

How to Handle a Clingy Partner in a Relationship



By April Littleton

Wanting to be around your love on a regular basis is perfectly normal, but sometimes individuals can get a little out of control with their feelings and end up smothering their boyfriends/girlfriends. Clingy behavior can result in a bad breakup. If you're in a similar situation right now, Cupid has some advice:

1. Set some rules: When it comes to your space and privacy, set some boundaries for your partner to follow. Having your significant other follow ground rules and vice versa will keep your relationship running smoothly.

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2. Spend time apart: Don't play along with your partner's little game. You don't have to spend every waking minute with your boyfriend/girlfriend out of fear of upsetting them. They need to learn how to trust in you, your relationship and let go of all other insecurities if they want to maintain a relationship with you. You had your own life before you met your significant other, and it's guaranteed they had the same before meeting you. Continue to spend time with your friends and family and carry on with your day-to-day schedule.

3. Express your concerns: If you see any red flags in your relationship, let your partner your worries and concerns. Don't let your honey continue to carry on with behavior you don't condone it. If you feel smothered or you can't seem to get a moment alone for yourself, sit your significant other down and tell them how you're feeling. If they continue on with their excessive, controlling behavior, you might need to start thinking about ending the relationship.

Related: [10 Ways to Make a Long Distance Love Work](#)

4. Listen to their fears: Most companions resort to clingy behavior out of fearing of losing their partner. Sometimes, they could be still holding on to old feelings from past relationships or they might just have a problem with jealousy. Whatever the case may be in your situation, help your significant other feel at ease by listening to their issues. Talking it out and reassuring your commitment to the relationship might help with the problem the two of you are facing together.

5: Make an effort to bond: All your partner may be looking for is some attention from you. Make an effort to spend some time with him/her if the two of you haven't really been seeing each other on a regular basis. Spend the day doing some of your honey's favorite activities, and end the evening by doing some

of yours. The time you spend together might cure your significant other's need to cling to you so tightly.

Related: [Ways to Help Single Friends Find a Partner](#)

6. Call it quits: If you've tried everything and your partner is still showing signs of clinginess, the issue might be more serious than you think and you should think about ending the relationship. Your love could be dealing with bigger problems than the ones he/she is letting on, so it would be a good idea to take a step back from the relationship until they can figure out what they'll need in order to feel secure with the person they love.

How did you handle a clingy partner in a relationship? Share your experience below.

Back Together? Justin Bieber and Selena Gomez Reunite in Instagram Photo





By Louisa Gonzales

Selena Gomez gazes at Justin Bieber longingly in one of the singers latest Instagram photo posted on Friday January 3. The Instagram photo posted a day after the pair pictured riding segways together on January 2, near Bieber's home in Calabasas, California. It was the first time in months the on and off again couple spotted out together according to UsMagazine.com.

What are some things to consider before getting back together with an ex?

Cupid's Advice:

Couples break up and get back together all the time. There are many causes for breakups. For example, maybe the relationship wasn't healthy or maybe you just weren't ready for one. Sometimes partners break up because they drift apart, but what happens when you find yourselves drifting closer together once again? Cupid has some advice on the subject:

1. Have you talked and resolved all the issues behind your break up? Any conflicts or issues you may have had should be worked out. As partners you need to be on the same page and know the direction of where you want your relationship to go.

Related: [Justin Bieber's Music Video Crush Talks Selena Gomez's Diss, Kissing the Superstar](#)

2. Is the romantic connection still there? If both parties still have feelings for one another it might be good to give your relationship another shot. Especially, when you can't stop thinking about each other and the love is still there.

Related: [Rumor: Are Miley Cyrus and Kellan Lutz Dating?](#)

3. Are your intentions good? If you just want to get back together with your ex lover because you can't stand the sight of seeing them with someone else it probably isn't a good idea to reconcile. Make sure you are getting back together for the right reasons. Remember trust your gut, be honest with yourself and follow your heart.

Do you have advice on if you should get back together with an ex or not? Share your tips below.

Demi Moore Dating Musician Sean Friday





By April Littleton

According to [People](#), **Demi Moore** has a new love! Moore was seen on the beach with **musician Sean Friday**, 27, while in Tulum, Mexico. “They’ve been hanging out together for months and by all appearances, it seems like they’re **dating**,” a source said. Moore, 51, divorced Ashton last November.

What are some ways to introduce your new beau to family and friends?

Cupid’s Advice:

Beginning a new relationship is an exciting feeling, but the one thing that can be a little stressful is when it’s time for your new boo to meet all of your loved ones. Cupid is here to help:

1. Start small: Introduce your new partner to only a select few of your loved ones when you’re first starting out. You and your significant other will already be nervous enough. There’s no need to bombard your honey’s personal space with all of your family and friends all at once.

Related: [Demi Moore Tweets Cryptic Messages](#)

2. Get together: Plan a small outing for some of your friends and family to go to. Maybe an outdoor barbeque or a nice dinner party. Keep your plans low-key so your partner doesn't feel too overwhelmed with all of the new people he/she is bound to meet.

Related: [Demi Moore Has Another Dinner Date with Harry Morton](#)

3. Give prior notice: Make sure you give your loved ones a heads up before you introduce them to your partner. The situation could be a little awkward if they aren't even aware that you're in a new relationship. Also, make sure your significant other is comfortable with meeting your family and friends.

What are some other ways to introduce your new beau to family and friends? Comment below.

'General Hospital' Star Teresa Castillo Is Expecting a Baby Girl





By April Littleton

General Hospital star Teresa Castillo and husband Shane Aaron are expecting their first child together. "It feels wonderful. This is the most joyous time of my life," the mom-to-be told [People](#). " It feels great to finally be able to share it with the world." The couple have been married since 2008.

What are some ways you can prepare your relationship for your first child?

Cupid's Advice:

You're expecting your first child with your significant other and now you're unsure about what to do next. Keep calm. Now is the time for you and your honey to enjoy this wonderful journey you're about to embark on. Cupid has some tips:

1. Take classes: Attend classes with your partner that will help you get ready for your new baby. Some of the classes you take will teach you more about breastfeeding, proper care for your newborn and proper breathing techniques when you go into labor.

Related: [JWoww and Fiance Roger Matthews are Expecting First Child](#)

2. Ask questions: Don't be afraid to ask questions throughout your pregnancy. You'll need to prepare yourself and your partner for the lifestyle change and the only way to do that is through good communication.

Related: ['Supernatural' Star Jared Padalecki Welcomes Second Son](#)

3. Make room: You and your significant other can work on the baby room together. Figure out what the colors of the child's room will be and make sure you and your partner both have equal say on the decisions the two of you make.

How did you prepare your relationship for your first child? Share your experience below.

The Price You Pay for a 'Free Ride' Can End Up Being Your Last





By April Littleton

Directed by Shana Betz, *Free Ride* follows the journey of Christina (played by Anna Paquin), a woman who desperately wants to be rid of her dangerous relationship. She moves to Florida without warning only to find herself in a much more terrifying situation than the one she was already in. She is thrust into the world of drugs and her only savior is herself.

Should you see it:

True Blood fans will see a familiar face in this film (Anna Paquin.) If you're not familiar with her work, maybe the drama genre will lure you in. Other actors and actresses to look out for in this movie include Cam Gigandet, Drea de Matteo and Liana Liberato. If you're still on the fence, just think about trying something different if you normally go to the theater to see a comedy or an action film. After all, it's always nice to switch your style up every once in awhile.

Who to take:

Free Ride might not be the best choice for date night, but this movie would be great to see with a bunch of girlfriends or age appropriate family members. However, you could get away with seeing this film with your boyfriend/girlfriend if the two of you are just looking for something casual to do together.

Related: [Anna Paquin and Stephen Moyer Show Off Twin Son and Daughter During Family Outing](#)

What are some healthy ways to end a relationship?

Cupid's Advice:

Breaking up with someone is never easy. When you know the relationship between you and another person just isn't going to work, it can be hard to get them to realize the same truth. You don't have to act out just to get someone to leave you. Instead, try to do things the right way. Cupid has some tips:

1. Be honest: The best way to begin and end anything is through honesty. Don't string your significant other along if you know the two of you aren't meant to be together. Let them know your feelings have changed. They might feel the same. Either way, the breakup will be a lot less difficult as long as both parties are on the same page and understand where the other is coming from.

2. In person: Don't break up with someone via email, text or any other way that doesn't involve you meeting your partner in person. Not only is ending a relationship in such an abrupt manner cruel, but it also shows the other person you never truly cared about their feelings. If you still want him/her to be in your life, do the right thing. Break up with your honey in private and let them down gently. Don't play the blame game, but make sure they understand why you don't see things working out between the two of you.

Related: ['The Secret Life of Walter Mitty' Hits Theaters on](#)

[Christmas Day](#)

3. Keep calm: Breaking up is hard to do, but you need to make sure you do it with class. Don't lose your temper over the small stuff. Your partner is bound to be upset, so brace yourself for some not-so-kind words and actions. No matter what he/she says or does in the heat of the moment, realize it's only out of hurt and anger. Keep your cool and try to be patient with them.

What are some other healthy ways to end a relationship? Comment below.

10 Ways to Make a Long Distance Love Work





By [Whitney Johnson](#)

Long distance relationships aren't always easy, but that doesn't mean they're not worth the extra trouble. In truth, they *do* take a bit more effort, but with these 10 tips, you'll overcome the miles separating you and your significant other.

1. Talk every day: No matter how far apart you are, a simple phone call will work wonders. Hearing your loved one's voice will not only make your day better; it'll also make you feel like a bigger part of your partner's day.

2. Take advantage of technology: Sure, you can't cuddle on the couch as you watch *Scandal* on Thursday nights...but that doesn't mean you can't enjoy it *together*. FaceTime or iChat will allow you to share in your TV-watching night; that way, when you're in the same place again, you'll both know what Olivia Pope and Fitz have been up to.

Related: [7 Secrets to Make a Long Distance Relationship Smokin' Hot](#)

3. Talk about each other: Just because your BFF may not know

your boyfriend well doesn't mean you can't talk about him. Reminiscing about your last kiss or sharing your excitement over seeing him again with your girlfriends will bring the two of you even closer.

4. Plan ahead: In any relationship, it's important to have something to look forward to – whether it be a simple date night at your favorite Italian restaurant or a romantic trip to Turks and Caicos. When you live in different cities, it's even more important to pencil in your next get-together.

5. Save up: With that thought in mind, you have to save your money for those frequent plane tickets or road trips. You never want that big sale at Bloomingdale's to get in the way of seeing your someone special.

6. Send presents: On those weekends when you can't visit your man, send a sweet care package or simple card to let him know you're thinking about him. Even something silly like a box of his favorite cereal will show that you pay attention to what he says – a little thing that make a big difference.

7. Text, text, text: Yes, you need to try to fit in a phone call every day, but texts will help you stay even more connected. If you get a supportive e-mail from your boss or totally screw up during your important presentation, shoot him a quick text to tell him how you're feeling. You can discuss your days in more detail later in the evening.

Related: [4 Ways to Make Your Long Distance Relationship Work](#)

8. Stay positive: Like any relationship, you'll experience ups and downs – only those low moments may be even harder to handle without his arms around you. Surround yourself with pictures and special mementos from your time together. They'll help remind you why you're putting up with the long distance in the first place.

9. Feel confident: Be sure of yourself when it comes to your

relationship. It's easy to let the lack of physical closeness translate to lack of trust or jealousy.

10. Think about the future: At a certain point, you have to decide if you want to make a real commitment to your significant other. Are you willing to give up your job, your house, and your social circle to relocate for your love? If so, tell him you're ready to take that next step.

Cupid wants to know: What's your best tip for making a long distance relationship last?

Cupid's Weekly Round-Up: How to Be a Better Partner





By [Whitney Johnson](#)

If one of your resolutions is to be the best girlfriend you can be, we're here to help! Thanks to these great articles from our partners, you'll be off to a fantastic start.

1. Reflect on your love: The New Year is the perfect time to think back on the past twelve months and look forward to the future. Consider these touching quotes from well-known authors, artists, and poets. Maybe you'll even be inspired to write some sweet words of your own!

2. Partner up: Take a cue from *Real Housewives of New York* star Jill Zarin and join your man in supporting a cause that's close to both of your hearts.

3. Make him happy: Make your partnership the best it can be by focusing on your beau and what keeps him smiling. Guys aren't so complicated – it'll be easier than you think!

4. Fully commit to your beau: With next week's premiere of *The Bachelor*, you'll be obsessing over what lucky lady is going to win Juan Pablo's heart before you know it. Why not focus on

your own man instead and help your relationship grow even stronger?

5. Take the next steps: If you've been with your someone special for the past few weeks and know that he's a keeper, it may be time to take your relationship to a new level. Consider these five tips as you plan your first overnight date.

How will you become closer to your partner this year? Tell us in the comments below.

Keep Talking to Your Kids After Divorce



By Rosalind Sedacca, CCT for [Hope After Divorce](#)

It can be tough – but necessary!

As a divorced parent, you can never pay too much attention to your communication skills with your children. It keeps the doors open for a healthier, more positive relationship with them. It makes you more sensitive to issues of concern early on, so you can nip them in the bud. It also encourages your children to talk about what they are feeling, questions they have, and situations that are creating conflict for them.

Related Link: [Solo Parenting: Reconsidering Your Ex](#)

Don't sit down and say, "Let's talk." Instead, find a comfortable time and place where conversation can flow naturally and easily. Then, bring up related subjects in a casual way. Watching television or movies at home can often be a catalyst for valuable conversation. Driving in the car together is another great time for discussion, questions, and sharing feelings.

Consider Bruce Willis and Demi Moore. Despite being divorced for over a decade, they're often seen at red carpet events with their three daughters, Rumer, Scout, and Tallulah. By maintaining a friendly connection with each other, these exes ensure that they both have a positive relationship with their kids and that their family unit stays intact.

Here are some tips that can help you ease into more productive communication with your kids.

- Asking *why* can be intimidating and close off your conversation. Instead ask *what happened* questions, which keep the dialogue open. Then, move into talking about *feelings* which provide insights into what's *really* going on with your child. Validate their right to their feelings, even if you're uncomfortable hearing about them. When they feel safe in

expressing their emotions, you'll get real clues as to how your divorce is affecting them – and whether there are changes taking place worthy of your special attention.

- Be patient. Don't react or respond until you get the full message. Sometimes, it takes some meandering for your child to reach the crucial point of what they want to say. Don't coax – or shut them off too soon!

- Remember that preaching, moralizing, or “parenting” comments can put up barriers to clear communication. Listening is your most valuable skill and tool. Paraphrase back what you're hearing to make sure you're getting it right. “So you were annoyed at dad for forgetting to call you last night” is far different from saying “I don't blame you for being angry at dad. He's so undependable.”

- Watch your judgments and put-downs, even with upsetting information. Don't belittle your children, call them names, or insult their behaviors. Talk *to* them – not *at* them. The difference is felt as respect. Be careful never to put down or disrespect your child's other parent in your conversations...as tempting as that may be at times. Keep your kids out of the divorce drama as much as possible. That's when real emotional damage is done.

Related Link: [How to Cooperatively Co-Parent After Separation or Divorce](#)

- Acknowledge your children for coming to you or sharing with you. Praise their braveness. If you were at fault, apologize honestly and discuss how you can make changes for the future. Sometimes, post-divorce parent-child communication can be a very slow process as you rebuild trust and a sense of security.

- Show that you accept and love them – even when their behaviors are not acceptable. Help them come up with some acceptable solutions they can understand and feel good about.

Support and positive role modeling go a long way toward influencing your children in the right direction.

Put yourself in your child's place, and you will likely make wiser decisions when it comes to talking about sensitive areas in their life. Afraid to talk about touchy subjects? Get some help from a counselor. Good parents know it's essential to talk to your children and be there for them when they need you – especially when they're reluctant to start the conversation. Don't let them down!

For more information on Hope After Divorce, click [here](#).

✖ Rosalind Sedacca, CCT is a Divorce and Parenting Coach and author of the ebook, *How Do I Tell the Kids about the Divorce? A Create-a-Storybook Guide to Preparing Your Children – with Love!* Acclaimed by divorce professionals, the book provides fill-in-the-blank templates that guide parents in creating a family storybook with personal photographs as an ideal way to break the news. Rosalind is a contributing expert at [HopeAfterDivorce.org](#), [DivorceSupportCenter.com](#), [FamilyShare.com](#), and [CupidsPulse.com](#). For her free ebook *onPost-Divorce Parenting: Success Strategies for Getting It Right!*, her free ezine, articles, coaching services, and other valuable resources, visit Rosalind's [site](#).

Rumor Alert: Are Miley Cyrus & Kellan Lutz An Item?





By Kerri Sheehan

Rumored fling Miley Cyrus and Kellan Lutz were spotted together on Friday night at the grand opening of Beacher's Madhouse in Las Vegas. Although they arrived to the event separately, they were seen partying together later on in the night. Is it possible that the two are secretly an item? Could be. According to one onlooker who reported to [People](#), "They talked a very close range for a long time while Cyrus was laughing and rubbing his back. At one point she kissed Lutz's ear."

How do you keep your new relationship on the down-low?

Cupid's Advice:

Navigating a new romance can be tough. Let Cupid help you out:

1. Don't go wild: A new fling may not turn out to be your next boyfriend, so don't be too over the top in the beginning. Take things slow and feel out if he's really the right guy for you.

Related: [New Couple? Ryan Seacrest Steps Out With Shayna](#)

[Terese Taylor on Vacation](#)

2. Social Media: Everyone knows that the best sign of a healthy and mature relationship is very little sign of it on Facebook. Keep things low key at the beginning, if you're really happy about it the whole world doesn't need to know.

Related: [Miley Cyrus Says Being Single Is 'The Best Time of My Life'](#)

3. Have date night at home: For a famous couple like Cyrus and Lutz, it's obvious why they wouldn't want to go out to a restaurant on a date. Staying in for date night can be just as fun as long as you have movies and popcorn to keep you both company.

How would you keep your new relationship on the down-low? Share below.

Dwyane Wade Admits to Fathering a Child While On Break from Gabrielle Union





By April Littleton

According to UsMagazine.com, Dwyane Wade confirmed to fathering a child while on a break from fiancée Gabrielle Union. "I had a time, a part in our break, in our pain and our hurt, a blessing came out of it in my life, having a son that was born healthy," Wade said in a press conference Monday evening. The basketball player and actress have been dating since 2009 and took a brief hiatus to focus on their careers. The couple announced their engagement Dec. 20.

What are three steps you should take after being betrayed by your partner?

Cupid's Advice:

You just found out that your partner hasn't been honest with you about a certain situation. Now, it's up to you make the decision to either try to mend your relationship, or call it quits. Cupid is here to help:

1. Counseling: If you want to work out your relationship, see a professional counselor with your significant other. You

might also want to think about seeing your own therapist before you make any steps toward reconciliation. You'll need to figure out your feelings and if taking your partner back is really the best thing for you to do.

Related: [Pregnant 'Teen Mom 2' Star Jenelle Evans Is Behind Bars](#)

2. Talk it out: When you find out that your honey hasn't been entirely faithful, confront them about it. Make sure you have some solid evidence before you go to your partner with your accusations. Make sure you're calm when you talk to your significant other and you have that much needed discussion somewhere private.

Related: [Khloe Kardashian Files for Divorce from Lamar Odom](#)

3. Break it off: Letting your partner go and moving on with your life might be the best decision you can make. If you don't feel like you're in a relationship worth saving, call it quits before you begin to doubt yourself. If you can't see yourself trusting your significant other again and you know forgiveness is out of the question, there's no point in you staying with them any longer.

What are some other steps to take after being betrayed by your partner? Comment below.

Dating with Dogs: Picking Out a Pet Together



By Eric Bittman, CEO/President of [Warren London](#)

Picking out a pet as a couple can be a cause of stress in a relationship. The biggest choice is usually deciding whether you want a big dog or a small one, but it can be much more complicated than that.

There are many factors in determining what breed you and your partner should choose. First and foremost, consider your family size and future plans. Some dogs are known to be great with kids, while many breeds are too aggressive for little kids. Some of the best breeds with small children in the house are Beagles, Poodles, Labs, and Golden Retrievers.

Related Link: [When Your Pet Is a Deal Breaker](#)

Another factor can be how much exercise you're able to give to your dog. Some dogs – like French Bulldogs and Pugs – need

walks and exercise but would be great apartment dogs. Other breeds, including Huskies and Labs, require a lot more space and are quite energetic. If you and your partner aren't home much or live in a very harsh climate, a dog who is happy spending most of his time indoors would be ideal for you.

And sometimes, you have to choose a dog because of his personality. When my wife and I lived in New York City, our main concern was getting a pet that would be happy in a small apartment. My allergies to longer-haired breeds and a dislike for heavy shedding also narrowed our options, but we still had a big number of breeds to consider. One day, my wife told me that she saw a cute Boston Terrier on the street with the funniest personality, and after a little research, we were able to make a relatively quick decision. We loved the breed so much that, after a year, we added a friend for Maurice – our new pup, Brittney, also a Boston Terrier. We can't imagine our lives without these cuddly black and white pals.

Related Link: [Brandon McMillan Chats About Finding Homes for Pets on 'Lucky Dog'](#)

No matter how you decide what kind of breed to bring into your family, you'll know when you find the right dog!

For more information about Eric Bittman, click [here](#). Stay tuned for next month's Dating with Dogs column.

Robin Roberts Publicly Thanks Longtime Girlfriend After

Cancer Battle



By April Littleton

[People](#) revealed that Robin Roberts publicly thanked loved ones, along with partner Amber Laign, for sticking by her side through her battle with cancer. "I am grateful for my entire family, my long time girlfriend, Amber, and friends as we prepare to celebrate a glorious new year together," Roberts wrote on her Facebook. The couple have been together for 10 years ever since meeting through mutual friends.

How do you support your partner through a serious illness?

Cupid's Advice:

A partner's illness can put a strain on the relationship, especially if you've never had to go through something like

this before. But there are plenty of ways to help your love through a rough moment in their live without losing them romantically in the process. Cupid has some tips:

1. Communicate: When it comes to a serious illness, both of you need to help each other come to terms with what's going on. Your partner will have good days and some bad ones as well. All you really need to do is just be there for them – through it all. Maintain an open line of communication. When you're feeling down, let your significant other know and vice versa. You'll only have each other during this difficult time and the illness will surely test the strength of your relationship.

Related: [‘The Bachelorette’ Stars Trista and Ryan Sutter Renew Vows](#)

2. Space: Sometimes, you and your honey will want some time alone and that's OK. Plan one day out of the week where you and your partner (as long as they're feeling up to it) can go out and do things on your own. Even if it's just a short visit to the nail salon or to see a matinee movie, the space will do you both some good.

Related: [Hayden Panettiere and Fiance Wladimir Klitschko Join Ukraine Protests](#)

3. Distractions: Don't avoid the illness altogether, but it is a good idea to work on some other activities that kind of distract from the bad situation. Spend some time with mutual friends or maybe go for a few walks every once in a while. Whatever makes your partner happy will also make them feel better physically.

What are some other ways to support your partner through a serious illness? Comment below.

Dr. Sue Johnson Discusses How to Develop Your 'Love Sense'



Interview by [Whitney Johnson](#). Written by Brittany Stubbs.

In a society constantly questioning monogamy and companionship, Dr. Sue Johnson, a clinical psychologist and developer of Emotionally Focused Couple Therapy, uses cutting-edge research to help ordinary people understand why and how we love. In her new book *Love Sense: The Revolutionary New Science of Romantic Relationships*, she presents scientific evidence to show how human beings are meant to mate for life and how to develop one's own "love sense," which is our ability to develop long-lasting relationships. In our

exclusive interview with the author, she shared her inspiration for the book as well as her thoughts on our culture's fascination with failed love.

What inspired you to write this book?

I didn't actually want to write books for the public. I'm used to talking to mental health professionals, but I noticed how many people came to our practice and were in need of an emotional connection with their partner. They were talking about the pain involved in watching a relationship dissolve before their eyes. So it felt urgent for me, as a researcher and academic, to share this amazing information on adult bonding and love that has been denied from a more general audience. We know more about love, and we have more control of love than we think. It's my responsibility to help ordinary people know that they need love and tell them about this new science.

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

You discuss the idea that humans are meant to mate for life, which is controversial in our society given the high divorce rates and infidelity. What led you to this belief?

There's a good amount of chemical evidence that human beings are suited for monogamy. For example, we're flooded with Oxytocin (often referred to as the "bonding hormone"), which only occurs in mammals that are meant to stay together, cooperate with one another, and look after their young when they're vulnerable.

In our society, we're taught to fully depend on someone in a relationship, and when that relationship doesn't work, instead of fixing it, we go and look for another relationship and try to make that work. When relationships end, you see all the stages of grief people experience before they go on to the next relationship. For me, this is just proof that it's

obvious humans depend on and need monogamy, despite all the arguments society has about how we're all so naturally promiscuous.

There's evidence that we're most healthy and happy when we're in these close relationships: with parents, with children, with close friends, and certainly with partners that we make love with. All these chemical and bonding hormones that go on make it obvious that we're meant to be monogamous, but the real issue is that we don't know how to pull it off.

You talk about how romantic love is an attachment bond, like that between a mother and child. If two people don't feel that way, does that mean their relationship is doomed? Or is that a feeling that can be learned between lovers?

If people really don't have that longing for each other, they usually just accept that they're friends. But longing for one another is something that's wired in us, and once that's triggered and you start to feel this closeness, it doesn't mean you know how to take the next step. If you can stay with each other through that longing and reach each other in those moments of disconnection, it's almost like you will fall more and more in love.

Building on all of this, let's go back to the title of your book. You give your readers the ability to build on their own "love sense." So what would you say is the most important rule someone should follow to sustain that long-term love?

One of the most important rules is to accept the most basic thing about us as human beings: We were never designed to be single or face life alone. Self-efficiency is a lie. So accept that you're a mammal and that you have these needs wired inside and that you need other people's support and comfort – these things are what make you a human being. And if you can accept that you have these needs, then you don't have so much trouble listening to them and sharing them with a partner.

Speaking specifically about the women's movement, for example, part of this time was to empower women and teach them to be assertive and strong, which is really great. But it seems to me that the strongest thing about women is that they know how relational they are. They know they are stronger when they can turn to one another and connect with them. And that's something that I think the feminist movement has sometimes missed. It's something we need to teach men. We get so obsessed with being these powerful individuals, but we're actually wired to be most powerful when we're connected to others. So accepting your needs of longing, of closeness, of support – that helps a lot in building that long-lasting love.

Related Link: [Ways to Help Your Single Friends Find a Partner](#)

So much of our society focuses on breakups and divorces. Do you think that fixation on failed-love has an impact on the way we perceive love in general?

I understand that bad news and gossip grabs people's attention, and that's why we focus on these topics. But I think focusing on instances where marriage doesn't work or doesn't last generates this pessimistic attitude about relationships. It's demoralizing. And the irony is it's not true anymore. Scientist like myself are beginning to make it clear that we need love relationships, and we know how we can hold on to them and better them. The sensationalism around affairs and divorces just kind of obscures the fact that we are getting a handle on love and understand it more than we ever have before.

To purchase Love Sense, check out Amazon or your local bookstore.

Khloe Kardashian Says She's 'Excited for This Year to Be Over' Post-Divorce Filing



By April Littleton

According to [People](#), Khloe Kardashian is ready to start fresh in 2014. "I'm excited for this year to be over with," she told U.K.'s *Cosmopolitan*. The *Keeping up with the Kardashians* star filed for divorce from Lamar Odom earlier this month, but she's determined to look on the bright side of things. "I don't regret anything about my life. My life has made me who I am at this moment, and I'm very happy with who I am," Kardashian said. "No matter if it's great, disgusting, beautiful or ugly, it happens and it makes you *you*. Life is about how you process things."

What are some ways to cope with a recent breakup?

Cupid's Advice:

Breaking up with someone you care about will unleash a swirl of emotions you didn't know you could ever feel all at once. Some people know how to deal with these feelings in the right way, while others may need a little guidance to help them get through it. Cupid is here to help:

1. Get in shape: There's no better way to get over a breakup than by getting yourself back in the best shape possible. By going to the gym, you'll be letting out some of your frustrations in a positive way. By the time you're officially over your ex, you'll be looking better than ever.

Related: [Dean McDermott is Accused of Cheating on Wife Tori Spelling](#)

2. Busy bee: Keep yourself distracted until you can work out your feelings in a healthy way. Continue to work as you usually would, and spend more time with your friends and family. Maintain a schedule that works for you and try to keep contact between you and your ex as limited as possible.

Related: [Khloe Kardashian Says Split from Lamar Odom is 'Torture to My Soul'](#)

3. Vent: Don't let your emotions build up inside you. If you're feeling upset or sad about the end of your relationship, talk to someone you trust about the situation. You can ask for some useful advice or maybe you just need someone to hear you out. Either way, some of your good friends or close family members won't mind helping you out in your time of need.

How did you cope with a recent breakup? Share your experience below.

Cupid's Weekly Round-Up: Find True Love in the New Year



By [Whitney Johnson](#)

The start of a new year is like a blank slate. It's the perfect time to evaluate your goals and figure out what you want to accomplish over the next 365 days. If you're single and ready to settle down, use these great articles from our partners to open up your heart to love in 2014:

1. Get inspired: Thanks to these 50 romantic quotes, you'll be more than ready to find the relationship you deserve. So snuggle up with a cup of hot cocoa and get ready to be

inspired! (YourTango.com)

2. Rediscover your passion: It's easy for romance to take a backseat during the hustle and bustle of the holiday season. Whether you're partnered up with someone who you think may be your soulmate or you're working up the courage to say hello to your crush, these four tips will help you reignite your love life. (GalTime.com)

3. Tap into technology: If you want to settle down in the new year, it's time to change your approach to dating. Use this foolproof advice to perfect your online dating skills and meet the man of your dreams. (YourTango.com)

4. Take a deep breath: Former *Baywatch* star Gena Lee Nolin encourages us to enjoy this time of year – whether you're single, in a new relationship, or happily married with four children (like she is!). After all, "true happiness comes from within." (Celebrity Baby Scoop)

5. Ring in the new year with someone new: Just because you're single doesn't mean you can't have a fantastic New Year's Eve. Why not find a single guy and plan a first date for December 31st? Sparks may fly! No matter what you decide to do, reflect on the past year and set clear goals for the coming twelve months. (GalTime.com)

How will you find true love in 2014? Tell us in the comments below!

Eric Smith Helps Nerds Sail

Through the Waters of Love in 'The Geek's Guide to Dating'



By Kerri Sheehan

In the *Mario 64* video game, the title character wins over Princess Peach's heart by saving her from Bowser, a villainous kidnapper. *Spiderman* characters Peter Parker and Mary Jane Watson fell in love despite Parker's nerdy demeanor and web-slinging abilities. In *Star Wars*, Han Solo wowed Princess Leia by showing her that he was more than just your average galactic player. So how did all of these "nerds" manage to navigate the dating world and find their special someone? Chances are they got their hands on a copy of *The Geek's Guide to Dating* by Eric Smith!

Smith is the cofounder of Geekadelphia, a popular blog

covering all-that-is-geek in the City of Brotherly Love. In his newest book, the blogger hopes to help his fellow nerds and give them a step-by-step guide to put their heart on the line and fall in love. Throughout the book, he makes references to *Star Trek*, *Firefly*, *Pokémon*, and many other fandoms. A self-proclaimed geek himself, Smith was able to connect these ideas to the dating world so nerds can really grasp the concepts he discusses. The author also encourages his readers to switch off the “pick-up artist” technique in favor of showing understanding and respect for women. Featuring eight-bit pixel art by Juan Carlos Solon, *The Geek’s Guide to Dating* will make any gamer feel like they’re right at home.

Related Link: [‘Chuck’ Star Vik Sahay Shares Love Lessons from ‘Nerd Herd’ Member Lester Patel](#)

In Chapter One, you outline the different types of geeks and talk about their strengths and weaknesses when it comes to dating. Which kind of geek do you identify with the most? How has this description helped and hindered you in the dating world?

I would probably identify most with the gamer and the book geek. Sometimes, I play a crippling amount of video games, and I’ve been known to take days off of work just to play a new release. My co-workers can tell because I won’t show up on a Wednesday if the video game comes out on a Tuesday. The only reason this hobby has hindered me when it comes to dating is when people aren’t really open to joining in and trying something new like video games. As for the book geek, I spend a lot of time scouring flea markets or used bookstores, trying to get rare titles and exciting finds.

In terms of how these qualities have helped me, I think I have the ability of recall, which is a really nice thing. I love remembering random dates and unique moments of my fiancé’s

relationship with me. I still remember what my fiancé wore on our second date when we went to this really small restaurant in Philadelphia – it was a pink dress that she got from this place called Smak Parlor in Old City. And on our first date a year and a half ago, she wore this green eye shadow that I'm never going to forget. It's fun to know little things like that because mentioning those things can really make someone's day.

You refer to readers as Player One and their potential love interests as Player Two. You pointed out that players must look inside of themselves before finding a Player Two. Can you delve deeper into this advice?

We're talking about the whole "Manic Pixie Dream Girl" concept. Many people tend to think that there is someone out there with a quirky, Zooey Deschanel nature who is going to make you a whole person again. It's like her character in *The 500 Days of Summer* when Tom (Joseph Gordon-Levitt) thinks she's going to fix him. I think it's really important to love and take care of yourself because you probably won't be good for someone else otherwise.

What do you say to a girl to change her mind about dating a geek?

There are always new things to learn in life, and you never know what someone will show you. My fiancé was super weirded out by the fact that my OkCupid online dating profile talked about the fact that I have a bunny. His name is Rorschach (after a character on *The Watchmen*), and I laid it all out right there on my profile. She told her friends about it, and they were like, "Really, he has a rabbit? Are you sure you want to meet this guy?" And, happily, she did because we're getting married!

Related Link: [5 Tips for Creating a Perfect Online Dating Profile](#)

Do you have any advice for gamer guys who are currently attached to a non-gamer girlfriend?

Introduce your significant other to a game that has an interesting storyline. *Bioshock Infinite*, *Vengeance*, and *Assassin's Creed* were great when I was showing my fiancé the video games that I was really into. It got to the point where she wouldn't let me play *Bioshock Infinite* unless she was sitting right there with me, so we spent two days playing together, and it was really romantic. She'll play games, but she really likes to watch the ones that have a riveting and intense plot.

If you're dating someone who does want to play and try them out, then you can pick out games that have two-player opportunities. You don't want to make your significant other watch you slag through a football game when they can't jump in at all. It reminds me of when I was a kid and went over someone's house to play video games; you would really just be watching them because they wouldn't let you play!

Lastly, you give a lot of advice to male geeks looking to get a lady. Do you have any advice for female geeks who want to find love?

It's really a lot of the same stuff that I say to the guys. Share your ideas and pursuits, and don't close someone out because they're not into the same things as you are. Remember that we're long past the days when it was strange for a girl to ask out a guy. Just go for it!

*For more information about Smith, you can check out his web series, [The Geek's Guide to Dating](http://www.quirkbooks.com/post/geeks-guide-dating-webseries-chris-shannon) at www.quirkbooks.com/post/geeks-guide-dating-webseries-chris-shannon or connect with him on Twitter @ericsmithrocks. To purchase *The Geek's Guide to Dating*, visit Amazon.com.*

'Glee' Star Dot-Marie Jones Ties the Knot



By April Littleton

According to [People](#), Glee star Dot-Marie Jones married her longtime girlfriend Bridgett Casteen Saturday night at their Los Angeles home. Close friends of the lovebirds were invited to the celebration. Jones proposed to Casteen during the Gay Days Anaheim weekend in October.

How do you know when you're ready to marry your partner?

Cupid's Advice:

Marrying a significant other is a huge decision to make. Many factors should be considered before you take your first steps down the aisle. Cupid is here to help:

1. Similar goals: You and your significant other need to have some common interests. How many kids do you want? How important is having a career to your partner? What will the two of you be willing to sacrifice in order to have a stable life together? If the two of you can't seem to agree on any answers to the questions above, then you might not be right for each other.

Related: [Florida Georgia Line's Brian Kelly Marries Brittany Cole](#)

2. Unconditional love: You love everything about your honey. All of the little odd quirks your partner has brings a smile to your face and you wouldn't change a thing about him/her. Marriage takes work and commitment, but being with the love of your life will only seem like a burden if you can't accept all of who your partner is.

Related: [Source Denies Rumors that Pippa Middleton and Nico Jackson are Engaged](#)

3. Family and friends: Your loved ones opinion of your companion should weigh heavy on your decide to marry or not. You don't want to be with someone who doesn't get along with your close friends and family. Some of your loved ones may not dig your honey, but the majority of them should have a positive attitude toward the thought of the two of you tying the knot.

How did you know when you were ready to marry your partner? Share your experience below.

What to Do when He is Still Dating Others



By April Littleton

You're in love, but the person you're dating might not feel the same way. In fact, you just found out he's still fooling around with other women. A situation like this can be tricky to handle – especially if you haven't been seeing your man for that long. How do you get the point across that you want a commitment without scaring him off? When do you decide to walk away from the relationship altogether? Cupid has some advice:

1. Do the same: At this point in time, your partner might not

be ready to commit to you. He may be focused on other things such as school, a career, etc. Instead of stressing over him not making you a priority, start getting back out on the dating scene. If he's still seeing other people, you shouldn't put all of your focus and time solely on him when he's obviously not doing the same for you. Keep yourself open to new possibilities and new love interests. You never know, someone who's ready for a serious commitment might be waiting for you just around the corner.

Related: [Dating with an Age Gap](#)

2. Keep busy: Don't sit and wait around for your boyfriend to call or text you. Continue on with your daily routine. Your life shouldn't revolve around another person – especially if that certain individual isn't seeking an exclusive relationship with you. If your man wants you, he should show it and fight for you. When he realizes you're no longer waiting around for him and you're not going to be a second choice, he'll either get his act together or you'll be free to find someone who's worth your time.

3. Read the signs: A man who wants to be with you will do whatever it takes to do so. Does your guy call and/or text you often when the two of you aren't together? If not, he's probably using that time apart to connect with other people. Have you met his family? Do your loved ones like him? The first step to a serious commitment is the approval of both parties family and friends. You don't want to be with a guy who hasn't introduced you to the important people in his life. If the two of you are constantly doing things by yourself and you haven't met anyone else in his life, he isn't serious about you and you need to rethink the status of the "relationship."

Related: [Ways to Help Single Friends Find a Partner](#)

4. Talk it out: Your significant other may not be aware that

an exclusive relationship is what you're after. If the two of you have been an item for awhile and he's still seeing other women on the side, have a talk with him first before you call it quits. Let him know how you're feeling about the situation. Tell him if he wants to continue being with you, he must stop dating around. A serious commitment might not be on his mind right now and if that's the case you need to find a way to move on. Don't keep yourself in a situation you know isn't going to work out in your favor.

What are some other things you can do when your man is still dating others? Comment below.

'America Now' Host Leeza Gibbons Says, "Until You Think You're Worth the Love You're Looking For, It Will Elude You"





Interview by [Lori Bizzoco](#). Editorial by Kristin Mattern.

Award-winning host Leeza Gibbons knows heartbreak and learned through experience that sometimes, to find a relationship and love, you have to start over. A successful businesswoman, she climbed from public radio to popular entertainment news broadcast shows like *Entertainment Tonight*, *Hollywood Confidential*, and *America Now*. But while her career powered forward, Gibbon's romantic life didn't progress so smoothly. After three celebrity divorces, she decided that it was time to focus on herself. Little did she realize that through this process, she would end up meeting her soul mate and now-husband, Steven Fenton. In our exclusive celebrity interview, the popular host gives some inspiring relationship advice for starting life anew.

Leeza Gibbons Opens Up About Her Relationship and Love

The broadcaster met Fenton on a blind date that she mistakenly

believed was a business dinner. “I met him at a restaurant, and two hours later, there was no ask, no agenda... and so I went into my comfort zone of asking questions and made it like an interview. He thought I was kind of rude, I think, and I left abruptly thinking, ‘What was that about?’”

Afterwards, the two didn’t speak for a while but eventually reconnected when Gibbons hired him to work for her. Over time, and after much denial, she realized she had fallen for her genuine, gentle, and loyal team member. “I had found what was missing: being part of a team, being part of a relationship. We really treasure that we are teammates.” But before Gibbons found her happy ending, she made the difficult decision to change her life.

Related Link: [How to Know When to Get Hitched](#)

The journalist came to terms with a life “redo” by “standing emotionally naked in front of a mirror and saying, ‘Wow, look at that – is this the person you want to be?’” She claims that a redo can come at any point in life, no matter your age or who you are. If you find yourself stuck in a life that doesn’t feel like it belongs to you, it’s time for a change. But where do you begin? “You have to drop the dread and banish the blame before you can start any reinvention. Those are the two essentials,” she advises in our exclusive celebrity interview. “It’s not an easy choice, but all choices start with a beginning, and there’s an energy to starting something that can sweep you along to the changes you need to make.”

For the retake on her own life, she used people she admired to become the person she wanted to be. She calls them “pace setters.” Through this positive mindset, Gibbons later had the privilege to meet some of the men and women she looked up to, including Olivia Newton John, who gave her the following advice: “She told me to keep my heart open to love but to walk with the pain of being alone and really re-establish my relationship with myself to become someone who was 100 percent

whole. Then, I would attract that kind of person into my life.”

Related Link: [Single in Stilettos Show: Why Do Men Disappear?](#)

Exclusive Celebrity Interview: New Author Shares Relationship and Celebrity Divorce Advice

Gibbons took these words to heart and earlier this year released her first book, *Take 2: Your Guide to Creating Happy Endings and New Beginnings* which delves even deeper into her experiences and teaches others how to take control of their lives. “We are all on a path of becoming who we are, and the secret to the dance is knowing when to do what,” says the author. She shares that you have to learn to gracefully move from one stage of life to the next and let go of the person you were in the past to be happy now. If it sounds like a balancing act, Gibbons thinks otherwise: “Balance is bogus. We have a high standard for ourselves, but at some point, flexibility and forgiveness – the two f-words – are the ones that are going to give us sanity.”

For those who find themselves entering the dating world after a long hiatus, the celebrity host says to get to know yourself and be real about who you were when you got hurt. “We have to teach people how to treat us. We have to treat ourselves with love, dignity, and respect. When we value who we really are, the rest of the world takes note and mirrors that. Until you think you’re worth the love you’re looking for, it will elude you.”

Related Link: [Bill and Giuliana Rancic on Marriage and Parenting](#)

Gibbons also enjoys co-hosting *America Now* with Bill Rancic, who she describes as a “kid brother.” The show aims to empower

people, much like she has in other facets of her life. The broadcast gives viewers a snapshot of what's going on in the often frightening world and provides tools for people to cope. "We send you to our website AmericaNowNews.com, and we put a lot of resources there so you can really take control of your life," the host explains. "People are so overstimulated today, and everything is moving so darn fast; we want you to feel like you've got it going on and can recover."

In addition to being an author, on-air talent, mother, and wife this inspiring woman is also a philanthropist and created Leeza's Cure Connection, which works to aid caregivers of family members with Alzheimer's. She founded the nonprofit organization after she was personally touched by the disease. "My mom and grandma both died of Alzheimer's. The first time that my mom didn't know my name...there's just no pierce to your heart that is worse than that. What we do is offer free services to caregivers: the husbands and the wives, the sons and the daughters. It really has been the greatest work I've ever been privileged to do."

For more information on Gibbons, visit her website, <http://leezagibbons.com/>.

Florida Georgia Line's Brian Kelley Marries Brittany Cole





By April Littleton

Florida Georgia Line's Brian Kelley secretly wed his serious girlfriend, Brittney Marie Cole, Monday in an outdoor ceremony at his Nashville home. "The whole process has been non-traditional," Kelley told [People](#) about his surprise wedding. "There was no official proposal or exchanging of rings. We had just fallen in love, and I knew I couldn't live without her. It sounds like a terrible cheesy movie, but when you know, you know!" Before tying the knot, the couple dated for seven months, but have known each other for over three years.

How do you know when you've found "the one"?

Cupid's Advice:

You've been seeing someone for awhile now, and you're starting to believe you may have finally found the person you're supposed to be with forever. How do you know if your feelings are true? What are some signs to look for when you're thinking you found someone special? Cupid has some tips:

1. Great communication: If you and your new love can talk for

hours without getting bored of each other, then you might have found something special. Good communication is essential for a long-lasting relationship.

Related: [‘Glee’ Star Naya Rivera Says She and Fiancé Are ‘On the Same Page’ About Wedding Plans](#)

2. New feelings: Compared to all of your other past relationships, you can sit back and honestly say that you’ve never felt the way you do about your current partner with anyone else. When you’re with your girlfriend/boyfriend, you can’t imagine living the rest of your life with another individual. You can picture a future with your honey, and inside of your head and heart, you know there isn’t any other option for you.

Related: [‘Real Housewives of New Jersey’ Star Lauren Manzo is Engaged to Longtime Boyfriend](#)

3. Through thick and thin: You acknowledge all of your significant other’s strengths and weakness and you still love them unconditionally. When your partner makes a bad decision, you don’t criticize them for it. In fact, you know what you have to do in order to build up their self-confidence. Only couples who are truly in love will stand by their companions no matter how good or bad things may get.

How did you know when you found “the one?” Share your experience below.

Pregnant ‘Teen Mom 2’ Star

Jenelle Evans Is Behind Bars Post-Fight with Boyfriend



By Kerri Sheehan

Jenelle Evans is at odds with the law again! The pregnant 'Teen Mom 2' star ended up behind bars after a dispute with baby daddy and boyfriend Nathan Griffith. Evans and Griffith were allegedly arguing when the police were called and they brought Evans out in handcuffs. The 21-year-old adds her tenth arrest in three years to her record. According to UsMagazine.com, Evans claims that her neighbors called the police on them just so they can sell a story to the tabloids.

What are some ways to keep conflicts with your partner from escalating?

Cupid's Advice:

Every couple has their arguments, but it's important to keep these fights in check. Let Cupid help you keep the fights from escalating:

1. Stay calm: It's easy to get overly angry and yell during a fight, but staying calm and discussing things like the adults that you are will guarantee that the spat won't turn too sour. If you start screaming then your partner will follow suit, so don't let your temper get the best of you.

Related: [Teen Mom 2's Jenelle Evans and Gary Head Are Both Behind Bars](#)

2. Pick your battles: Not everything that you and your significant other disagree over is worth arguing about. Save your fights for things that really matter to you.

Related: [5 Celebrity Couples That Fight Dirty](#)

3. Admit when you're wrong: There is not always a right or wrong when it comes to many fights, but sometimes there is. If whatever started the argument happens to be your fault then admit it to your partner and apologize. Sometimes all it takes is an, "I'm sorry," and a kiss on the forehead to let a fight be forgotten.

How do you keep conflicts with your partner from escalating? Share below.

Khloe Kardashian Files for

Divorce from Lamar Odom



By April Littleton

According to UsMagazine.com, Khloe Kardashian filed for divorce from husband of four years Lamar Odom Friday, Dec. 13. Kardashian is asking to legally remove Odom from her last name and she is not seeking any spousal support. The couple married Sept. 2009 after one month of dating.

How do you know when to call it quits on your relationship?

Cupid's Advice:

Deciding how and when to end a relationship is always tough on both parties involved. However, a breakup doesn't necessarily have to be a terrible thing to go through, especially if your relationship isn't at its best. Cupid has some tips:

1. Signs of abuse: If your partner is physically or mentally abusive, it's time to seek help from your family, friends or a professional. Don't stay in a relationship that endangers your wellbeing. The dynamic between the two of you most likely won't change – no matter how much your significant other tries to persuade you otherwise.

Related: [Taye Diggs and Idina Menzel Separate](#)

2. You like to be alone: If you'd rather spend time by yourself or in the company of others, you might need to rethink the status of your relationship. Spending time with your boyfriend/girlfriend shouldn't feel like a burden. When you stop enjoying being around your honey, it's more than likely the spark that kept the romance between the two of you alive has gone out.

Related: [Simon Cowell's Girlfriend Lauren Silverman is Officially Divorced](#)

3. Cheating is an issue: You should want to be in a relationship with someone who wants to be with you and only you. If infidelity has become a problem between you and your partner, it's time to end things with him/her. Don't hang on to someone who clearly doesn't want to commit to you.

How did you know when to call it quits on your relationship? Share your experience below.

Drew Lachey Talks About Finding Balance Between Wife

and Kids



By Priyanka Singh

Former 98 Degrees band member, Drew Lachey, recently talked with Celebrity Baby Scoop about how much life changed for the better when he became a father. The singer revealed how his two children, Isabella, 7, and Hudson, 3, learn about values from the example him and his wife set in their household. Even though the kids are his number one priority, he still manages to keep the romance alive in his marriage to his high school sweetheart. Read on for more of his interview!

CBS: How are your kids Isabella and Hudson doing? What do they like to do for fun these days?

DL: “This morning we were just throwing snowballs. For the most part, they’re just active kids. My daughter loves to

perform and my son's a little tornado. They love music and love dancing. I don't know where they get that from. [laughs] They just naturally want to do that. They're fun-loving, compassionate, and artistic kids. I'm sure every parent thinks their kids are the best in the world, and I'm no different. I have some great kids."

CBS: If we ask them what kind of father you are, what would they tell us? What is your parenting style?

DL: "That's a good question. I try to be fun but I also try to be no-nonsense. Manners are very important in our house, such as respecting and being compassionate towards other people. At the same time, you don't have to be hard-lined with that. You can have fun and make things entertaining. I try to be a good balance. Would they say that? I don't know. But that's what I try to be."

Related Link: [Keith Urban Says Marriage and Family Takes Work Every Day](#)

CBS: How has fatherhood changed you?

DL: "Over the past seven years, fatherhood has changed me completely one hundred percent. Everybody says it changes your life, but it ultimately flips your life one hundred and eighty degrees and changes it massively, but all for the better. Your values, what's important to you, how you look at life, and how you view yourself changes. You have to take a look at yourself and see how these little eyes are going to remember you and how they're going to imitate you and what they're going to take away from you as they grow up. My daughter's sees how I treat her mom and that's how she's going to gauge how every guy's supposed to treat her. You want to make sure you're setting the right example for your kids."

CBS: You married your high school sweetheart. How do you keep the romance alive amidst diapers and carpools?

DL: “Luckily, my kids are out of diapers now so it makes it a little easier. It’s something that every couple has to make the effort to do. You number one priority becomes making sure that your children are happy, healthy, and safe. At the same time, you have to still give each other enough attention and love to keep the marriage strong and healthy as well. Everything is about finding that balance between having time for your spouse and your marriage and also time for your kids. Calling a babysitter and going out on date night is not a bad thing. It’s something that we definitely try to do. Being here in Cincinnati, we also have family that can come and help out and babysit. We definitely try and take advantage of our date nights.”

Related Link: [Ben Affleck Says Wife Jennifer Garner Is ‘the Most Important Person to Me’](#)

CBS: Can you tell us about your holiday plans? Do you have any special holiday traditions?

Drew: “We have lots of traditions. Luckily for us, now that we’re back in Cincinnati, most of our family is here. As opposed to having to fly across country to spend the holidays with our family, we can literally just drive down the road now, which makes it a little bit easier. We’re foodies, so we definitely stuff our faces for three days straight during the holidays. We have Thanksgiving, and then we have leftovers, and then we have leftovers of the leftovers. It’s a big deal for us, and the Christmas holiday is huge too. Ultimately, it just comes down to spending time with family. My wife has a huge family, so it’s always a fun time.”

CBS: What’s up next for you? Are you working on any musical projects?

DL: “Right now, I’m taking the holiday off. It’s been a busy year with the tour and all that fun stuff. I’m sure I’ll get back to auditioning come pilot season and see what’s out

there. I continue to work and audition, but while I'm here in Cincinnati my wife and I teach at the school we graduated from and run our art camp, so between jobs I'm still working. There's never a dull moment."

For the rest of the interview, visit www.celebritybabyscoop.com/2013/12/08/fatherhood-hundred-degrees.

'Glee' Star Naya Rivera Says She and Fiance Are 'On the Same Page' About Wedding Plans





By April Littleton

Wedding plans for *Glee* star Naya Rivera and Big Sean seem to be going very smoothly. “At the end of the day, he knows ‘happy wife, happy life!’ Rivera told [People](#). “So, he’s kind of like, ‘Whatever you want, babe!’”

What are some ways to compromise with your partner about wedding plans?

Cupid’s Advice:

Your big day is slowly approaching, but there are still so many details left untouched. You and your significant other can’t seem to agree on much these days and it’s not from lack of trying. Don’t worry, Cupid is here to help:

1. Share ideas: Let your significant other what you have in mind for your wedding and vice versa. Once all ideas are out on the table, try to find a way to combine the two to make something new and unique. If mixing plans isn’t what you’re looking for, maybe the two of you can think about what you’re willing to give up. For example, your partner might want fresh

flowers, while you could settle for artificial.

Related: [‘Family Ties’ Star Meredith Baxter Ties the Knot](#)

2. What’s important: When you and your partner end up in an argument about the details of the wedding, think about what’s really important. At the end of the day, the marriage you have with your significant other is what counts not the wedding. Yes, you still want to be able to look back and have fond memories of your reception and ceremony, but do you really think 10 years from now you’ll still be upset over what flavor your wedding cake was?

Related: [Christian Slater Marries Brittany Lopez](#)

3. Keep an open mind: You might not be a fan of your honey’s ideas for the reception and ceremony, but keep in mind that it’s their wedding too. When your family and friends come to your wedding, they should be able to recognize the elements you incorporated and what your partner chose as well.

How did you compromise with your partner about wedding plans? Share your experience below.