been abusing her. The Spice Girls alum recently shared on Instagram, "This is for my fans havin problems with my Twitter will be back soon! I'm very good was very polly but much better now and for the record my hubby never would lay a hand on me sorry took so long but any response fuels rumors #lovemyfamily #lovemyfans."

What are some ways to keep rumors about your relationship to a minimum?

Cupid's Advice:

The rumor mill can be a dark place for relationships, so Cupid has some tips on how to survive it:

1. Stay off social media: If you're having a bad day or a silly fight, don't post about it. It can be easy to feel the urge to vent to your friends, but often times, it does more damage than good. Things live on in social media history, so take a deep breath and really think before posting your feelings on Facebook, Twitter or Instagram.

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2. Your problems are your problems: If you don't want rumors to spread, don't give people anything to share. It's as simple as that. If you do feel the need to address them (like Mel B.), keep it simple and to the point. Don't write a novel or go into too much detail.

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3. Don't sweat the small stuff: If there are silly rumors out there that are false, don't let them tear you and your partner apart. Just laugh it off because giving the rumors attention only heightens them. Remember to keep the truth in the back of your mind, no matter what lies are floating around.

What's your best advice for handling rumors? Share your tips below!

Mel B Walks Out on Husband Amid Domestic Abuse Rumors



By [Courtney Omernick](#)

This week, it has been reported by [UsMagazine.com](#) that former Spice Girl Melanie Brown, better known as Mel B., has walked out on her husband of seven years, Stephen Belafonte. Worried fans began speculating that Belafonte abused Brown after she appeared on *The X Factor* without her wedding ring and seemed to have bruises on her face and arms.

What do you do to cope with emotional or physical abuse?

Cupid's Advice:

The dark side of a relationship is never easy to talk about,

but there are many people out there who are unfortunately involved in abusive relationships, whether they are emotional or physical. However, there are ways to cope with the abuse and seek help. Below are three pieces of advice:

1. Put your safety first: Abusers rarely change. Think about your needs and how you can meet them while staying safe.

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2. Reach out to family and friends: It can be hard at first to confess to your loved ones that you're not being treated with respect in your relationship. However, family and friends can provide you with the support you need to get through this difficult time. Who knows, maybe a friend or a family member has gone through a similar situation and can guide you through everything.

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3. Speak with a professional: It is possible for both partners to be able to solve the issue if they speak to a therapist. Sessions with a professional can help your partner determine the causes of abusive and put them on a road to change their behaviors.

What have you done to cope with physical or emotional abuse? Share your stories in the comments.