

Kathrine McPhee Trying to Work on Marriage



By Louisa Gonzales

Katharine McPhee and her husband Nick Cokas separated nine months ago, but now it seems the couple may be trying to work on marriage. According to [People](#), a close friend of the pair says they are trying to work things out. The duo has been spending time together and was recently spotted out in Los Angeles walking their dogs. There was initially a lot of controversy surrounding their separation, because just 5 months after the ex-lovers announcement of their split, news broke about McPhee's affair with married man, director Michael Morris. Morris is married to actress Mary McCormack. However after everything, McPhee and Cokas remained close and now it seems they're hoping to start fresh.

What are some ways to seek help with your marriage?

Cupid's Advice:

After you get married things aren't going to be 'happily ever after' all the time. There will be a lot of obstacles and challenges that come after tying the knot and, sadly, sometimes couples can't overcome them. However, if you are willing to work on your union, it is possible to overcome any roadblocks you may face. Cupid has some advice and ways to get help with your marriage:

1. Seek advice from other married couples: You're not the first couple to face marriage challenges and you won't be the last. Go to trustworthy family or friends and ask them for tips or to share their experiences. It is important to gain perspective outside of your own marriage, it will help you and let you know you are not alone.

Related: [Katharine McPhee Calls It Quits on Affair with Michael Morris](#)

2. Go to counseling: It's not easy to admit you need help and it's even harder to take other people's advice. However it could be good to go to counseling together, many couples have done the same so you don't have to feel alone. A good counselor could help you remember all the reasons you fell in love and work out your issues.

Related: [Michael Morris Steps Out with Wife Post-Katharine McPhee Scandal](#)

3. Look to each other: If you're both willing to admit you have issues, together you can work them out and save your marriage. Communicate with each other, listen, and be willing to compromise. It will help you see what you've neglected concerning your spouse's needs. Every good partnership needs "we" time.

What do you think are the best ways to seek help with your marriage? Share in the comments below.

Katharine McPhee Calls It Quits on Affair with Michael Morris



By Gabby Robles

Katharine McPhee is no longer seeing her boytoy, director Michael Morris. According to [People](#), a source spilled that the couple – who are both married to other people – aren't seeing each other “at least for now.” McPhee and her husband Nick Cokas' relationship is still in limbo. The source also shared, “Katharine still has no plans to move forward with divorce at the moment, though they are not living together.” It seems to be a very hard time for McPhee.

What are some ways to resist the temptation to be unfaithful?

Cupid's Advice:

If you think you're starting to have a wandering eye – whether it be for a few people or just one person – and you're committed, it's an issue. You need to nip it in the bud ASAP. Cupid has some advice on how you can handle your situation:

1. Think about it: Take a step back and think about why you want to do this. Think about how it truly benefits you emotionally and physically. Common reasons include boredom of routine, frustration in your partner, or even “the grass is greener on the other side” concept. If you feel this way, you need to...

Related: [Michael Morris Steps Out with Wife Post-Scandal with Katharine McPhee](#)

2. Talk about it: Bring it up with your partner. Know that they are going to be hurt and upset, but you need to figure out how to fix this issue as a couple. Maybe you just need to spice things up, or maybe you enjoy the appreciation that other people give you that your partner doesn't seem to give you much of. Express your needs, wants, and desires.

Related: [How Fighting Can Strengthen Your Relationship](#)

3. Remember why you're there: Think of why you're actually still in your relationship. If you were very unhappy, you would have ended things before, so why risk it all now? Think of the good qualities of your partner and your relationship. You'll find that being unfaithful is much bigger of a deal than you think it is.

What are some ways you have resisted the temptation to be unfaithful? Share your experiences below.

Michael Morris Steps Out with Wife Post-Katharine McPhee Scandal



By [Whitney Johnson](#)

It looks like yet another cheating scandal has rocked Hollywood. Last week, married actress Katharine McPhee was spotted kissing her *Smash* director Michael Morris, also hitched. This past weekend, [Us Weekly](#) revealed that Morris was spotted with his wife, *In Plain Sight* actress Mary McCormack, who allegedly kicked him out of the house they share with their three children. Sources say that the *American Idol* runner-up has been separated from her husband, Nick Cokas, for several months, but she's still incredibly embarrassed by the situation.

What do you do if you find out your partner has been cheating?

Cupid's Advice:

It's easy to say what you would do *if* your partner ever cheated, but the reality of the situation is completely different than that "what if" scenario. Before you make any rash decisions or say and do something you may later regret, consider the tips below:

1. Take a breather: It's natural to need a bit of space after finding out such life-altering news. Step back from your relationship and use this alone time to think about how you feel about your relationship, your partner, and, most importantly, your future.

2. Seek outside help: Whether it's a close friend or a therapist, talking to an outsider about your partner's cheating will help you gain some much-needed perspective. It'll allow you to look at the big picture and really consider the questions needed to determine if you want to work through this rough patch with your significant other or if you're ready to call it quits.

3. Follow your heart: Finally, no matter what anyone says, listen to yourself. Deep down, you know whether or not you can truly forgive your beau and move forward in spite of the transgression. Just remember that if you can't see past this mistake, you'll never be happy together.

How would you deal with a cheating partner? Share your comments below!