

'Felicity' Actress Keri Russell and Husband Welcome Baby Daughter



Former *Felicity* star Keri Russell and husband Shane Dreary brought their second child into the world this past December. The couple's first child, River, has taken on the role of big brother to his new baby sister Willa Lou Dreary. According to *Celebrity Baby Scoop*, the actress mentioned that becoming a mother has transformed her. She also said that there's "just a whole new set of feelings that aren't as accessible to you before you have kids."

How does having a child change your priorities?

Cupid's Advice:

Once you have a child the world you once knew will no longer exist, and life will never be the same because you'll have different priorities. Cupid has some tips to help you prepare:

1. Focus: Remember when the world revolved around you? Well, those days are over. The majority of your energy and concentration will be about raising your child.

2. Flexibility: You can't just get up and go anymore. Going out and family trips have to be thoughtfully planned, and your wallet is going to tighten up as well. You're not going to have money to blow like you might have before.

3. Family: If you're already close with your family, you're in luck because everyone is going to want to take their turns babysitting and you'll have a great support system for advice. If you're not close with your family, a newborn in the family might be just the thing you needed to regain that connection.

How did having a child change your life? Share your comments below.

Former 'Roswell' Actress Shiri Appleby Debuts Web Series on Dating





Shiri Appleby, 33, made us fall in love with her when she was on the hit alien show, *Roswell*. Now she is teaching us how to fall in love with ourselves before finding the right partner.

Staying true to her acting roots, Appleby will be starring in a new web series, *Dating Rules For My Future Self*. Appleby's character works up the courage to not marry her boyfriend after receiving a text message from her future self. Through dating, she finds what makes her happy in a relationship and as a single gal, according to [YourTango](#). We definitely look forward to taking dating advice from this girl, who has been in a happy one year relationship.

How do you take control of your love life?

Cupid's Advice:

Being in a relationship is a 50/50 commitment, but that doesn't mean that you have to lose control of who you are.

When dating, you have to be able to have the courage to say "no" to what you don't want and say "yes" to new experiences:

1. Date on your terms: Date when you're ready, and date who

you want to. Don't necessarily rule out blind dates, but don't force yourself to look for love where it isn't a chance of it happening.

2. Know when to say "no": Sometimes we get comfortable with a partner and are scared to let go when we feel that the relationship is not going right. If you're not happy, the relationship will fail.

3. Say "yes": Don't turn down the chance to go on a date with someone you probably wouldn't have thought of getting to know. If you're in a relationship, don't be afraid to say "yes" to trying new things to keep your love life fresh.

How do you take control of your love life? Share your thoughts below.

Date Idea: Enroll in a New Class





By Ché Blackwood

This weekend, step out of your comfort zone and learn something new by enrolling in a class with your partner. With a little research, you can easily find sites that connect you to local shops where you will learn to paint, make the perfect bottle of Merlot, or write a romantic poem. Whether you want to create a mouth-watering sushi roll or bowl the perfect game, there are plenty of classes available for couples to experience together.

Dating Advice to Incorporate Your Love's Interests Into Your Relationship

Related Link: [Date Idea: Take a Risk and Be Daring](#)

Here's some [dating advice](#) from Cupid: For a special gift, enroll your significant other (and yourself) in a class that aligns with their interests. If they've been hinting at learning how to do the Downward Dog, search for a yoga studio

in your area. If your partner's favorite movie moment is Demi Moore's pottery scene in *Ghost*, spend a few hours learning how to sculpt together and reenact the film. The two of you can create fun moments while aligning your interests.

If you're a busier couple, review your planners and look for upcoming special events that could spark the desire for learning something new. For example, if your best friend's wedding is approaching, take ballroom dance lessons. If a company dinner is on your agenda, then an etiquette or networking course could be fun to take. By combining your future obligations with an educational class, you'll be ensuring that your hectic schedule is helping, not hindering, your time together.

Related Link: [Prince William and Kate Middle Take Cooking Classes](#)

For the romantics among us, schedule a cooking class. Choose your favorite type of cuisine and spend a few hours sipping on a glass (or two) of wine as you whip up a special meal. Or, if you're the adventurous type, sign up to go skydiving with your sweetheart. You're bound to feel like you're on a date meant for your favorite reality TV show!

What kind of classes would you want to take on this date idea? Tell us your best dating advice in the comments below!

**Arielle Ford Shares
Relationship Wisdom in Her**

New Book 'Wabi Sabi Love'



By Amanda Martin

From Disney movies to romantic comedies to romance novels, most of us have grown up with the belief that a “happily-ever-after” ending is commonplace in reality. Not only are these endings not guaranteed, but anyone who finds true love will admit that sustaining a serious relationship is no easy feat. Arielle Ford, author of *Wabi Sabi Love: The Ancient Art of Finding Perfect Love in Imperfect Relationships*, talked to us about her new book and how to master being in a relationship without trying to attain perfection. Wabi Sabi is an ancient Japanese art form that honors the beauty in imperfections, and according to Mrs. Ford, it’s the key to the expected happily ever after.

We had a chance to speak to the author herself, and here’s

what she had to say:

Do you believe it's possible to sustain love without Wabi Sabi?

No, I don't, because if you're constantly striving for perfection, you're constantly going to be disappointed in yourself and everybody else; it's just not reality. If you go to wabisabilove.com/video, there's a short YouTube video, Imperfect Husbands, which really demonstrates the essence of a long relationship. At the end of the day, it's the quirky, weird, strange things that we come to love and remember about each other. It's not the "he was so perfectly groomed and mannered 24/7" that we remember. Who wants to be with somebody like that? We want to be challenged, have interesting conversations, and, sometimes, even fight and complain. That's just love.

Related: [Did Over-Complaining Kill Courtney Cox and David Arquette's Marriage?](#)

What did you practice in your own relationships before you knew about Wabi Sabi and how does it compare?

I was fortunate enough to learn about Wabi Sabi more than 20 years ago and before that I wasn't in any serious relationships. But before I learned about it, in the early 80s, I went on this crazy fitness kick where I was determined to become perfect. I was running, lifting weights everyday, and even measuring every ounce of food that went into my body. I had this idea that when I reached a certain weight and certain measurements, I would reach perfection. When I did meet that perfect day, I couldn't tell anyone. I spent a whole year hyper-focused on attaining perfection only to discover that the day I reached it was like any other day; I wasn't any happier; life didn't change. Wabi Sabi really freed me up from the compulsion I was under. It totally set me off on another path to really discover how one becomes

happy, and it's really about loving yourself, accepting life and choosing that path.

So, it seems like you use Wabi Sabi in many aspects of life, not just in your relationships...

I use Wabi Sabi everywhere. I'm a very messy eater; when I eat my food goes on me and it goes on you, but now it's just these kind of things that I accept. For me, it means that I have a strong appetite for life and I have this love of food and energy; if it gets a little sloppy then so be it.

In the introduction you talk about not accepting harmful or unhealthy behavior, but where does one draw the line?

I think the line is different for everybody, depending on what your comfort level is and what you can tolerate. Sometimes your partner will do something that genuinely requires confrontation, and there's no way to gloss over bad behavior.

For example, you can't Wabi Sabi your way out of addiction. For the less serious issues, you have to find your own level and not be afraid to talk about it. You can say "I love you to death, but what you're doing right now just grosses me out." If they say "I'm sorry, but I'm never gonna change," then you'll have to try to find a way to reframe it, or lobby with him by saying "tell me something I do that you don't like and lets negotiate here."

Related: [Three Tips to Enjoy Marriage Despite the Battles](#)

How can somebody convince their partner to practice Wabi Sabi with them?

I don't think your partner has to do anything. I think it's all an individual, internal change. We spend a lot of time hoping and wishing that somebody else is going to change. It's about putting on rose colored glasses for yourself and your significant other. People will rise up to your expectations of them, so if you're expectation becomes 'I'm

enough just the way I am and so are you (so are they)' and your expectation is that they are a good, loving person, and you hold them that way, energetically they begin to feel that and they morph into that. The expectation you hold for somebody helps them to rise up to meet it.

What advice do you have for couples who can't seem to love what their partner loves, or get used to their annoying habits? Does that mean it's the end?

You have to think of what you love most about this person and where in the relationship you are most fulfilled. Then think about what you can do to make it work for you if they're not willing to change. There are solutions, but they may require some creativity.

Do you think Wabi Sabi can be applied to an existing long term relationship or marriage?

Absolutely, I don't think it's ever too late. That's what keeps things fresh, new and interesting. If I were married for 30 years and read the book, the number one thing I'd want to know is what are the things I do that drive my partner crazy.

*For more information about Arielle Ford, visit ArielleFord.com or follow her on twitter [@arielleford](https://twitter.com/arielleford). To purchase a copy of Arielle Ford's book, *Wabi Sabi Love: The Ancient Art of Finding Perfect Love in Imperfect Relationships*, go to Amazon.com*

Celebrate Being Single This

Year



By Steven Zangrillo

If questions about your singledom are still echoing in your head from your last family visit and you feel down about your relationship status, this is the year to make a change. That doesn't mean going out and finding the first online suitor you fancy or tying the knot in Vegas with someone you just met. Instead, make a resolution to yourself and celebrate the positive aspects of flying solo.

Can't think of anything but the negative? Well, soak it up, because despite what others tell you, there are many reasons to celebrate. If you need some help with your list, here is a jump start so you can start smiling about being stag:

1. Singles are the Majority: What makes being unhitched exciting this year is that singles now account for a majority of households in the United States. Yes, it's true.

According to a recent Census Bureau report, married people have dropped below half of households, to 48% and only a fifth makeup a traditional family which consists of a married couple with children. So, when your Aunt Ida says, "You need to settle down and get married," you can let her know that the times are a-changing.

Related: [Career and Motherhood: Can Women Do It All?](#)

2. Singles are just as Happy as Married Couples: The holidays are an evocative time and people often engage in self-evaluative thinking. You measure where you are in your life professionally, socially and romantically. While the "single" stereotypes call for the image of a forlorn, lost, puppy-dog with no one to love, reality would suggest otherwise. As the marriage rate in our country dips below 50 percent, there has been a consequential growth in the single-and-happy demographic. A recent study in *Psychology Today* analyzed by Dr. Bella DePaulo found that being in a marriage with financial and social support does not necessarily denote consequential happiness. Whether married or single, having a strong support network is the key to quality of life.

3. Singles Have More Options and Don't Need Permission: Discussions and arguments about equally sharing the weight in finances, parenting, and other mutual obligations is a moot point for singles. It's one less stress to consider. Plus, you have the freedom to travel, make career changes and move to a new state or country without answering to anyone about your decision. You haven't merged your life with a partner, so you still have the opportunity to enrich yours in a way that is unique to being single.

Related: [When Friends Have Babies and You Have Your Career](#)

While others lament your romantic misfortune, you should consider the perks. Aside from the aforementioned financial and emotional benefits, you have the advantage of spontaneity. So, if you were looking to book a holiday getaway – do it. It can be less expensive to travel solo and you can set your own budget. Even if you overspend, you won't have to listen to someone else's ranting and raving about it.

4. Take care of yourself: The most important reason to celebrate is that right now, you can completely focus on y-o-u. Spend this time to grow into a person of strength and dignity that is willing to be part of a team. Maybe you aren't in a relationship because you aren't ready. Self-awareness about where you are in life and if you're available emotionally to be with someone else is important.

There are plenty of reasons to celebrate being single this year. And, if you do it the more open you'll be for someone to come into your life. This is a great time to explore yourself, your needs and better yourself for finding a potential match in the future. Everything is relative, after all.

Date Idea: Create a List of New Year's Resolutions with Your Partner





A new year is here, and you know what that means: Time to make a few resolutions! This year, try something different and make a list with your partner. Setting resolutions together is not only a fun weekend date idea but a great way to strengthen your relationship. Figure out what you both need to do as a couple to keep things moving forward. Then, write down your suggestions for each other and for yourself. Take Cupid's [relationship advice](#) and make sure to commit to more quality time together.

Cupid's got relationship advice just in time for the New Year! What resolutions will you and your sweetie work on together?

It's hard to find time when you're busy with work, but with a little creativity, you'd be surprised at how easy it can be. For instance, instead of sitting in front of the computer alone or running errands by yourself, invite your other half to work on projects or tasks with you. That's a great way to

sneak in some time together.

Related Link: [Dating Advice: 7 Things All Healthy Relationships Require](#)

Don't forget to include communication on your list of resolutions. If you were to ask any relationship expert, they'd probably tell you that for a relationship and love to be successful and healthy, you *must* listen to one other. So why not make a date out of it? Express your needs to your partner and listen to theirs in return.

You can even turn to your favorite celebrity couple for inspiration. For instance, if you've always admired how easily [Jennifer Aniston](#) and Justin Theroux show their love for each other, talk to your significant other about it and let them know that you'd like to be more open about your feelings in front of your friends. Or, if you're struggling to fit romance into your busy lives, read some recent interviews with celebrity mom [Carrie Underwood](#) to see if she has any helpful love advice.

Related Link: [Celebrity News: Justin Theroux Constantly Tells Jennifer Aniston She's Beautiful](#)

If you run out of unique ideas for your list, you can always fall back on the tried and true resolutions, which include eating healthy, exercising, and getting rid of bad habits like smoking. Think about your use of technology too: Try putting down the phone and texting less while you're together. You can also schedule one date night per month that *doesn't* involve staring at a screen: Instead of watching television or going to the movie theater, head to a nearby museum or just take a stroll in the snow.

Do you have any more relationship advice for couples writing New Year's resolutions together? Let us know in the comments below!

Can Cheaters Ever Change?



By Sarah Foulkes, **GalTime.com**

It can be a devastating blow to a committed relationship. One partner strays and the other is left picking up the pieces—and left with difficult decisions. If your significant other cheats on you— can he or she change? When is there hope to salvage the relationship... and when is it hopeless?

The latest example: after ten years of marriage and sticking by her husband through his self-admitted infidelity in 2003, Vanessa Bryant has filed for divorce from NBA star Kobe Bryant citing 'irreconcilable differences'. Reports say Vanessa

believes the basketball star was up to his old tricks again.

It's obviously a difficult time for the Bryants, who put out a joint statement through their publicist:

"The Bryants have resolved all issues incident to their divorce privately with the assistance of counsel and a Judgment dissolving their marital status will be entered in 2012. We ask that in the interest of our young children and in light of the upcoming holiday season the public respect our privacy during this most difficult time."

Which leads us to the question, can cheaters ever change?

According to Sharon Rivkin, a licensed marriage and family therapist, and expert in dealing with extramarital affairs, ***some cheaters change and some don't.***

"The cheaters that don't change are the ones where the cheater feels a huge sense of entitlement, is a narcissist, lacks any sense of remorse, and has virtually no impulse control,"

Rivkin says. "The cheaters that can change are the ones who do not have a character disorder or addiction and who have cheated because they were very unhappy in their relationship, their relationship had deteriorated to the point that they were not getting their needs met, and they had very poor communication skills."

Rivkin emphasizes that an affair never happens out of the blue— and is actually an extreme symptom of a relationship that's been in trouble for some time. It actually serves as a powerful catalyst that can either end a relationship or take it to a greater level of intimacy.

So what are some signs that a cheater will (or will not) change? Those willing to change show that willingness with their actions, Rivkin shares.

Signs that a cheater will change are:

1. A sense of remorse and pain over cheating.
2. The willingness to get help individually and/or as a couple to change the issues that caused the cheating in the first place.
3. The willingness to show their partner their cell phone, emails, etc. without getting defensive.
4. The ability to break off the affair to work on their primary relationship.
5. Admitting that they DID cheat (no excuses) and that it was wrong.

Signs that a cheater will not change:

1. No remorse.
2. History of cheating in other relationships and reluctance to seek help.
3. Continuing to be secretive with their phones, emails, texts, etc.
4. Inability to stop the cheating. Character disorder, i.e., narcissism, sex addiction.
5. Inability to actually admit that what they did was wrong...lots of rationalizing, excuses, and blame.

Of course not everyone is dealing with a husband who plays professional basketball and who is allegedly cheating on them.

But when is it time to give up and get out of a relationship?

"When the cheating continues even though the partner is saying they aren't cheating," Rivkin affirms. "If a person continues to cheat, like Kobe Bryant, there is virtually no hope that this behavior will change."

According to Rivkin everyone needs to explore their own relationship and circumstances.

"When couples don't stay together, it has less to do with the particular circumstances of the affair than with the couple's long-term history, and with their willingness and ability to explore it," Rivkin says. "Sometimes it seems the reservoir

of resentment and hostility is just too overwhelming, and that so much damage has been done that there is little left to salvage. For some people, they are done with one indiscretion and some aren't. The only right answer is what is right for you."

After all is said and done, Rivkin expresses that if you feel you can't trust them again, even if they show signs of change, you may need to walk away.

"It's not a failure or a sign of weakness to leave a destructive relationship," Rivkin states.

What are your thoughts on cheaters changing? What about the Kobe divorce?

Ring In The New Year Celebrity Style





By Steven Zangrillo

With 2012 approaching fast, it's time to plan the festivities!

Whether you're hosting a party with a group of friends or having a romantic dinner for two in New York City, it's important to plan ahead on this special evening. To get you started, we've outlined ten celebrity style activities that will ensure you have a 2012 celebration for the ages:

Related: [How To Snag The New Years Eve Kiss You Want](#)

1. Hit the Club

You can catch celebrities making New Year's Eve appearances at the most exclusive hot spots from New York to Miami and out on the West Coast too. If you want to hang at the same location as your favorite star, make sure you have your ticket in advance and you're dressed to impress.

2. Take a Vacation

Maybe you can't afford to schedule a jaunt to St. Barts or

Lake Como, as Diddy and George Clooney have been known to do, respectively. However, there are many exotic and affordable locations around the world that you can explore. Websites like Expedia.com work hand-in-hand with resorts and airlines to put together affordable packages for couples and families looking for a New Year's getaway.

3. See a Show

If you're like Lil Jon, you'll be hanging out backstage rubbing elbows with your favorite DJs and popping endless amounts of bubbly. What better way to celebrate the New Year than to rock out to your favorite artist? DJs, singers, rappers and other talent flock to Vegas, New York and Miami to put on their most grandiose display.

4. Keep It Simple at Home

Stars like Ben Affleck maintain a low-key status by kicking back quietly at home with loved ones, especially as he and Jennifer Garner await the birth of their third child. You might also benefit from a little rest and relaxation. A home cooked meal and quietly watching the ball drop in front of the television may be the perfect way for you to start the New Year fresh (and hangover free).

Related: [Romance Resolutions For 2012](#)

5. Host a Cocktail Party

In Los Angeles, Drew Barrymore has been known to host a cocktail party with her closest friends. If you have a big enough place, why not pull off a stylish rendezvous of your own? If you're ballin' on a budget, have your friends bring their own booze. Just provide some finger food, a comfortable area to relax and a TV to watch the clock tick down with the rest of the world.

6. Head to Las Vegas

Las Vegas is America's playground. Do we really need to elaborate? You can experience the strip, the lights, the gambling (do it responsibly, please!), the shows and everything in between. Jamie Foxx is infamous for hosting various events, including his comedy tour, in Sin City. You can't lose, unless you sit at the Blackjack table a little too long.

7. Take To The Slopes

Aspen is the go-to destination for celebrity skiers looking for a chic and celebratory weekend in the mountains. New Year's Eve at the St. Regis is the area's premier event which has included celebrities like Billy Crystal and Arnold Schwarzenegger. Chances are that your nearest mountain resort will also be engaging in festivities. Go check it out.

8. Enjoy Dinner

Another successful formula for ringing in the New Year is by making reservations at a nice restaurant with your partner. Since it's one of the busiest times of the year, don't forget to call in advance to get your spot. You may even spot a celebrity or two eating at the table next to you.

9. Give Back to Your Community

Giving to a cause is a uniquely satisfying endeavor and can be done in a multitude of ways. For example, Tiger Woods, Peyton Manning and Former Met and Yankee Daryl Strawberry have been known to host charity golf tournaments. Local organizations in your area may host a benefit or be looking for volunteers to help them on New Years' Eve. If you have a cause dear to your heart, and they need help on this special night, this may be a good way to begin 2012.

10. Celebrate in New York City

There's nothing quite like New York City on New Year's Eve.

Times Square can be an absolute zoo but it's definitely an experience to try it out once. If you're looking for something a bit more sophisticated, you can join the likes of Alec Baldwin and get tickets to see the New York Philharmonic at Avery Fisher Hall in Lincoln Center. The one thing about New York is that you don't need to plan your evening. The best moments in the city usually happen when you're being spontaneous.

How will you ring in the New Year? Share your ideas below.

How to Determine the Expiration Date of Your Relationship





By Allison Pescosolido, M.A. and Andra Brosh, Ph.D.

When you think the milk in your fridge has gone bad, you look on the side of the carton for the expiration date. If the date of expiration has passed, you simply toss it in the garbage, and buy a new one.

Relationships can also have expiration dates, but unfortunately there is no stamp on your partner's forehead that tells you it's time to move on. As a result, many people stay too long in a sour relationship, which can be toxic and damaging for everyone involved.

Sometimes the last breath of a dying relationship happens early on, like with Kim Kardashian and Kris Humphries. In other situations it comes much later, like with Al and Tipper Gore. Deciding to stay in a relationship or get out is complicated. While there are no hard and fast rules about when it's time to leave, here are a few tips to help you finalize your decision:

Related: [When Is It Time To Break Up](#)

1. Have a bottom line: Be very clear about what you are willing to accept as part of your relationship. Ask yourself if you are sacrificing your own integrity to save the relationship, and decide on what you are willing or are not willing to live with going forward. For example, once Sandra Bullock discovered that Jesse James was a serial cheater, she knew that the time had come to move on. She quickly separated and began a new life on her own with her adopted son.

2. Know thyself: Knowing if a relationship is healthy can be tricky, especially if you don't have any good role models to draw from. Many people know that their loves lives aren't happy, but can't really figure out why. Happiness comes from within, and knowing how and when you feel happy will help you decipher if it's you or the relationship that isn't up to par...or maybe both.

Related: [How Do You Know When It's Time To Call It Quits](#)

3. Trust your gut: If you know in your heart of hearts that the relationship has not felt right for a long time, trust your gut. It's easy to rationalize away the negative to avoid confronting what you don't want to face. Telling yourself lies so you don't have to leave will prevent you from making a rational decision. Look at the whole picture, not just the one you want to paint for yourself.

Allison Pescosolido, M.A. and Andra Brosh, Ph.D. are experts in Divorce Recovery and starting over. They co-founded Divorce Detox, a full service center to transform the lives of individuals transitioning through divorce. Both have advanced degrees in the field of Psychology and are certified Grief Recovery Specialists®. Andra and Allison are proactively changing the stigma of divorce on a national level by treating divorce as an opportunity for personal growth and a new life. The Divorce Detox programs transcend traditional forms of treatment by providing the tools, support and guidance for efficient and lasting results. www.divorcedetox.com

Romance Resolutions for 2012



By Steven Zangrillo

With the New Year right around the corner, many of you may be starting to stress about those ten pounds you stacked on courtesy of Grandma Anna's sugar cookies; or how you'll manage to get those last minute gifts shipped to your beloved in-laws and cousins you don't know very well. Instead, take a deep breath.

Now is a great time to step back, look around and re-evaluate your relationships. Whether you're a wife, husband, boyfriend, girlfriend or in the throes of a fleeting fling, there's never been a better time to understand your tendencies

(good or bad) as a lover and a partner.

Right under our noses lie some of the most common and simple adjustments we can make that will help get you started on the path of relationship improvement. Take to heart some of these “romantic resolutions” that you may want to put into practice as 2012 approaches:

1. “I will not expect the world of my partner.”

To be clear, you should expect your partner to make the effort to give you the world. We all want our special someone to feel happy and satisfied at all times, and vice versa.

However, it’s borderline lunacy to expect that person to actually deliver on all of your wildest dreams. Newsflash: this isn’t an Old Spice commercial, and no, we’re not going to bake you a triple chocolate mousse cake in your dream house kitchen while singing your favorite song. But we’ll try, or at least give you a great foot massage.

Related: [Is Brad Pitt Ruining Your Love Life?](#)

2. “If they want to go to the movies, then take them to the movies.”

Your significant other loves a hobby that you purely loathe.

It could be going to cheesy romance movies or ridiculous action flicks, blasting gangster rap at earth-shattering volumes from your apartment, or eating at a restaurant that triggers your gag reflex. If they know you hate these things, they probably shouldn’t make you experience them. But that’s selfish, wouldn’t you agree? So stick it out... sit down and watch “The Notebook” with her. You’ll reap the benefits later when she buys you those Eminem tickets next month.

3. “I will tolerate his or her friends, even if it doesn’t go smoothly at first.”

This is particularly difficult in new relationships where you

may not have many mutual friends. Say you've moved to a new city with your flame and just met his friends. Because they are his or her friends, not yours, territoriality plays an integral role in this situation.

What's key to remember is that these people care for the person that you love, just like you do – albeit in different ways. Maybe they aren't your type of people, but if you treat each other with respect, the relationship with your significant other can grow. Integrating into each others' lives will be much smoother if you go into this with an open mind. And who knows, eventually you may grow to love them.

Related: [Plan a Party with Friends](#)

4. “I will allow myself to be present when I am away from you.”

Ever have that friend who, whether it's at the club or in a study group, that is constantly and obnoxiously in contact with their significant other? You may even be guilty of it yourself. It's an all-around annoying disposition.

If you're always on your cell phone, shutting out the world around you, you are probably aggravating all of the other people that enjoy your company in the process. Don't be the guy leaning on the bar, texting his girl, while everyone else is having a great time.

Furthermore, this could be a warning sign to you that you don't trust each other. Do you really want to be in a relationship where you find yourself having to give a detailed explanation of how dinner is going with your parents? If not, it's probably time to shed that relationship.

5. “I will put myself first, but not at the detriment of my partner. I'll support everything they are passionate about.”

This rule speaks for itself. No one worth being in a

relationship with would ever make you feel bad for pursuing your interests, on both professional and personal levels. If the dynamic of your partnership is that of mutual respect and support, your significant other will be your biggest cheerleader.

It is, indeed, easier to give the previous advice than it is to follow it. However, if you adapt an attitude that incorporates a little bit of everything discussed above, there's a good chance that you and your lover will have a relationship that will stand the test of time in the New Year!

Date Idea: Volunteer Together this Holiday Season





The holiday season is filled with celebration, family time and giving. And, there's no better way to give than by volunteering to help the less fortunate. Find a cause that both you and your significant other think is important, and enrich the lives of others.

Rather than going out for a meal, serve meals together instead. Volunteering at a soup kitchen is a selfless act that you'll later appreciate and if you do it with your partner, it'll definitely bring you closer together. Check out volunteer opportunities at soup kitchens near you.

Another way to volunteer is by visiting residents in retirement or old age homes. Family time is practically synonymous with holiday cheer and often families can't make it to see their loved ones. Take time to bring joy to others by playing cards, baking, reading or simply telling them stories.

If none of the above ideas work for you this holiday, try giving back to your community by making gift baskets with your mate. Gather non-perishable food items and donate them to the underprivileged. The two of you can also bond over cooking

meals and delivering them to homeless shelters.

Acting selfless as a couple during a season of indulgences will help you work on your own relationship and appreciate the fact that you have one another at this time.

Let us know how you are giving back as a couple this holiday season and what your favorite volunteering activity is.

The Holidays: 8 Ways to Ruin Your Relationship



By SMF Marcus Osborne for GalTime.com

It's well documented that the holidays are the toughest time of the year for millions of people. Depression rates skyrocket because people confront various personal demons and/or a multitude of interpersonal crises.

This got me to thinking about the myriad of ways the holidays can be ruined when you're in a relationship. I sat down with one of my partners at StraightMaleFriend.com, Matt Staudt, and we came up with a pretty strong list of 8. Now, once we'd finished the list, with perhaps a couple of exceptions, it was clear that men and women probably aren't that different when it comes to this topic. You be the judge.

1. Not "Keeping It Real": Don't be coy about your excitement surrounding the holidays. Let's not pretend like it's not a big deal when it really is a big deal. Don't say, "Oh, the holidays don't really matter to me" and then when your guy decides to boycott the commercialism of the holidays by boycotting your gift – don't get mad!

2. Being shallow: Your guy has gotten you a gift. The correct and proper response is "Thank You." Don't be the woman whose holiday cheer is grounded in the price tag of said gift. Hey look, the economy is in the tank. Remember it's the thought that counts (allegedly) so try to be appreciative. This shouldn't need to be said – but unfortunately this is one holiday tenet we often forget. Whether he got the gift off of Ebay, the clearance rack, or Tiffany's – he got it for you. Of course if he spent 20 bucks on your gift but buys himself a two-thousand dollar flatscreen there may be reason to gripe.

3. Don't Take Him Shopping: This is cliché but absolutely on point. Shopping is mostly recreational for women. For guys not so much. There are few experiences less thrilling than standing around department stores for two hours. Although it seems that many stores have gotten hip to the man's waiting game dilemma by setting up "man areas" where there's mens

magazines and a couch for the guys who happen to be in shopping purgatory.

4. Pulling Out The Baggage: We've all got our personal "stuff." The holidays sometimes dredges up old feelings about an ex or some other notable experience from your past. You may feel an intense urge to bring those issues up while we're decorating the Christmas tree. Please resist that urge. Let's talk about it after New Year's Day. This is supposed to be the season of joy. Save the baggage for a trip.

5. Selfish Hint Gifts: Oh you don't know what "hint gifts" are? You've been telling me to lose weight for the last six months. Christmas morning you give me a gift card for one free round of liposuction. "Hint Gift." I've been out of work for 6 months, Christmas morning you hand me a ribbon-wrapped Starbucks application. Hint gift. Big no-no.

6: Don't Hate On Dinner: You may not like his mom's cooking. Suck it up and keep it in. There are no winners in that game. Unless you're planning a break up that night, let it go and keep that opinion to yourself at least until the holidays are over.

7. Holiday Break Up: Pretty self-explanatory.

8. Dying: Yeah, this is a pretty dark thought but also pretty self-explanatory. Actually, this particular one has been known to be a downer all year-round.

Ok, your turn....your worst holiday break up or near break up story. Share!

Date Idea: Enjoy a Date by the Fireplace



Follow Cupid's [relationship advice](#) and spend this weekend indoors with your sweetheart. Cuddle up next to the fireplace and have a night filled with love.

Relationship Advice for a Cozy Night In

Take a cue from famous couple Chrissy Teigen and [John Legend](#), and turn your kitchen and dining area into a winter wonderland. Rather than worrying about being on a date in the cold weather, bring the romance into your own home. Set up a table and dine by a lit fireplace, or arrange a

comfortable area on the floor and light your favorite winter-scented candles. Once you have your location, order in some comfort food to enjoy with one another.

Related Link: [Chrissy Teigen Slams Rumors About Her Celebrity Pregnancy](#)

After holidays filled with smoked turkey, your grandmother's stuffing, and green bean casserole, it's time to indulge in that Chinese food craving. Order a few different entrees to split, like General Tso's chicken, beef and broccoli, and fried rice. Don't forget the egg rolls too.

It's not only about dinner! Dessert can make or break a good night. So instead of ruining the evening with a boring end to dinner, get cozy by roasting marshmallows and making s'mores. To complete this sweet treat, have hot chocolate with a twist. Not sure how? Add Peppermint Schnapps – and a mini candy cane for decoration! – and relax after a long week at work. This drink is called The Snuggler for good reason, so cuddle close with your partner while enjoying it!

Related Link: [10 Ways to Give Thanks To Your Partner](#)

Most importantly, spend time working on your relationship and love during your time together. Make this night about the two of you and talk about your lives and maybe even the future. It's common for couples to start thinking about marriage and babies after a family-filled holiday season, so use this opportunity to find out what's next for your partnership.

What's your favorite indoor date idea for the winter? Let us know by sharing your relationship advice below.

Food Network Chef Marcela Valladolid Shares Her Sexiest Dish to Impress a Date



Food Network celebrity Chef Marcela Valladolid released a new cook book this past fall titled, *Mexican Made Easy: Everyday Ingredients, Extraordinary Flavor*. In this interview she talks about food, relationships, and sexy spiked peppermint hot chocolate. What they say is true—food is the key to someone's heart!

For more videos from CupidsPulse.com, check out our [YouTube channel](#).

Celebrities + Love + New York City = New Year's Eve



Remember the celebrity-filled movie *Valentine's Day* and the classic film *Pretty Woman*? Well, just in time for the holiday season, stars are lending their talent again for another film full of love on a very special holiday. This movie tells the various stories of multiple couples and singles on New Year's Eve in New York City. Jessica Biel plays a woman with a baby on the way, Lea Michele and Ashton Kutcher get stuck in an elevator together, Josh Duhamel is on a journey to find a woman he met a year ago, and Michelle Pfeiffer needs to fulfill all her New Year's Day resolutions. The star studded

cast will have you yearning for that magical New Year's kiss that happens at the stroke of midnight. Happy New Year!

What are some ways to spend New Year's Eve with your partner?

Cupid's Advice:

You don't have to travel to the city that never sleeps to have a romantic New Year's Eve. Here are some fun ways to spend the holiday:

1. Inside: Watching the ball drop in your warm living room with egg nog and confetti is a great way to ring in the new year and the perfect place to share a steamy New Year's Eve kiss.

2. Outside: If you live in New York City or want to travel, how about being in Times Square when the ball drops? Yes, you might freeze your toes off, but that gives you even more reasons to snuggle up with that special someone.

3. A New Place: A fun way to spend New Year's Eve is in a place you have never been before. Start the new year off fresh by trying a new restaurant, movie theater, lounge, park or city.

Where do you and your partner plan on spending New Year's Eve? Share your comments below.

Top 10 Romantic Winter Getaways



By Abbi Comphel and Linda Guma

On December 22nd, the first official day of winter is upon us. The sun begins to rise late and set early, which can lead to some minor winter blues. As you start to go stir crazy, take this piece of [relationship advice](#) to heart, and start planning a romantic getaway for you and your partner. A nice break from the same old routine is probably just what you need to re-ignite a spark in your relationship.

Cupid has some love and relationship advice on where to escape with your loved one this season:

1. Tampa Bay, Florida: With the winter chills fast

approaching, the birds aren't the only ones heading south this winter. Located along the Gulf of Mexico, Tampa Bay is an ideal destination for a couple vacation. Enjoy long walks along the shore of one of the beautiful beaches, like hot spot Archibald Beach Park, which is often busy on weekends and features restaurants and bathrooms nearby. You can even indulge in your sporty side and check out a Tampa Bay Rays baseball game with your mate.

Related Link: [The Most Romantic Destinations of the U.S.](#)

2. Montego Bay, Jamaica: With its vibrant reggae, tropical shores, and relaxing atmosphere, there is no doubt that Montego Bay, or "Mo'Bay," is Jamaica's center for tourism. You and your partner can adhere to this piece of [dating advice](#) and enjoy an array of water sports, from fishing to snorkeling and scuba diving.

3. Riviera Maya, Mexico: With its warm climate, the Riviera Maya an ideal destination to get away from it all with your partner. Enjoy swimming in the beautiful Caribbean Sea in the city of Tulum, as you gaze at the only archaeological site located near the sea, and then immerse yourself in a rich cultural experience as you discover Maya history.

4. Bangkok, Thailand: Among the most urban and safe cities in Asia is Bangkok. Known as the hottest city in the world, its coolest period is November to February, so it's definitely worth checking out at this time of the year. The city's diversity and glamour, infused with a romantic ambiance, make it an ideal destination for a couple's holiday. Palaces, Buddhist temples, museums, and parks will keep you busy sightseeing during the day, while exotic performances will entertain you at night.

Related Link: ["Out Of The Way" Vacation Spots](#)

5. Paris, France: There is something about Paris that continues to entice tourists and [celebrity couples](#) alike year

after year. Come visit the “city of love” during low season for tourism, and allow yourself to be compelled. Drenched in art and culture, Paris is home to the iconic Eiffel Tower, the Arc de Triomphe, the Chateau de Versailles, and the Chartres Cathedral. The Seine River is an ideal make-out spot... among many others! Other absolute musts include indulging yourselves in a bottle of wine and a baguette, warming up at a local coffee shop and enjoying a jazz show. You can definitely spot some celebrity couples enjoying their time here!

6. Quebec City, Canada: Winter is a great time to visit Quebec City. The St. Laurence river freezes, and the streets are covered by a pristine blanket of white, transforming the city into a winter wonderland. These features give the city the charm and glamour that make it the perfect site for a romantic holiday. You and your partner will be amused by ice sculptures, night parades, dance, and music during the Winter Carnival in January and February. These are some perfect date ideas!

7. Kitzbuhel, Austria: Located on the Kitzbuhel Alps, this small medieval town is a truly enchanting location, ideal for sports fanatics. One of Austria’s most famous winter sports resorts, Kitzbuhel offers a wide array of exciting activities that will allow you and your partner to reconnect by skiing, snowboarding, ice skating and hiking together. In the evening, go for a romantic stroll through the picturesque town.

8. Dillon, Colorado: This is another enthralling winter paradise. You’ll be bedazzled by the glow and sparkle of the Lights Festival throughout December and half of January. Dillon is also home to the Arapahoe Basin Ski Area, the highest skiable terrain in North America. Adorned with snow, Dillon offers plenty of great couple’s activities which will allow you and your honey to really unwind.

9. Charleston, South Carolina: This historic city is

distinguished by its rich array of churches and museums. Take a romantic horse-drawn carriage tour of the quaint town. There are plenty of relaxing spas, which will make this destination a perfect couple's retreat. If you head over in February, check out the Oyster Festival.

10. Sun Valley, Idaho: This unique resort city is known as one of the world's top winter resorts. Its peaceful setting creates the perfect backdrop for a romantic vacation. Spend your days engaging in fun physical activities like cross-country skiing or snowboarding, and during the evening rekindle your passion by a flickering fire place in one of Sun Valley's many beautiful lodges.

Where do you plan to take your honey this Winter break? Share your ideas below.

Sources Say Charlie Sheen Paid Brooke Mueller's Bail





Charlie Sheen has taken a break from the spotlight and his 'winning' days, but he hasn't taken a break from his exes. On Saturday, Sheen bailed out his ex-wife, Brooke Mueller, from jail on charges of cocaine possession and assault. According to [RadarOnline](#), Sheen stepped in when Mueller's parents wanted to keep her in jail. Sick of her irresponsible ways, Mueller's parents are fed up with her. Good thing for Mueller, Sheen still cares for her. Could this be a sign of the two starting up a new relationship again, or just a favor for an old love?

How do you support your ex without overstepping?

Cupid's Advice:

Helping an ex without meddling in their life or rekindling an old flame can be tricky. Here are some things to remember:

- 1. Ask:** It may seem dumb to ask someone for help when they obviously need it, but asking shows that you want to help instead of making your ex feel incompetent.
- 2. Draw the line:** While helping out an old love is nice, make

sure your you let them know your boundaries. Don't let your ex use you.

3. Stay connected: Keeping casual contact with your ex and not appearing just when they're in trouble will let them know you care and that you're not there to overstep boundaries.

Do you still help out your ex in sticky situations? Share your experiences below.

Kim Kardashian Wears Love-Themed Hoodie Mid-Divorce



Going through a divorce isn't stopping Kim Kardashian from still believing in love. According to [People](#), the reality star was spotted strolling through L.A. on Friday wearing a Peace Love World hoodie. In addition to featuring a heart on the back, the hoodie read, "I am love," and "Love is not something you are looking for, love is something you become!"

How do you keep faith in love in the midst of a split?

Cupid's Advice:

Keeping faith in love in the midst of a split is difficult, but possible. Here are a few ways:

- 1. Keep an open mind:** Understand that not all men are alike, and the reason it didn't work out with your ex is because there is someone better out there for you.
- 2. Talk to family and friends:** Speak with those you trust and see how they made their relationship work, as well as get advice on how to deal with your split.
- 3. Join support groups:** Interact with others and see how they are or have overcome their split in order to fall in love again.

How did you keep faith in love during your split? Share your experiences below.

**'Married to Rock' Josie
Stevens Talks About**

Communication, Patience and Roller Skating Naked



By Shoshana Davis

Being in love under the spotlight comes with many disadvantages. All your critics have something to say about you. Celebrity marriages have lasted between nine days (Carmen Electra and Dennis Rodman), to two weeks (Mario Lopez and Ali Landry) and the infamous 72 days (Kim and Kris). With the start of “Kourtney and Kim Take New York” last week on *E!*, fans are hoping to get a glimpse into what caused the new marriage between Kim and Kris Humphries to collapse. It’s not just rich and famous relationships that are tough. For every two marriages in the United States each year, there is one divorce. Most couples could learn a lot from what makes

designer Josie Stevens' marriage to rocker Steve Stevens special.

Josie, featured with her husband of Billy Idol Fame on another *E!* Network reality show, "Married to Rock," knows what it takes to keep that wedded bliss going and not fall victim to the typical relationship hurdles. "What keeps the spark alive starts outside the bedroom," she said. "We video chat, we text, we call each other, we send each other cute emails, photos, little presents or flowers." Josie also claims that the key to a stress-less relationship is communication and patience. "No one is perfect, and everyone is going to have a few quirks that drive you crazy, but you have to remember that you have a few that drive them crazy too."

Related Link: [Five Ways to Get Your Partner to Put Down the Phone When You're On a Date](#)

The couple met in person for the first time at a store called The Pleasure Chest almost ten years ago and have been together ever since. They avoided having a public wedding in 2008, and were married in a park by a justice of the peace they found online. The decision to have a smaller ceremony was largely because Steve's father had just passed away and they did not feel it was appropriate to have a big event. A year later they joined the cast of "Married to Rock", and during the taping of the show they threw a rock star sized wedding of their dreams. Josie and Steve's dream wedding took place in a castle and had lots of pink accents. It was also broadcast on the same network that televised the Kardashian mega-wedding.

Kim has been quoted in the media as saying she felt a burden to move forward with her nuptials due to being a public figure, but Josie felt quite the opposite. "The only pressure I got was from some of my friends to have a more traditional wedding, but I knew what I wanted and just followed my heart." She continued, "I think a wedding should reflect your personality, relationship and love." The Stevens' wedding

did just that. Josie came down the castle roof on a trapeze, and the bridesmaids wore Hello Kitty necklaces.

Josie is a makeup artist by trade, and just launched a new clothing line called Josie Loves JValentine. Steve tours on his own, with Billy Idol's band, and occasionally with The Magnificent Seven and Camp Freddy. Although the two lovebirds travel between two to nine months a year, they make an effort to be together whenever they can, and often go on the road as a pair. Josie credits Steve as an inspiration for her work, and she acts as his stylist, make-up artist and day to day business manager.

Related Link: [Kim Kardashian's Divorce: A Reminder About Relationship Mistakes to Avoid](#)

"One of the most important things in any relationship is to always make the other person feel loved and appreciated, whether you are together or apart. It's easy to take the other person for granted or get too comfortable." "On Married to Rock," Josie went as far as to create a "Josie Doll," which was a complete replica of herself to send to Steve while he was on the road. "Don't get so caught up in life that you stop taking time to just have fun and enjoy each other. Do something silly now and then."

The Stevens' are a good example of a couple who know how to keep the romance alive, and still focus on their careers. If all else fails, Josie has "found roller skating through the studio naked tends to work wonders," for getting Steve's attention.

For more information on Josie's fashion line, you can find it at www.jvalentinecatalog.com.

Eva Longoria Says She's Not Angry About Ex Tony Parker's Affair



Eva Longoria is in a different place today than she was just a year ago when she was filing for divorce from then-husband Tony Parker of the San Antonio Spurs. This all happened after the discovery of inappropriate text messages to Parker's teammate's wife. According to [UsMagazine](#), Longoria knows that people think she is "angry and resentful," but that's just not the case. Her forgiving attitude may stem from the successful relationship she's been in since February with Penelope Cruz's little brother, Eduardo Cruz or "Edu" as she affectionately calls him.

How do you keep from lashing out about a partner's infidelity?

Cupid's Advice:

After a partner cheats on you, it can be a hard thing to overcome even after breaking up with them. It's easy to become angry at the world as the result of one incident. Here are some ways to avoid it:

1. Keep balance in your life: Balance is critical after your partner cheats. Force yourself to do things you normally do: go out with friends, eat healthy and try to have fun.

2. Laugh and cry: It's good to find a way to laugh during such an emotional time. Watch a funny movie or spend time with people who know how to make you smile. That said, it's okay to cry as well. If you aren't crying naturally, you can watch a sad movie or listen to sad music. Don't be afraid to cry it out.

3. Find someone new: It may take a while to be able to trust someone again, but don't be afraid to take that chance. Like Eva Longoria, finding someone new can help you on the path to forgiveness and letting go.

What are some ways you or a friend have coped with a partner's infidelity? Share your experiences below.

Date Idea: Road Trip Your Way to Romance





By [Sarah Batcheller](#)

If you and your significant other have taken in all that your town has to offer and you're ready for a change of scenery, it's the perfect time to embark on an unforgettable road trip! With the warmer months approaching, the two of you can follow this weekend date idea to take a small adventure and prepare for spring. Road trips are a great way to spend quality time together, something we often forget to do as we get caught up in the hustle and bustle of a new year. Cupid's [dating advice](#) is sure to help you and your honey make the most of this weekend date idea!

Related Link: [Enjoy a Secret Sunset on Your Next Date Night](#)

Dating Advice for Couples Looking for Adventure This Weekend

If you're ready to leave behind the colder weather once and for all, drive South to a warmer state for some fun in the sun. If you're the more adventurous type and want one last

cold weather rendezvous before the snow melts away, embrace the chilly season and set your sights North for winter sports. Or you can travel to the nearest mountain and go for a romantic hike. Camping together is another idea that will be sure to keep you snuggling all night. It also adds to the minimalist attitude that road trips are all about! For those couples who want to hit as many destinations as possible, you can fuse romance and adventure and take a weekend cruise.

You and your sweetie can take this time to show love like your favorite Hollywood couples do since they're always on the road. No matter where you decide to go, if you plan on being in the car for a while, find ways to beat boredom by playing some fun games or using the time to catch up with one other after a long work week. Playing your favorite music or an audio book will give both of you something to enjoy while driving too.

Related Link: [Date Idea: Kidnap Him!](#)

Just remember to turn off your phone and ignore your calls, e-mails, and texts. Make this weekend *only* about you and your significant other. For those couples who haven't gone on a getaway, this date idea could be an important next step in your relationship and love.

Ever been on a road trip with your honey? Share your dating advice with us in the comments below!

First Date Outfit Ideas:

Dinner and Movie



By Maggie Voelker



Oversized Sunglasses | Blazer | Blouse | Jeans | Ballet Flats
| Clutch

For this typical first date scenario, keep it classy-casual. Leave the heels at home since you're headed to the movies and add the sexiness in other ways – a slightly sheer blouse for instance. Add dark skinny jeans, a trendy waterfall blazer

and flats. Accessorize with a fabulous bag and sunnies and he'll have a hard time concentrating on the movie's plot!



Button Down | Shoes | Jeans | Khaki Jacket | Aviators

Guys, trade in your sweat pants for a pair of dark jeans and a casual button-down shirt. Dress it up with a pair of boat shoes or loafers and a nice jacket. Add a little bit of “coolness” with a pair of aviator sunglasses and you’ll be ready to impress, I promise.

With the holiday season coming up, these outfits would also perfect for Thanksgiving dinner at his or her parents – not too formal, but not too relaxed.

Jeremy London Is Called for Questioning About Girlfriend's Assault





According to [People](#), *Party of Five* actor Jeremy London's girlfriend called the Palm Springs Police Department on Friday saying he assaulted her after an argument over the custody of their child. London's rep, Dominic Friesen, stated, "This is a false allegation and we understand that the police have to follow protocol in issuing an arrest warrant – standard when any woman files a complaint of domestic abuse. However, no such abuse occurred and these allegations will soon be proven false." Further, Friesen said, "Jeremy's legal counsel is cooperating with authorities and a factual account of the incident is on record. We anticipate Jeremy to be cleared of any wrongdoing as he continues to enjoy fatherhood and embrace sobriety."

What are the first three steps to take if you've been assaulted by your partner?

Cupid's Advice:

1. Tell someone: Don't keep the information to yourself; it'll make you vulnerable. Tell someone you trust.

2. Get help: Call the police and/or a domestic violence agency to get help.

3. Leave: If you're assaulted by your partner, that means they don't respect you. The best thing you can do for yourself is to leave the relationship.

Let us know other steps to take if someone is assaulted by their partner by commenting below.

Charlie Sheen Reunites with Denise Richards for Kid's Soccer Game





According to [RadarOnline](#), Charlie Sheen spent Saturday in Calabasas, Calif. with his ex-wife Denise Richards while attending his daughter's soccer game. Sheen and Richards watched from the sidelines with daughters Lola and Sam and were seen laughing and joking with each other.

Although Sam's team lost, Charlie announced on Twitter afterward, "Saturday is soccer! Here's three great reasons why I love my weekends!" and posted a picture of himself, Richards and his daughters.

How do you remain civil with your ex after a bitter falling out?

Cupid's Advice:

After a divorce, it's difficult to remain civil with your ex, although it's not entirely impossible. Here are three ways:

1. Be understanding: After a bitter break-up, you both will experience different emotions toward one another. When interacting, stay calm and try to understand each other, especially if you are at one of your child's events.

2. Arrive single: While at a joint celebration, never arrive with a date unless it has been many years since the divorce took place. Introducing your new partner might upset not only your ex, but also your children.

3. Have rules: Work things out and speak with your ex about how you can both remain civil at functions so that you don't upset those around you.

How you do remain civil with your ex? Share your ideas below.