

Celebrity News: Jason Kennedy's Wife Lauren Scruggs Defends Him After Co-Host's Exit



By [Jessica Gomez](#)

In [celebrity news](#), Lauren Scruggs, Jason Kennedy's wife, is standing by her man! After her hubby's co-star, Catt Sadler, quit working for E! due to a pay disparity, Kennedy received criticism on social media, according to [UsMagazine.com](#). Scruggs was there to support her hubby though. This [celebrity couple](#) stands strong together – and Scruggs had something to say via Instagram on Dec 21 to defend her man and E!. She wrote, "I believe in female empowerment and gender equality, but it's heartbreaking that a network is being deemed sexist when that is simply not true. At one time my husband had a female co-anchor [Giuliana Rancic] on E! News who made 3 times his salary. Women are paid accordingly on this network, and

the difference in his salary versus hers did not affect Jason. He knows there are always more components to consider when determining one's salary than gender alone... Since Jason was named the permanent anchor of E! News over two years ago, he has had various co-hosts that rotate throughout the week. A permanent co-host has never been named since the last one left 6 months ago."

This celebrity news shows that couples stick together in the good times and bad. What are some ways to support your partner through a controversial time?

Cupid's Advice:

Supporting your partner during tough situations is important. Cupid has some [relationship advice](#) on ways to support your partner:

1. Communicate effectively. Make sure you are listening as much as you are speaking. Sometimes we mistake hearing for listening. The best way to help your partner is to try your best to understand them and prevent misunderstandings, and for that, listening is key!

Related Link: [5 Communication Keys Every Relationship Needs](#)

2. Keep the vibes positive: Positive thinking comes a long way. During any situation, controversial or not, we must keep a positive mind. Remember, "mind over matter." Nothing good will come from thinking negatively.

Related Link: [10 Reasons Chrissy Teigen and John Legend are Relationship Goals](#)

3. Create a judgment free zone: It's okay to give advice, but try not to sound like Judge Judy! Judging can only push people away, not bring them in. Keep an open mind.

What are some controversial moments you experienced with your significant other, and how did you support them or vice versa? Comment below!

Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors



By [Rachel Sparks](#)

[Celebrity couple Jennifer Aniston](#) and Justin Theroux

celebrated Christmas together, despite rumors of a [celebrity divorce](#). Though the couple doesn't spend a lot of time together, a close friend revealed to [UsMagazine.com](#) that the two were weekend lovers. In between shootings of both their projects, Aniston would fly up to New York City to visit husband Theroux. Aniston spent time alone in L.A., her west coast preference the driving force for some independent time, but the couple is reportedly still going strong.

This celebrity couple isn't headed for Splitville, despite rumors. What are some ways to keep gossip from affecting your relationship?

Cupid's Advice:

We're all victims of gossip, so it's not unfamiliar when the negative words are directed towards your relationship. Despite the former acquaintance with rumors, they can still hurt your relationship. Read Cupid's [relationship advice](#) to help you and your love survive:

1. Sometimes, it comes from deep love: Understanding that gossip can come from a deep place of love doesn't negate the effects of the rumors, but it can help you and your partner avoid too much heartache. When family gossips, they want to get to know what's going on in your life. Not everyone gossips from love, but recognizing who the words are coming from and why it's being said can help you move past the gossip.

Related Link: [Celebrity News: Jennifer Aniston Slams Pregnancy Rumors, Paparazzi, & More](#)

2. Communicate openly: Be sure to talk openly and honestly with your partner. What they say is far more important than what anyone else says. Sure, some rumors are very hard to

ignore and may test the trust you and your partner have built, but without believing in your love, there's no way the two of you can make it through gossip. Remain open and honest and you two can make it through anything.

Related Link: [Celebrity News: Justin Theroux Reveals How Marriage to Jennifer Aniston Works](#)

3. Cut out the negativity: Ultimately, if people cannot stop gossiping about you and your partner, cut them out. If you've approached the origin of the negative words and asked them to stop and they won't, keep your distance. It's hard when it's family, but family has to understand that your choice is your's alone. Until they respect that, keeping away negativity will help you and your partner heal.

How have you and your partner made it through rumors? Share your advice below!

Date Idea: Build Your Love





By [Rachel Sparks](#)

What better way to build your love than to actually build something together? Grab some blankets and pillows for a temporary fort or wood and nails for something more permanent and start planning your creation with your partner. You'll both challenge your creativity skills, grow your team working skills, and also learn something new – both about building *and* about each other with this amazing [date idea](#)!

This weekend's date idea is all about building something together!

Revert back to your childhood days and make a fort together for a fun [date night](#)!. Get some blankets and create a tent in the living room. Have a playful pillow fight, cuddle up, and share funny stories from when you were younger. If the weather is sunny and warm, go outside and build your fort on the lawn. Let the cool evening breeze and cozy tent ease both of your minds. Be sure to bring a childhood snack like popcorn, pudding, or a bag of Twizzlers. No matter what, you'll connect with your significant other in a fun and unique way.

Related Link: [Date Idea: Get Out of Your Comfort Zone](#)

If you're looking for a bigger project to tackle, build a tree

house together. A good amount of time will be needed to develop and execute your plan, and your teamwork skills will certainly be tested. Be prepared to get your hands a little dirty too! Once you're finished, you'll have a new space to enjoy with your love and build new memories in.

Related Link: [Date Idea: Early Morning Ideas](#)

Whether you're relaxing in your blanket fort or newly-built treehouse, what you do together after building is important. Our [relationship advice](#) means spending quality time together. Dig out your old board games and challenge your love to a competition. Break out a deck of cards and let your S.O. teach you how to put on a poker face. Bring a radio to your new hangout and play your favorite tunes. Watch fireflies, the clouds, or each other for the perfect ending to a busy day of building.

Have you ever built something with your love? Tell us in the comments below.

Date Idea: Bloom in the Sun





By [Rachel Sparks](#)

You've spent the whole summer with your partner at the beach, playing in the sun, splashing around in the ocean, enjoying trail mix and sunflower seeds together. If you're running out of [date ideas](#), Cupid's Pulse has them all. Have you ever given thought to where those sunflower seeds come from or how they grow? It's time to get back to the roots by creating your own love garden together. As the flowers grow, you'll be reminded of that [date night](#) when you first planted them. For fun, take bets on how long they will take to sprout.

Spend some quality time getting back to your roots with this summery date idea!

If neither of you have a green thumb, bring your man to a sunflower maze. To make things a bit more exciting, you can embrace your inner child and play hide-and-seek among the giant stems. Use both of these activities to bond with your man while fitting a little exercise into your afternoon. By the time you leave the maze, you'll be ready for a cold glass of wine and a delicious picnic dinner.

Related Link: [Date Idea: Beat of the Music](#)

When you get home, look up a recipe for sunflower ice cream and whip some up before you sit down to a nice healthy meal. The ice cream will be a unique summer treat and may even become a tradition for you to make as a couple. It'll take about four hours to freeze, so be patient. Prepare some easy-to-make grilled chicken on the barbecue and pull together a tasty summer salad complete with cranberries and apples. Food always brings people closer together and cooking together can remind you of how much you love one another.

Related Link: [Date Idea: Climb Every Mountain](#)

Sunflower season is one of the hidden treasures of summer. Make sure that you take advantage of this beautiful time of year!

Have you ever planted your own garden or visited a sunflower maze? Share your experiences in the comments below.

Royal Celebrity Couple News: William & Kate Will Host Harry & Meghan for the Holidays





By [Rachel Sparks](#)

With all this holiday cheer and [celebrity wedding](#) planing fun, what's more exciting than this [royal celebrity news](#)? According to [UsMagazine.com](#), Prince Harry and Meghan Markle have a family-filled Christmas holiday. They'll start Christmas Eve with Queen Elizabeth II at her Sandringham House, then spend the rest of the holiday with [Prince William](#) and [Duchess Kate](#) as their official house guests. Slated with plans, they'll spend brunch-time at St. Mary Magdalene Church and enjoy a massive feast with two turkeys, a third bird being sent up to the nursery for the royal children.

Even celebrity couples celebrate the holidays with family. What are some ways to keep the drama out of your family reunion?

Cupid's Advice:

Let's be honest, not everyone likes their family. Holidays pressure us to spend time with our more distant relatives, but that only adds more stress. Snide comments, little jabs, and passing judgements end up hurting a lot of feelings and causes

drama. Our [relationship advice](#) will get you through this holiday season with as little family drama as possible:

1. Be grateful: Not everyone can visit their families, so realize that, despite the drama, there are people who are envious of you and your family. No, your family isn't perfect. There's fights and screaming children and disappointed parents, but families are messy. Revel in the fact you have so many people around you who, at the end of the day, love you. That's a lot to appreciate.

Related Link: [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During the Holidays](#)

2. Anticipate triggers: It's hard to remain cheerful when you know your brother is going to comment on your weight. Expecting these snide comments can help alleviate some of the frustration and anger when they do occur. You may be able to ignore these comments and just have a good time, and that is something that will drive your family crazy if they're wanting to push your buttons. Set a new trend: ignore jabs and experience joy.

Related Link: [Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues](#)

3. Banish black-and-white thinking: We all want the holidays to be magnificent. We want our kids to have the same joyful memories we did, full of magic. We want to genuinely enjoy seeing our family and reconnecting with them. People don't always meet these expectations, accidents happen, fights break out, kids cry, and that holiday cheer you pictured isn't what's playing out. Put aside expectations and realize setbacks happen, but that doesn't mean the whole holiday is ruined. Don't dwell on the problems; instead, enjoy every moment for what it is.

How do you survive family holidays with the least amount of drama? Share your tips below!

Celebrity Getaway: Prince Harry & Meghan Markle Plan Vacation Ahead of Wedding



By [Rachel Sparks](#)

We're just as excited for the royal [celebrity couple](#) as they are! The royal [celebrity wedding](#) plans are moving along at lightening speed. Meghan Markle, a Protestant, is making plans to get baptized and confirmed at the Church of England. The televised wedding ceremony and reception are set to take place in Windsor Castle. According to [UsMagazine.com](#), amidst all of the wedding planning, the happy couple are planning a [celebrity getaway](#) somewhere sunny, set to come back refreshed for their 2018 wedding!

This duo is heading for a celebrity getaway pre-wedding! What are some benefits to a pre-nuptials getaway?

Cupid's Advice:

The wedding season is all about you and your partner, so enjoy the time celebrating your partnership. Sometimes, though, wedding planning gets stressful and you need to reconnect with your partner to remind yourselves of the joy for this season. Here's Cupid's [relationship advice](#) for your wedding planning:

1. Reconnect: Amidst all the stress of wedding planning, it's easy to start getting frustrated with your future spouse. During these times arguments can start, creating doubt (cold feet) before the wedding. Taking time away to reconnect with your spouse will solidify your relationship and help remind you both why you're getting married.

Related Link: [Celebrity Wedding: Source Says Prince Henry & Meghan Markle Are Engaged & Will Have a Summer Wedding](#)

2. Escape the stress: getting away means no wedding planning, which should mean no stress. Your wedding is about you, and at the end of the day, whatever you forgot or whatever goes wrong doesn't matter because you're married to the love of your life. As long as you have a great best man and maid of honor, you have nothing to stress about while you're gone!

Related Link: [Royal Celebrity Wedding: Prince Henry & Meghan Markle's Wedding Venue and Date Revealed](#)

3. Celebrate yourselves: In case the stress sucks you in, you need to remind you and your love what the wedding means. You're celebrating the love you have for each other and the faith you have in your relationship. Taking a mini vacay before the wedding can help you guys celebrate like you should

be!

Have you taken a vacation pre-nuptials or do you wish you had? Share your advice below!

Parenting Tips: How to Keep Your Children From Getting Hurt at School Valentine's Day Parties



By [Rachel Sparks](#)

Valentine's Day is a stressful day for everyone, whether you're in a relationship or not. You may be thinking about how you and your spouse can't afford a babysitter, how being a single parent sucks, or how your teenagers may be having more

fun in their relationship than you. As a parent and adult, the stress seems limitless, but to your kids, they Valentine's Day stress and loneliness may be something they don't know how to cope with yet, but our [parenting tips](#) will help you and your kids survive a stressful holiday.

Protect your kids from Valentine's Day blues with Cupid's parenting tips!

Valentine's Day is full of pressure. you have to buy the perfect gift, have the perfect romantic [date idea](#), or rush to find someone to spend the day with. Our [dating advice](#) to you and your family: rushing into a relationship you don't want will only end in heartbreak and frustration. Cupid's [relationship advice](#) will help your whole household find something better than what one night can deliver:

1. Make plans with friends: If your kid doesn't have a date for Valentine's Day and they're upset about it, encourage them to make dates with their friends. Whether it's going to the movies with all their girlfriends, having a rowdy gaming sleepover full of shouting boys and empty pizza boxes, you'll be helping your kids stay busy and prevent loneliness for the holiday.

Related Link: [Making Valentine's Day Fun Again!](#)

2. Challenge them to meet new people: If they're going to a party but don't have a date, challenge them to come back home with three (or five) new people they met. The adrenaline your kids will feel right before introducing themselves to someone new will help make the night exciting and they may even end up with a new friend or two. At the very least, you're teaching them a long-lasting survival technique for whenever they feel lonely. Loneliness is the spark of a lot of depression young

adults face.

Related Link: [Parenting Tips: How to Cope with Stress](#)

3. Teach them about bullying: Ultimately, no matter what you teach your kids or how much you try to prepare them, some hardships cannot be prevented. If your kid or one of their friends is being bullied, they need to be able to identify what it is and how to react to it. Make sure you spend time with your kids telling them what signs to look for and that what bullies say should not be taken to heart. Build a support and safety network beforehand so your child knows who to go to when something does happen.

What parenting advice do you have to help kids survive Valentine's Day at school? Share your tips below!

Movie Review: 'Phantom Thread'





By [Karley Kemble](#)

Phantom Thread takes place in 1950's post-war London, and follows the lives of Reynolds Woodcock (played by Daniel Day-Lewis) and his sister Cyril (played by Lesley Manville). The dynamic duo own London's hottest dress shop, House of Woodcock, and dress esteemed royalty, celebrities, and socialites. Known for his playboy-esque ways, Woodcock's is challenged when he meets Alma (played by Vicky Krieps), a confident and assertive woman. After he falls in love, Woodcock faces many changes in his life and demeanor – and things just get more complicated from there!

This movie is packed with drama and can teach us a lot about relationships. Check out our movie review below!

Should you see it:

If you're a fan of time period dramas, elaborate costumes, or complicated romances, this movie is certainly up your alley! Also: this is rumored to be Daniel Day-Lewis's final film, so if you're a fan of his, then you should definitely check it

out. This film opens in theaters everywhere on Christmas Day 2017.

Who to take:

Though there's an element of romance to this movie, it's no chick flick. This film is the perfect [date night](#) outing for you and your partner! If you have kids, call a sitter; this film is rated "R" due to language and adult themes.

Cupid's Advice:

Phantom Thread's protagonist, Reynolds Woodcock is a chronic bachelor and has problems with commitment. What are some tips or precautions to take when entering into a relationship with a long-term bachelor? Can these relationships work? Cupid has some [relationship advice](#) that should help ease some of your anxieties:

1. They might push you away: It's natural for somebody with commitment issues to try and push people away. It's a toxic defense mechanism and horrible habit. If your partner is aware of their issues and willing to try and fix them, you should feel comfortable holding them accountable for their actions. If they isolate themselves from you, be sure you kindly point it out, so they can become aware of how to improve.

Related Link: [Relationship Advice: What Your Type Says About You](#)

2. They're fiercely independent: People who have spent a large chunk of their lives without a partner tend to be very independent. They're used to doing things on their own and don't like to ask for help. Don't take it personally if they forget to include you into their life right away – they're just rusty! It can be a bit of a struggle to adjust to being responsible for more than one person.

Related Link: [Dating Advice: How to Make the First Move](#)

[\(Women's Edition\)](#)

3. They might not change: Yes, it's possible that a chronic bachelor will never *fully* change their ways. While it may be a challenging reality to accept, it's important to focus on the positives. Do not try and force them to change – that will only create rifts in your relationship. Instead, you should accept your partner for who they are, and be realistic about your situation. You'll find better success and will be a much happier couple.

Is *Phantom Thread* on your must-see list? Let us know below!

Movie Review: Forever My Girl



By [Rachel Sparks](#)

Forever My Girl is a story about star-crossed lovers. Liam

Page (played by Alex Roe) has to choose his love for music over his love for his bride Josie (played by Jessica Rothe). Leaving his bride-to-be behind for his music dreams, Liam never overcomes his love for his ex-bride. Pursuing his musical career forced Liam to leave the small town where he grew up, but the death of his childhood best friend takes him back home and forces him to face everything he left behind.

Forever My Girl is a movie about dreams, lost love, and facing your demons. Check out our movie review.

Should you see it:

Yes. Who hasn't been faced with the difficult decision between one's own dreams and love? Filled with music, what more can one ask for in a heart-warming story?

Who to take:

We have a feeling that the men in your life won't be big fans. This film isn't action-packed nor does it have any explosions. Instead, the movie focuses on matters of the heart, and for some guys, this makes them uncomfortable. Go with a group of friends to have something to discuss over drinks after the movie!

Cupid's Advice:

Facing the decision between love and personal dreams is a difficult one that we hope no one has to face. Ideally, your love will support your dreams, but sacrifice is a part of any relationship. Does that mean you have to give up your goals? Read Cupid's [relationship advice](#) to help you through the tough decisions relationships face:

1. Patience: Sometimes it's just not the right time. That

sounds terrible, right? Dreams are something to work on, constantly. They're life-long goals. As much as we may want a dream to come true right away, there are good reasons dreams may take longer than we want. You may want to blame your partner for your dreams taking longer than you would like, but consider the benefits of waiting. You'll be more capable and ready for your dream whenever it comes. In the meantime, keep working and be ready for the opportunity.

Related Link: [Dating Advice: Balancing Your Career & Relationships and Love](#)

2. Compromise: When you're in a relationship, compromise is expected. If your family is having a hard time staying afloat, whether it's finances, time, affection, you may have to put your dreams on the back burner. That doesn't mean completely give up on your personal dreams. Find a way to invest a little time in for yourself, even if it's only a couple of hours a week.

Related Link: [Relationship Advice: Is Your Job Killing Your Relationship? How to Choose the Right Company to Work For?](#)

3. Leave: If you're feeling controlled or unsupported, it may be time to consider if the relationship you're in supports the vision you have for your life. It's important to evaluate expectations versus reality. Do you have expectations that are destroying your happiness? Become grateful for what you have. But if you evaluate reality and realize that you're not receiving the support you need for your dreams, if you're being treated like your goals don't matter, then it's time to leave and fight for your own happiness.

How have you fought for your dreams in a relationship? What advice do you have for couples so that they can be successful in their partnership and their individual dreams? Share below!

Celebrity Break-Up: How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split



By [Rachel Sparks](#)

We're sad to see this [celebrity couple](#) split. [Jennifer Lawrence](#), 26, and [celebrity ex](#) director Darren Aronofsky, 48, broke up just one month after the release of *mother!*, the movie where they met. According to [People.com](#), a source told the magazine that the age difference between Lawrence and Aronofsky was likely the cause for the end of their relationship. The source says that though the couple was extremely infatuated with and respected each other, the differences in life experiences was the cause of this

[celebrity break-up.](#)

This celebrity break-up happened back in September, but we are just now getting some more details. What are some factors to consider when it comes to age in a relationship?

Cupid's Advice:

When Cupid strikes, rationale is forgotten. It's not always logical who we fall in love with, but sometimes it's important to sit down and evaluate a relationship. Age doesn't have to be a negative factor between two people. The Olsen twins are notorious for dating older men, and despite what critics may see, the longevity of their relationships speaks to their happiness. There are things to talk about with your partner to ensure that age will not have a long-term effect between you two. Here is Cupid's [relationship advice](#):

1. Children: Let's knock the biggie out right off the bat. Sometimes older partners may not want kids, may not be able to have them, or already have some. Children are a huge factor in many people's relationships. Are you and your partner on the same page in regards to this? Age doesn't have to have any impact on the ability or desire to have children, but be sure both you and your partner are open and honest about what you want when it comes to children.

Related Link: [Celebrity Baby: Mary-Kate Olsen & Husband Olivier Sarkozy 'Really Want a Baby'](#)

2. Friends: We all tend to hang out with people who are similar to us. While ages may vary in friendships, more often than not we gravitate to people who are close to our age

because, generally speaking, life evolves on similar paths. If you're around a bunch of older friends, will you be intimidated or inspired? Will you feel left out or will you grow and feel like part of the group?

Related Link: [Celebrity Wedding: John Stamos & Girlfriend Caitlin McHugh Are Engaged](#)

3. Life-experiences: Older ages have dealt with kids, divorce, education, careers, health issues, etc., while younger people are likely still trying to figure out life. Sometimes moments occur where there's tension because of these differences. Age differences are not impossible to work with in a relationship. The older person likely places more value on the relationship because of their past experiences, adding more depth to the relationship; however, there will be challenges. Just be certain this is something the both of you are willing to work through.

Have you been in a relationship where there's been a major age difference? How did that impact your relationship? Share your tips below!

Expert Relationship Advice: When to Sleep Over





By [Megan Weks](#)

When to sleep with someone is a personal decision; it must be considered for each specific situation. However, before you decide, influenced by him as the external factor, an internal overview is always the first consideration.

Consider the expert relationship advice below:

Many great loves that have begun with an immediate naked, giddy romp have turned into serious relationships and lasting love stories. You may even know a couple who started off this way. Even so, I'm going to offer some [expert relationship advice](#) for you to think about before making the fateful decision to jump into the sack.

Being single can be tiresome. Our bodies ache and yearn for closeness. The discomfort of pulling yourself together after work to be date-ready, skipping workouts, and spending money on clothes and cabs, only to have to face an unknown person who decides whether you're a yes or a no, can be a process of grueling anxiety.

Related Link: [Dating Advice: When Should I Sleep with a Guy?](#)

It's easier to slip into your comfy stretch pants and dive

onto your warm, cozy couch for some yummy snuggles with the hot-blooded male specimen standing before you. You crave to feel a warm touch or a tickle on your back and perhaps gentle cheek kisses. Ahhh. The delicious comfort of a relationship! The urgency to advance quickly into this stage has many of us skipping the necessary qualifying steps that, ideally, come before committing to an exclusive relationship.

There are two ways to approach the intimacy process in a new relationship. The first is to dive right in, learn about the guy's intentions and goals, and hope that the relationship falls into place (keeping in mind that his words don't necessarily determine his intentions – only time and consistency will reveal his *true* intentions). If you take this approach, you'll be making relationship decisions after the physical bond has been formed. Even if this man is not right for you on multiple other planes, you'll have to determine that while feeling physically attached to him! Therefore, your body will be yearning for closeness with him, while you're still trying to figure out if he wants what you want, has similar values, and so on.

After having sex, it's proven that your brain makes cloudy (hormone-influenced) decisions about the person to whom you are attached. This is how we end up in time-consuming "mini-relationships," often followed by painful "mini-break-ups."

Do you have relationships that begin hot and heavy and then start to taper off and fade away? Do you have a hard time getting serious interest from men? Have you not had a serious relationship in longer than you would care to admit? If so, I want to stress this second approach to the intimacy process: Take your time to get to know a guy over two to three months before the sleepover. The process where you learn about one another slowly, without exclusivity and without sex, is what I call The Exploratory Phase of the relationship. If you include this phase in your dating process, you will decrease your number of sexual partners and increase the likelihood that

your relationship will stand the test of time.

Even naturals at love can still fall prey and find themselves mired in many time-consuming “miniature-serious” relationships. You see, when you dive in head first, you put yourself in a position I call Lay and Pray. This is when the physical part of the relationship occurs before the actual relationship. A woman who gets caught up in Lay and Pray is telling herself that she can handle it and that she’s going to remain cool while things fall into place. Sound familiar? However, in this place of uncertainty, she’s feeling uneasy, seeking for answers or clues to help her define what’s happening with the relationship.

Related Link: [Expert Relationship Advice: How I Used a Manfunnel to Meet My Dream Husband](#)

Even if what she is experiencing with him is not ideal, she’s not exploring other options because she feels attached and is not interested in seeking out other possibilities. Women whom I define as naturals at love might still have a decent ROI (return on investment) with this method of dating because the naturals usually have a better feeling about the men who are coming into their lives. This means that, since they are making overall healthier choices when it comes to men, they will have a higher ROI in their dating process. Even though a woman may be able to jump into bed and have a chance of that turning into a solid relationship, she still needs to consider her goals, her health, and the time investment she is willing to put into having multiple “mini-serious” relationships.

Keep in mind that if he’s the right man for you, you’ll likely have the rest of your life to enjoy him, both in bed and on the couch. Either way, happy humping!

For more information about dating expert Megan Weks, visit her website at www.meganweks.com. For more expert relationship advice articles from Megan, click [here](#).

Movie Review: 'Pitch Perfect 3'



By [Rachel Sparks](#)

The Bellas are back in this second follow up to *Pitch Perfect*! After winning the World Championships, the all-girl group have split, but they're coming together for one last competition: the USO tour overseas. The catch is the groups they compete against have started using instruments. Follow the amazing vocals of Emily (Hailee Steinfeld), Beca (Anna Kendrick), Calamity (Ruby Rose), and Fat Amy (Rebel Wilson). Watch this story of friendship, frenemies, and competition

'Last Call Pitches' has

relationship advice to get you through romantic partnerships and friendships!

Should you see it:

If you've loved the past two *Pitch Perfect* movies then this third one won't disappoint. There's going to be competition, arguments, friends overcoming obstacles together, global tours, and of course, a grand singing finale.

Who to take:

This isn't a chick flick, so you can bring guys or gals. The sense of community and girl power is definitely something to bring a group of your girlfriends to, but if it's time for a date night, your significant other will still have a great time.

Cupid's Advice:

Relationships can be hard, but *Pitch Perfect 3* portrays the struggle of every kind of relationship. Whether it's romantic or friendly, the Bellas set the stage for some serious [relationship advice](#). This is what we've learned from *Last Call Pitches* about the importance of all your gal pals:

1. When competition strikes: The Bellas are all about competition. The first movie showed them fighting amongst each other but the second movie showed them banding together for the ultimate stand-up performance. Competition can hurt a friendship, but it's not insurmountable. Encourage each other's strengths and find a way to combine your gifts and passions into something you can do together.

Related Link: [Pitch perfect: Skylar Astin Says Celebrity Wedding Will Happen This Year](#)

2. Life has made you distant: The Bellas have split but they're coming together for one last show-stopping performance. Life can tear friends apart. You take different jobs, move for work, marry before your friend, have a baby, make new friends. It can feel hard to maintain a friendship when life places obstacles and makes time a hot commodity. Talk to your friend about how you want to spend more time together, learn each other's schedules and what times work best, and make it a priority.

Related Link: [Top 5 Luxury Travel Destinations For Your Next Girls-Only Getaway](#)

3. Always have their back: Just like in a romantic relationship, you need to show your loyalty and support to a friend. You may not always agree with them or may even doubt them, but supporting them despite the potential for failure will only make your relationship stronger.

Are you dying to watch the third movie in this vocally spectacular trilogy? How have the Bellas changed your view on friendship? Share your thoughts below!

Relationship Advice: Kinds of People Most Likely to Get the Holiday Blues





By Dr. Sanam Hafeez

With the holidays upon us, it's easy for us to get caught up in the rush of it all. While we may be cooking, shopping, enjoying holiday events, there are others – many of whom are in our very own circles – having a tougher time. [Relationship expert](#) Dr. Sanam Hafeez, a NYC based licensed clinical psychologist, teaching faculty member at Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, reveals who are most likely to have the holiday blues, and how we can help them make it through.

If you think somebody in your life could be affected by the holiday blues, check out Dr. Hafeez's [relationship advice](#) below to help better understand your loved ones this season.

1. The newly divorced or widowed: Loss is a sad, life-changing event at any time of the year. However, it tends to be harder when everyone around you is joyful celebrating the holiday's

and you feel it's an effort to get out of bed. If someone in your circles is going through a major loss and life transition, be supportive and understanding. "They are grieving and mourning and are especially sensitive around the holidays. It's important that they feel included but don't be offended if they choose to opt out of certain events," advises Dr. Hafeez. She suggests checking in and offering them the option to participate in whatever they want, when they want. Love them through it.

Related Link: [Relationship Advice: When The Person You Love Suffers From An Anxiety Disorder](#)

2. The busy entrepreneur: The holidays could be stressful for small business owners because so much rides on the end of year. They may be fretting over their profits (or lack thereof), the goals they didn't reach, and the many things still to do. They feel overwhelmed and when they are expected to shop, entertain and be present for their families, they may be short tempered and anxious. "The best way to help the busy entrepreneur is to make their life easier in any way possible. If they can't make it to a family dinner, tell them your door is open for dessert. Often times they feel guilty and obligated which only adds to their frustration," explains Dr. Hafeez. Also consider that these worker-bees are conflicted. When they are working they miss their families and when they are with family they are thinking of work.

Related Link: [Relationship Advice: Things A Nurse Will Tell You But Your Friends Won't](#)

3. The caretaker of an elder parent or relative: Adults who are now caretakers to their elderly parents are incredibly overwhelmed and often overlooked. As a caretaker, they always have to consider the well-being of their parent. They can't just get up and go," explains Dr. Hafeez. Caretakers may feel resentful, isolated and stuck during the holidays which leads to conflicted feelings of resentment and guilt. They also

believe they have to be hands on managing everything. It's important to lighten the caretakers load by offering support; even if it means asking them how they are doing. Be patient and ask the caretaker what they need. It could be something as simple as having food delivered to their home to free up time for other tasks, Dr. Hafeez recommends.

Related Link: [Relationship Advice: 4 Survival Tips When Bah Humbug Meets Father Christmas During The Holidays](#)

4. The recovering substance abuser: Recovering from addiction is hard. Period. It's harder when holiday festivities are filled with friends and family drinking everything from eggnog to champagne. "Understand that those in recovery from substance abuse are hyper-sensitive about being judged. They feel as if all eyes are on them and that pressure may trigger the desire to use drugs or alcohol to soothe their anxiety. When they aren't fully recovered, they may anticipate possible "landmines" and avoid them. They may choose to stay to themselves and observe more and participate less. They might opt out of larger family gatherings that are too overwhelming," cautions Dr. Hafeez. Offer an open invitation and remind them they are welcomed when they are ready. A balance of love, support and acceptance is what they are in most need of, suggests Dr. Hafeez.

5. The children of divorce: Divorce means two separate holidays at two different places, and kids feel overwhelmed having to double up. It's incredibly important for parents to agree on where the kids are going during the holidays and all logistical details. "Kids want to feel safe and secure. They don't want to feel as if they are the expected to be rushed here and there because their parents chose to divorce," says Dr. Hafeez. It could be unsettling to younger kids, and teens may isolate and rebel against any family events as they are sorting out their own emotions as they get used to a new normal. You really want to establish a game plan for the holidays and if possible, stick to it every year, advises Dr.

Hafeez.

Dr. Sanam Hafeez PsyD, is a NYC based licensed clinical psychologist, teaching faculty member at the prestigious Columbia University Teacher's College and the founder and Clinical Director of Comprehensive Consultation Psychological Services, P.C. a neuropsychological, developmental and educational center in Manhattan and Queens. She works with individuals who suffer from post-traumatic stress disorder (PTSD), learning disabilities, attention and memory problems, and abuse. Dr. Hafeez often shares her credible expertise to various news outlets in New York City and frequently appears on CNN and Dr.Oz. Connect with her via Twitter @comprehendMind or www.comprehendthemind.com

Marriage Advice: How to Keep the Spark Alive After Having Kids





By [Karley Kemble](#)

There's no denying that having a child changes the dynamic of your relationship. Even celebrities face this challenge after the birth of a [celebrity baby](#). Bringing a new child into the world doesn't mean your relationship has to suffer! Sure, things might be different between you and your partner, but you just have to adjust to a new lifestyle. There are plenty of ways to bring the magic back into your relationship; sometimes you just have to get a little creative.

If you and your partner are having a difficult time with keeping the spark alive in your marriage, Cupid has some [marriage advice](#) that'll help you and your partner get out of your funk!

Cupid's Advice:

1. Flirt like nobody's watching: Post baby, it may feel weird to openly flirt in front of your kid. Don't worry; you're not alone. If you no longer feel comfortable with PDA, then leave

your partner hidden love notes, or send them a cute text while they're out. Flirting should always be fun and harmless – so don't feel like you *can't* anymore now that you have a child.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

2. Schedule those [date nights](#): We know. Seeing “schedule” and “date night” in the same sentence feels so...old school. The reality of parenthood is that it can be hectic, but you and your partner still need a break every once and a while! Look at your calendar, find an evening that works, and call your mother-in-law or a good friend to see if they'll babysit. Date nights are essential to keeping you sane and giving you two an intimate time to touch base with each other.

3. Try going tech-free: If you and/or your partner find yourselves glued to your phones while the baby is sleeping, challenge each other to put the devices away. Instead of checking your social media accounts, use the rare moments of down-time at home to talk with each other or play a board game! You'll find the little moments of quality time will help your relationship grow, especially without the distractions of the glowing screens.

Related Link: [Marriage Advice from Celebrity Couples Who Stay Together](#)

4. Get touchy: Physical contact is so important in any relationship! As humans, we are designed to desire contact with other people. Post-baby, it's normal for PDA to decrease. (Perhaps you haven't even realized that you and your partner don't get intimate as much – that's also common!) Make it a point to touch your partner whenever the opportunity arises. Hold hands whenever you can – just do whatever it takes to keep each other satisfied.

5. Use your manners: After having a baby, it's easy for you or your partner to feel forgotten. A little kindness goes a long way. If your partner did something as small as starting the

full dishwasher, or as big as surprising you with breakfast in bed, thank them! Never underestimate the power of “thank you” – your partner will feel so appreciated.

How have you kept the romance alive post-baby? Share below!

Royal Celebrity Wedding: Prince Harry Asked Meghan Markle's Mom for Permission Before Engagement



By [Rachel Sparks](#)

The royal family is all about tradition, and Prince Harry is no exception. According to [People.com](#), Prince Harry asked his fiancé's mother, Doria Ragland, her permission to marry Meghan

Markle. Markle is very close to her mother, saying that she is both nurturing and fun. Prince Harry knew that Ragland's answer would have a huge impact on Markle. We're excited to see this celebrity wedding in a few months!

This royal celebrity wedding engagement came only after permission was granted. What are some benefits to asking your partner's parent for permission before an engagement?

Cupid's Advice:

Popping the question is full of nerves and excitement. There's the pressure to do everything right and make sure it's perfect because it sets the tone for your future as a couple for the rest of your lives. However you plan your engagement and wedding speaks to who you are as a couple, so sometimes we may want to forgo traditions. There are benefits to sticking with the old practices. Here's Cupid's [relationship advice](#) to guide you through your wedding season:

1. Respect: You may not be all that traditional, but sometimes it's worth considering how others may feel. If you don't ask your partner's parents for permission, will they be upset? A wedding is about you and your soon-to-be-spouse, but it's also a representation of your marriage, consisting of compromise, family, and respect. You may not care about traditions, but your partner's family (and maybe even your partner) could care. Show you respect them by sticking with the tradition. It sets a great tone and relationship for the rest of your life with your partner's family.

Related Link: [Wedding News: Prince Harry & Meghan Markle to Announce Engagement Soon](#)

2. Support: No, you don't ask for permission with the hopes of having financial support during the wedding. Sometimes parents can't help pay for things. Including them in the process from the beginning opens up the doors to opportunities for support. They may have ideas, may help decrease the stress, might have money or a space for the wedding. Whatever it is, parents often do want to support their families, so make sure you don't distance your future in-laws by forgetting about them in the very beginning. Ask them for permission and you might get rewarded.

Related Link: [Celebrity News: Source Says Prince Harry is 'More Serious' About Meghan Markle 'Than Ever Before'](#)

3. Sense of belonging: Ultimately, marriage is about family. Not everyone has a huge family or a close one, but at the end of the day, family is the group of people you're stuck with. Asking permission before proposing creates a respectful, open, and vulnerable relationship with your new family members. It's nerve-wracking but worth the new love and support you'll receive.

Did you ask permission or were you the bride-to-be? Does asking for permission matter? Share your thoughts below!

Celebrity Baby News: Chrissy Teigen & John Legend Are

Expecting



By [Rachel Sparks](#)

The [latest celebrity news](#) is all about the next [celebrity baby](#)! [Celebrity couple Chrissy Teigen](#) and [John Legend](#) just announced baby number two! After having trouble and finally having baby Luna through IVF, the couple is excited to expand their family. According to [UsMagazine.com](#), the celebrity couple has a male embryo on ice to add a little boy to their hopes of a large family!

This celebrity baby news is a very happy occasion. What are some ways to keep your baby news under wraps until you're ready?

Cupid's Advice:

As exciting as having a baby is, sometimes we want to keep the

announcement under wraps. Whether it's because of a difficult pregnancy or you are trying to raise the anticipation, keeping things under wraps can work in your favor. There's more than just a baby bump to think about hiding until you're ready to share the news. Check out our [parenting advice](#) to get you through your pregnancy secrets:

1. The new diet: Once you find out you're pregnant, your diet is going to start changing. It might be that you've eaten junk food most of your life and need to start a healthy streak, or the pregnancy and morning sickness are limiting your eating desires, but at some point people will notice. Tell a white lie and say you're starting a new diet.

Related Link: [Celebrity Baby: Chrissy Teigen & John Legend Share Baby No. 2 Plans](#)

2. Doctor or dentist: You're going to be going to a lot of doctor appointments, but how are you going to hide them all? The only time women go to the doctor a lot is if there is something wrong or they're pregnant. If you're telling another white lie, fudge the facts and instead of yet another doctor visit, say you're going to the dentist or optometrist.

Related Link: [Celebrity Baby: John Legend Opens Up About fertility Struggles with Chrissy Teigen](#)

3. Colorful fashion: If you're starting to show, congratulations! You don't have to go for oversized sweatshirts or baggy dresses. Pair funky patterns and bright colors. Layer tops or wear chunky belts. Get wild with your fashion for the next couple of months and use those flashy patterns to distract from your changing body.

How would you hide your pregnancy until you're ready to share the news? Share your tips below!

Celebrity Wedding: Source Says Prince Harry & Meghan Marckle Are Engaged & Will Have a Summer Wedding



By [Rachel Sparks](#)

This [celebrity couple](#) is planning a [celebrity wedding](#)! Though no official engagement announcement has been made, Prince Harry and Meghan Marckle have already established a wedding date. According to [UsMagazine.com](#), Prince Harry has commissioned an engagement ring using diamonds from one of his mother's brooches (Princess Diana). Marckle, who had started bringing things over to Prince Harry's Nottingham Cottage and just recently finished filming *Suits*, is making plans to give up her career and move in with Prince Harry before the

engagement.

This royal celebrity wedding has been highly anticipated. What are some ways to add personal touches to your wedding festivities?

Cupid's Advice:

Your wedding is your special day to showcase how wonderful you and your partner are together. Every bit of planning and celebrating you do before the actual day sets the tone for what your wedding will be like. Finding ways to incorporate special traces of you both makes it more meaningful for everyone included. Check out our [relationship advice](#) to help you customize your special day:

1. Monogrammed stamps: Customize your stamps so that every bit of stationary sent out is full of your fantasy wedding. From invitations to bridal showers to bachelor(ette) parties, include your insignia like it's your family sigil.

Related Link: [Celebrity Wedding? Sources Say Prince Harry & Meghan Markle Could Elope](#)

2. Hashtag: Everyone has a smartphone, so use this to your advantage. Make a custom hashtag and include it in your invitations so that every picture taken, from the bridal shower to the late nights planning with your bridal party, keep track of all photos taken with a hashtag across all social media forms.

Related Link: [Royal Celebrity Wedding: Meghan Markle Says She & Prince Harry Are 'Really Happy & in Love'](#)

3. Customized M&M's: Who doesn't love spooning handfuls of

M&M's into their mouth? Customize with your initials or even a cute headshot. Don't just save them for the wedding; have enough to keep the fun going through all the stressful times of wedding planning.

Dreaming about your wedding or already been down the aisle? How did you incorporate **your personality into your special day?**

Latest Celebrity News: Jennifer Garner Says She Is 'Not Interested in Dating' After Split From Ben Affleck





By [Rachel Sparks](#)

Former [celebrity couple Jennifer Garner](#) and [Ben Affleck](#) have been apart for nearly two years, but these [celebrity exes](#) are setting a new standard for co-parenting and remaining amicable exes. Garner told [UsMagazine.com](#) that she and Affleck do have plans for a family Thanksgiving together. An insider told the magazine that Garner even helped Affleck get into a rehab center as his alcoholism took a spiral downward. The latest [celebrity news](#) is that despite, or maybe because of, the sincerity of their friendship, Garner has been on one date in the past two years since her [celebrity divorce](#), but she's still not ready to start dating again.

In this celebrity news, it looks like Jennifer Garner's break-up from Ben Affleck is affecting her long-term. What are some ways to cope with a break-up so you can move on?

Cupid's Advice:

Accepting the loss of someone meaningful in your life is painful at best and near-impossible at worse. When you've been with someone for as long as Garner and Affleck were together, what does life look like without that person? Moving on is hard, but at some point you want to accept the change so that your life can move forward. Here's Cupid's [relationship advice](#) to get you through a break-up:

1. Burn, bury, block: Sounds harsh? Unless you and your ex have kids together, moving on means letting go. Do whatever it takes for you to cut those ties with your ex. Burn the love letters, bury the stuffed zebra your ex won at the carnival, and block any way that they can get in contact with you. Doing so doesn't mean you never loved them, it just means you love yourself enough to know you deserve happiness. Being stuck with the pain of a relationship at its end is not happiness.

Related Link: [Dating Advice for Dealing with the break-Up Blues](#)

2. Give happiness, get happiness: Have you ever been in a Starbucks line and been at the receiving end of pay it forward? Yeah, it's pretty great. It also feels good to know you've made someone's day better. We know it's hard when you're feeling down to even consider bringing joy to other people, but the proof in the facts is this: helping others creates fulfillment and happiness. If you don't feel like dealing with people, find a way to volunteer behind the scenes; you'll still reap the emotional rewards.

Related Link: [Expert Dating Advice: Moving On After a Divorce](#)

3. Focus on you: In a relationship, we often think about what the other person wants. Ever been asked where you wanted to eat and said, "What do you feel like?" Couples form a group identity, so being on your own is terrifying, but it can be exciting. Try something new, start a diet, exercise, start a new hobby, go to a concert of a band your ex hated...the list of

things you can do alone is literally endless. Rock out the single status. Learning to enjoy time alone is attractive, but it also makes any future relationships that much more meaningful.

How have you gotten past a break-up? Share your relationship advice below!

Movie Review: 'Wonder Wheel'



By [Rachel Sparks](#)

Wonder Wheel is a tale about lost dreams and new dreams, estranged family, and hard-working love all set up against a 1950's Coney Island filled with gangsters. Kate Winslet plays Ginny, the former actress-turned-clam-waitress. Emotionally wild, Ginny's rough-around-the-edges husband Humpty (played by Jim Belushi) has to deal with his wife's emotional break-downs

and the discovery of his estranged daughter, Carolina (played by Juno Temple) hiding from gangsters in his apartment. Throw into this cast [Justin Timberlake](#) as the lifeguard heartthrob who dreams of being a playwright, and you have a complex, winding story full of great actors. Kate Winslet, best known for her role in *Titanic*, recently starred in *The Mountain Between Us*. Jim Belushi, a well-seasoned actor with an extensive filmography, recently played in the TV series *Twin Peaks*. Juno Temple is known for her roles in *Maleficent* and *The Dark Knight Rises*. Musician turned actor, Justin Timberlake, is constantly working. He's been on *The Tonight Show Starring Jimmy Fallon*, *The Voice*, and *Girls* recently.

Wonder Wheel is full of love advice and fighting for your dreams!

Should you see it:

If you're looking for an emotionally filled drama about life and love, this is your movie. It's slower moving but well scripted with even better acting.

Who to take:

This isn't the movie to bring someone to if all they want to see is flashing bombs, fast cars, and intense fight scenes. The plot moves slowly, and there's little physical action. It's PG-13 rating is for brief sexuality and cursing, so if your friends are expecting intensity like *Game of Thrones*, this won't be for them. Take your mom or some girlfriends for a girls' night out!

Cupid's Advice:

Wonder Wheel is a movie packed with distant relationships. It's normal for people in long-term relationships to wander

away, whether it be with family, like Humpty's estranged daughter, a significant other, or friendship. How can you reconcile distance or time to heal a broken relationship? Here's what Cupid learned about [relationship advice](#) from this movie:

1. Small touches: Humans are physical beings and we feel more connected with a person when we touch them. Consider handshakes. Do you judge a person based on how they shake your hand? This safe initial contact breaks the walls down that we often have around strangers. It's just as beneficial for people reconnecting to use small touches to help break the ice. You don't have to say something, just hug your best friend or hold your partner's hand.

Related Link: [Four Ways to Stay Connected to Your Spouse](#)

2. Actively listen: Communication is one of the biggest fails in any relationship. It's very easy to get lost in the stresses of your own day and unintentionally ignore the person you should be listening to. Making a conscious effort to actively listen to what someone is saying is one of the biggest ways to show you care about them, and they will notice.

Related Link: [Hang Tough – You'll Get Through It](#)

3. Positivity: It's true no one likes to be around someone negative. While friends, family, and partners want to listen to your day, complaining incessantly is a turn off for anyone. Talk about your day, vent your frustrations, but don't wear your frustrations like a coat. Positivity attracts people, so if you're trying to reconcile a relationship, remaining positive will help move things forward.

How have you reconnected lost relationships? Share your advice below!

Celebrity Wedding: Serena Williams Marries Alexis Ohanian in New Orleans



By [Karley Kemble](#)

In some seriously exciting celebrity news, Serena Williams and Alexis Ohanian are married! The tennis pro and Reddit co-founder tied the knot in a lavish New Orleans ceremony. According to [EOnline.com](#), their [celebrity wedding](#) was attended by many family members and friends – the rehearsal dinner alone had around 100 people in attendance. With tons of alcohol, beautiful flowers, and yummy beignets, this wedding was one-of-a-kind! Williams and Ohanian have been together since 2015 and welcomed their first child, Alexis Jr., two months ago. Congratulations to the [celebrity couple](#) – you have a lot to celebrate!

This celebrity wedding was a fancy affair! What are some ways to personalize your wedding festivities?

Cupid's Advice:

Your wedding will be one of the best days of your life, so it's important that everything – from the location and decor to the food and drinks – best represents you and your relationship. Cupid has some ideas on how to make your special day unique:

1. Break from traditions: Sure, there's nothing like a classic wedding. These ceremonies are timeless and quaintly traditional. But your day is all about you, so you can celebrate it however you'd like! If you would rather add your own touch to the bouquet or garter toss, go for it. Your guests will love the creative spin.

Related Link: [Celebrity Baby: Serena Williams Introduces Daughter Alexis Olympia](#)

2. Ditch the cake: If you don't like cake, you don't have to serve it! Dessert alternatives are super on-trend lately. You can serve cupcakes, order a wall of doughnuts, or even have an ice cream sundae bar. The choices are endless, and the personal touch will be remembered.

Related Link: [Celebrity Wedding: Serena Williams Addresses Secret Wedding Rumors](#)

3. Get creative with the guestbook: Guestbooks are nice, but realistically speaking, how often do you think you'll sit down

and go through the album? Ditch the book and have something more practical. Buy a coffee table book for your guests to sign, or ask people write down a piece of marriage advice for you. You'll get more use when you implement a bit of creativity, and you won't feel like you're wasting your money on something that's going to gather dust in your closet.

How have you added personal touches to your wedding? Let us know below!

Celebrity Break-Up: Jennifer Hudson's Ex David Otunga Will Fight for Primary Custody of Their Son Post-Split



By [Karley Kemble](#)

Jennifer Hudson could be facing a long and messy custody battle. In the latest [celebrity news](#), [UsMagazine.com](#) reports the *American Idol* alum and current coach on *The Voice* is fighting her ex-fiancé David Ortunga for primary guardianship of their son, David Jr. According to Ortunga's attorney, he has been working to settle an "amicable parenting agreement with Ms. Hudson for several weeks now," but the estranged couple has not been able to finalize it. Hudson has previously been granted a petition for Order of Protection against her [celebrity ex](#), citing protection for herself and for her son. The pair announced their celebrity break-up earlier this year.

This celebrity break-up seems to be getting very messy. What are some things to consider when you're splitting with your significant other and you have a child in the picture?

Cupid's Advice:

Sometimes, relationships fizzle out. While a split is always complicated and full of emotions, if you and your estranged partner have a child, there are even higher chances for issues to arise. If you are breaking up with your partner and you share kids, Cupid has some things for you to consider:

- 1. Be ready to co-parent:** You and your partner have a shared responsibility for your kids. If you are splitting up, you should figure out how you'd like to continue raising your kids. Ideally, this should be done without the help of lawyers and a court. Figure out a system that works best for your lives and stick to it.

Related Link: [Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again](#)

2. Adopt a “kids come first” mindset: Establishing this mentality is important after a split. Regardless of the differences between you and your partner, it’s important to remember that your kids come first. This will help you in times of conflict and stress. Sometimes, you’ll both have to swallow your pride and put on a happy face for the sake of your kids’ well-being.

Related Link: [Celebrity Break-Up: ‘Bachelor’ Nick Viall Addresses Being Single After Split from Vanessa Grimaldi](#)

3. Keep it professional: Never badmouth your partner in front of your kids. No matter the situation, it’s important to voice your negative opinions in private. By projecting your feelings about your ex onto your kids, you could cause long-term emotional issues for them. Let your children form their own opinions and conclusions, and make sure you’re there for them when they need you.

Have any other tips? Share your thoughts below!

Relationship Advice: Is a Bad Boy Good for You?





By Dr. Jane Greer

Carmen Electra has revealed her ideal man is a “bad boy with a good heart.” She describes this man as someone who has been through a lot in life, and has had to work on himself. He is a spiritual person with a strong self-awareness, someone who has “worked all the steps” and is ready to settle down after experiencing all of the craziness of life. This is a common desire for women – wanting a man who is thought to be “bad.”

This conundrum of falling for the rebel, the tough guy, and then dealing with the consequences that brings, has been around since people have been looking for love. What is it about that “type” that attracts so many? Check out the following [relationship advice](#).

It could be the image, or the idea that someone like that might be sexier than someone else, or it might be the thrill of being with a man who often decides not to follow the rules.

Whatever the case, it can often lead you down a path of darkness. Very often the outcome is that the “bad boy” makes you feel bad. You see him as having been through a lot, maybe even having suffered, and you might want to try to make things better for him, but it comes with a price. Someone who breaks the rules might do so in your relationship, too, by lying, cheating, and even possibly insulting you. To an outsider, it might look like simply asking for trouble. Why, then, would someone knowingly put themselves through that?

Related Link: [Celebrity News: Carmen Electra Sets Record Straight on Her Relationship with Ex-Husband Dave Navarro](#)

In my book *How Could You Do This To Me? Learning to Trust After Betrayal*, I talk about the trust sand traps that keep you mired in a relationship like this. The first is, you want to give him the benefit of the doubt. In other words, you want to believe what he says and take it at face value, whether it is that he is sorry, or he didn't mean it, or he didn't realize what he did would hurt you. It is a way to make yourself feel virtuous since you are being understanding and patient, and you keep giving him another chance. You can say to yourself, look what I'm willing to put up with. Another trust sand trap you can get stuck in is the idea that he loves you so much he will change his bad behavior for you. This concept allows you to stay in it and tolerate whatever he does while holding onto the hope that over time he will come to treat you the way you want. You are going to be the one who is more special than all of the other women, and be able to bring out the good in him. And finally, there is the idea that we are meant to accept the good with the bad. He wants you to feel sorry for him for how hard he's had it, and all the pain he has been through. This can work on your guilt. So by staying with him, it gives you a feeling of being in control since you are choosing to put up with it, which can help to alleviate your feeling guilty about not being accepting enough.

Related Link: [Relationship Advice: When Is the Old New Again?](#)

If any one of these three trust sand traps are at play with you, surprisingly the relationship might be a way of going about trying to make yourself feel good. You raise your self-esteem by making you feel you are a strong, tolerant, and forgiving person in contrast to his being so bad. If you find yourself here, you may want to explore other ways to boost yourself up. Try to begin to trust your own truth by admitting that his lies and the other troubling things he does are not okay, and probably won't change. Protect yourself by putting limits in place and refusing to go along with the bad behavior so you don't have to continue to be mistreated.

Hopefully Carmen's "bad boy" has gotten all that negativity out of his system and is ready now for a smooth, good ride with her by his side.

Please tune in to the Doctor on Call radio hour on HealthyLife.net every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are HuffPost on Call, and the last Tuesday of the month is Let's Talk Sex! Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at askdrjane@drjanegreer.com. Connect with Dr. Jane Greer on [Facebook](https://www.facebook.com/DrJaneGreer), at www.facebook.com/DrJaneGreer, and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.

Movie Review: 'Call Me By

Your Name'



By [Rachel Sparks](#)

Call Me By Your Name is a coming-of-age story set in 1983 in Italy. It follows the budding romance of Elio (Timothée Chalamet) and Oliver (Armie Hammer). The twists: Oliver is Elio's research assistant, Judaism, and homosexuality. Armie Hammer has been in notable films, such as *Nocturnal Animals*, *The Birth of a Nation*, and *Entourage*. Timothée Chalamet has been in both TV (*Law and Order*) and movies (*Interstellar*). The film is packed with tension, drama, and faith.

This movie is filled with budding relationship advice!

Should you see it:

If you loved the anticipation of an impactful ending like *Interstellar*, *Call Me By Your Name* will take you down a

winding storyline. The challenges of forbidden romance create anticipation and hope.

Who to take: This is a romance story at its core, so find someone who loves matters of the heart. No matter their sexual orientation, the story of two people fighting for love against all odds will appeal to any friend. If your significant other is down for a love story, then it will be well worth the watch for a [date night](#).

Cupid's Advice:

Coming out to friends and family is one of the most terrifying things anyone could do. Admitting this to yourself is even more challenging. Whether it's you or someone you care about, Cupid has [relationship advice](#) for this new territory:

1. Don't de-individualize: A lot of people are far more accepting of homosexuality than ever before, but that doesn't mean it's any easier to admit a new aspect of someone's identity. But be careful, if someone you care about tells you they're homosexual, don't say, "I love all gay people!" As supportive as that may sound, no group of people is ever exactly the same, and by clumping your friend into a group shows you lack knowledge about their new identity.

Related Link: [Celebrity Interview: Blake Cooper Griffin Gives Relationship Advice & Says, "Don't Be Reckless with Other People's Hearts"](#)

2. Go shopping: One of the best parts of changing your identity is creating a new wardrobe! Embrace your friend's identity by taking them out for a shopping trip. It will help them feel more confident and show your support.

Related Link: [Hollywood's Gay Power Couples](#)

3. Take them out on the town: Your friend hasn't changed; they still love going out with you. Show more support for them by

taking them out to a club that caters to their needs and play their wingman (or woman). Plus, you'll both just have a great time dancing and looking good!

Are you adding this emotionally0challenging movie to your **must-watch list**? What does this make you think about people who may be coming out in your own life? Share any advice you have below!

Celebrity Couple News: Gigi Hadid & Zayn Malik Celebrate 2 Years Together with a Kiss



By [Rachel Sparks](#)

Model Gigi Hadid and former One Direction singer Zayn Malik celebrated two years together on November 12. The [celebrity couple](#) recognized the moment with a kiss, posted on Instagram later that night. Hadid shared with [UsMagazine.com](#) that the romance started for the couple on the *Ellen DeGeneres Show*. Hadid and Malik met at a friend's party and had their first date later that same week.

This celebrity couple is celebrating their anniversary. What are some special ways to show your partner you care on your anniversary?

Cupid's Advice:

Anniversaries are significant for couples because they mark the growth the two of you have made as a team. Finding the best ways to express your love for your partner is a lot of pressure, but Cupid has [relationship advice](#) to make your anniversary that much better:

1. The perfect gift: Tell your love story together. It will be heart-warming to see how your partner views your first meeting. Sharing how your relationship has grown and what you've loved most will reignite the initial young love for each other. Make a photo album, splurge on a hardcover book of the two of you, or tell it in style with a customized playlist.

Related Link: [Celebrity Wedding: Justin Timberlake Pens Wife Jessica Biel a Love Letter for 5th Anniversary](#)

2. Getaway together: Recognize this special achievement by going somewhere important to you both. Whether it's a cabin in

the woods, camping for a weekend, or the honeymoon suite at an all-inclusive resort, enjoy the seclusion a trip offers you both.

Related Link: [Celebrity Wedding: Sarah Michelle Gellar & Freddie Prinze Jr. Celebrate 15th Anniversary](#)

3. Share a new experience: What's more exciting than falling in love? Sharing a new adventure with the person that you love! If you've been dying to go skydiving or hot air ballooning, mark the occasion with something you've both never done. It will be something you guys talk about for years and the fear of trying something new will bring you closer together.

How do you show your partner that your anniversary is special? Share your ideas below!