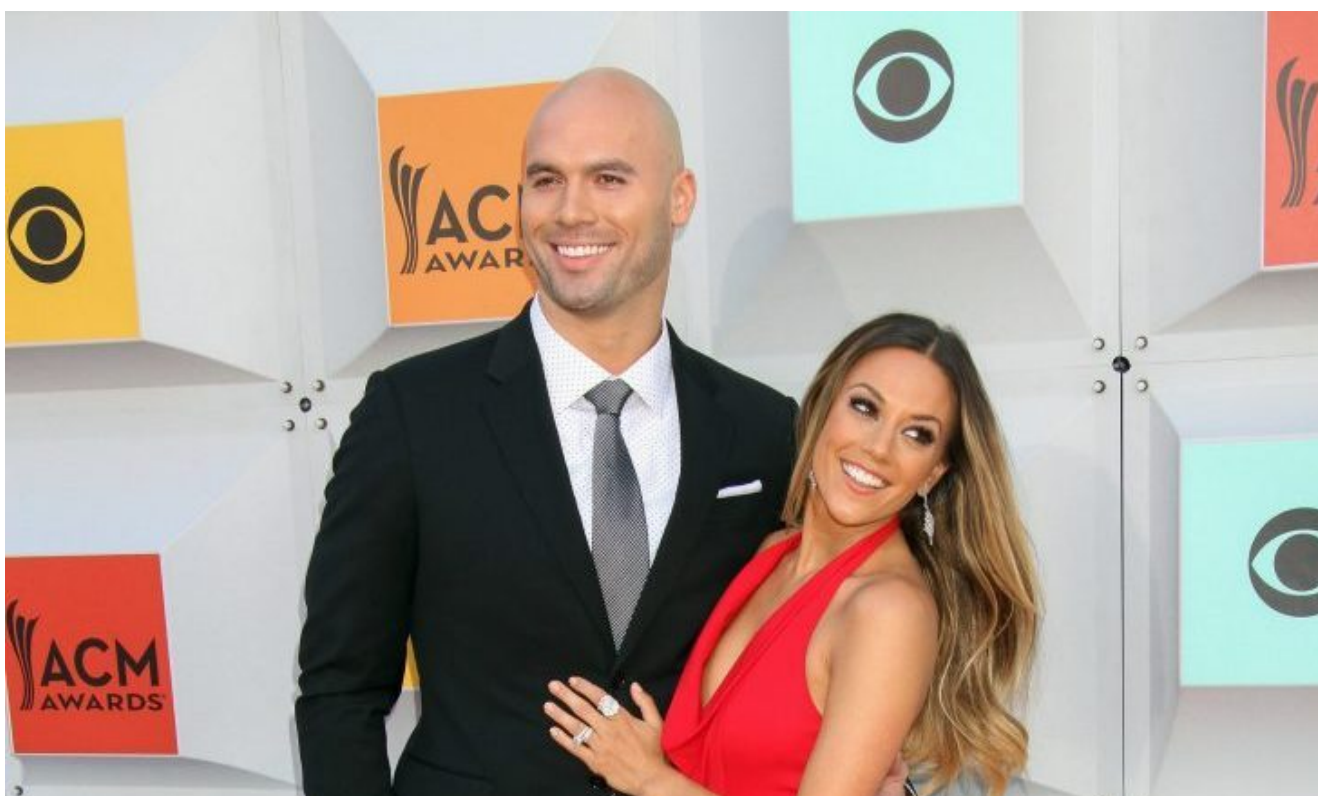


Celebrity News: Jana Kramer Receives DM Alleging Husband Mike Caussin Cheated Again



By Carly Silva

In the [latest celebrity news](#), Jana Kramer opened up about a recent direct message she received on Instagram, alleging that her husband, Mike Caussin cheated again. The [celebrity couple](#), who tied the knot back in 2015 and share two children together, and have dealt with infidelity before, after Caussin cheated in 2016. According to *UsMagazine.com*, Kramer admitted that she did freak out over the direct message, and she has a hard time trusting her husband.

In celebrity news, Jana Kramer says she doesn't trust husband Mike after multiple cheating rumors. What are some ways to rebuild trust in a relationship?

Cupid's Advice:

Although infidelity is oftentimes a deal-breaker, it is possible to work through the problem and regain trust. If you're trying to rebuild trust in your relationship, Cupid has some advice for you:

1. Be willing to put the work in: Working through rebuilding trust will be a difficult journey, so make sure you're up for the task. Be honest with yourself if this is something you can work through and commit to it. Expect that it may be a long road, but it will be worth it in the end.

Related Link: [Celebrity News: Amanza Smith Says Ex Taye Diggs Supported Her Kids for 5 Years](#)

2. Ask for what you need: When you're trying to rebuild trust, it's important to make sure you're honest about what you need. Set the boundaries that make you comfortable and make it clear what you expect in your relationship. This will make it easier for your partner to strive to give you what you need in the future.

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3. Focus on the future rather than the past: One thing that will always make rebuilding trust difficult is reliving the past. If you make the decision to forgive your partner and move on, it's best to stick to that. Avoid bringing up the

past and rehashing old problems. Instead, focus on the future and what you and your partner can do to better your relationship from now on.

What are some other ways to rebuild trust in a relationship? Start a conversation in the comments down below!

Celebrity News: Jana Kramer Reacts to Husband Mike Caussin Saying Cheating Would Be a Dealbreaker





By [Mara Miller](#)

[Celebrity couple](#) Mike Caussin and Jana Kramer had a miscommunication when Caussin claimed he would call it quits on their [celebrity marriage](#) if his wife was unfaithful, according to *UsMagazine.com* in the latest [celebrity news](#). While at the iHeart Radio Wango Tango Podcast Suit sponsored by Sugarbear Hair in LA on June 1 with *Us*, Kramer said, "I am still scratching my head about that, too, because it feels very one-sided to me, and honestly it kind of hurts my feelings that he wouldn't stand by me if I did that." Kramer and Caussin split briefly in 2016 after he cheated on her with multiple women. They later reconciled and renewed their vows in 2017.

In celebrity news, Jana Kramer is scratching her head after a comment from her husband. What are some

ways to clear up miscommunication with your partner?

Cupid's Advice:

Miscommunications between you and your partner like the one Kramer and Caussin had can happen between couples occasionally. Cupid has some advice on how to clear up any misunderstandings:

1. Avoid always having to be "right": In a situation where you've had a misunderstanding with your partner, things can escalate quickly if you try to stand your ground and say you're right. The "always right" mentality stonewalls any farther communication. Be willing to admit that you might not have understood your partner so the situation does not get worse.

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2. Listen: Listening to your partner not only shows them you are willing to work together but it will also that you value their opinion. It's easy to misword something when you speak so if one of you misunderstands what the other says, don't immediately get angry with your partner.

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3. Take a break if the situation escalates: Sometimes it's better to just walk away and cool down. Take this time to reflect on what was said between you and your partner. Once you've both calmed down, give each other both a chance to speak so both sides have a chance to explain what happened.

What are some other ways to clear up miscommunication between you and your partner? Let us know in the comments below!

Celebrity News: Jana Kramer & Mike Caussin Share How Therapy Helps Their Marriage and Parenting



By Megan McIntosh

Therapy works for [celebrity couple](#) Jana Kramer and Mike Caussin. According to *UsMagazine.com*, therapy has helped

Caussin with his sex addiction, which benefits his relationship with his wife Kramer because it can help him avoid a relapse into cheating. Both Kramer and her husband emphasized that therapy helps them with communication. For Caussin, he says it's "a way to level out" and "keep [them] in check."

In celebrity news, therapy helps Jana and Mike come together as a couple and as parents. What are some ways therapy can help strengthen your relationship?

Cupid's Advice:

Therapy is nothing to be ashamed of. In fact, it can really help your relationship. Cupid has some ways it can come to the rescue:

1. Manageable conflict: Therapy gives you and your partner a chance to air out any conflict or disagreements without feeling judged. If the situation escalates your therapist is there to bring the communication into manageable levels and keep it on track and civil.

Related Link: [Celebrity Interview: Southern Belle Kady Krambeer Shares Details About Temptation Island Experience](#)

2. A different point of view: It can be hard to find a compromise or agreement when you're in the relationship but if you have an outside point of view, they are able to help you find a way for everyone to be happy without conflict. They're unbiased, so it's easier to accept their feedback.

Related Link: [Couples Therapy: A Way to Rebuild a Struggling](#)

Relationship

3. You get a blueprint: Therapy, whether for individual or couples, gives you a chance to solve problems so that you're able to avoid conflict when you're not with the therapist. It gives you the tools to handle communication on your own.

What are some reasons you think therapy is helpful? Share below!

Celebrity Baby News: Jana Kramer Is Pregnant After Suffering Multiple Miscarriages





By Rhodesia Williams

In [celebrity baby news](#), *One Tree Hill* star Jana Kramer is expecting her second [celebrity baby](#) with husband Mike Caussin. According to *UsMagazine.com*, This celebrity baby news comes after the couple had previously suffered miscarriages in the past. Jolie, the [celebrity couple](#)'s two year daughter, will now get to be a big sister! Kramer explained how emotional she was and how her hormones were all over the place through the miscarriages. Kramer believes, "If it's meant to be, it will be." This [celebrity pregnancy](#) will finally give the couple a second bundle of joy.

This celebrity baby news is so great considering the struggle Jana Kramer went through. What are some ways to support your partner

through a miscarriage?

Cupid's Advice:

Miscarriages bring so many emotions but it's important to remain positive. Cupid has some advice on ways to support your partner through a miscarriage:

1. Emotional support: More than anything else, emotional support is what's needed at such a sensitive time. For whatever reason, it wasn't meant to be at this time but it's nobody's fault. Playing the blame game or arguing won't help. Be there for each other and remember, it is more than okay to cry. As a couple, you both will need emotional support from each other in order to heal. Don't let this break you, remain strong! Your time will come.

Related Link: [Celebrity Baby News: 'Bachelor' Alum Vienna Girardi Miscarries Twin Girls](#)

2. Take some time: Just because you have a miscarriage today, don't try to get pregnant again tomorrow. Give it time! Your bodies will react to your stress and although you are trying to hold it together on the outside, your heart and mind will not be ready. Remind your partner to give yourselves time to heal physically and emotionally. Take some time to not only rest but to mourn your loss. As hard as it may be, time will heal this wound.

Related Link: [Courtney Stodden Suffers Miscarriage of Celebrity Baby](#)

3. Breathe: Although it may be difficult, remind your partner to breathe. In between acting like everything's fine and random crying spurts, you have to catch your breath. When going through something as traumatic as this, sometimes you feel like you literally feel your heart breaking. It is important to remind your partner to breathe! This will all

pass and when the time comes, you will have your bundle of joy. Until then, if nothing else helps, just remember to take a deep breath.

What are some ways that you would support your partner through a miscarriage? Share below

5 Celebrity Couple Breakups: Say It Isn't So



By Tanni Deb and [Katie Gray](#)

They say everything happens for a reason, so we can only hope

that these recent [celebrity couple](#) breakups are for the best – because we loved watching their romantic fairy tales unfold. Whether they were married with children, engaged, or just dating for awhile, we will miss these [celebrity relationships](#). The important thing is to take away the positive from any situation and grow from it!

Cupid has compiled 5 Celebrity Couple Breakups: Say It Isn't True

1. Lady Gaga & Taylor Kinney: Music icon and actress, Lady Gaga, dated actor Taylor Kinney for five years. The pair met on the set of her music video in 2011. Kinney popped the question and proposed on Valentine's Day and Gaga had a huge diamond ring to set it in stone. They announced afterwards that they were both calling the engagement off, which was a surprise to fans. However; Lady Gaga recently stated she still cares about him and her new album has beautiful ballads.

2. [Taylor Swift](#) & Tom Hiddleston: "Say you'll remember me, standing in a white dress, staring at the sunset, babe," is one of the many love song lyrics of singing superstar, Taylor Swift. She was in a relationship with Tom Hiddleston after dating musician and DJ, Calvin Harris. Rumor has it that Hiddleston wanted to be more public with the relationship than Swift did, which led to their breakup. Regardless; the two had some great times together, and she will be coming out with some amazing new love songs!

Related Link: [Celebrity Couples We Want To Reunite](#)

3. Jana Kramer & Mike Caussin: Country singer, Jana Kramer, and former NFL star, have separated. The celebrity couple have a baby daughter together, Jolie Rae. According to the news, Caussin had to go to rehab for unidentified reasons, but Kramer is staying strong and doing everything she can for

their babygirl. We know that these two will be able to co-parent and do what is best for their beautiful baby!

4. [Angelina Jolie](#) & [Brad Pitt](#): The separation of actors and icons, Angelina Jolie and Brad Pitt, rocked the world and caused a media frenzy. Jolie filed for divorce, citing irreconcilable differences. Pitt announced to People magazine that he was saddened by it and was just concerned about their children. There have been reports of cheating and arguing over parenting. Every couple has their ups and downs. Our only hope is that these two can co-parent together in a healthy way, and move onto happy futures!

Related Link: [Celebrity Couple Engagement Rings](#)

5. Jennifer Meyer & Tobey Maguire: Actor Tobey Maguire and his wife Jennifer Meyer, sadly split after nine years of marriage. The celebrity couple have two children together. They issued a joint statement, saying, "As devoted parents, our first priority remains raising our children together with enduring love, respect and friendship." We applaud them for remaining positive and focusing on their children!

What celebrity couple breakups shocked you? Comment below.