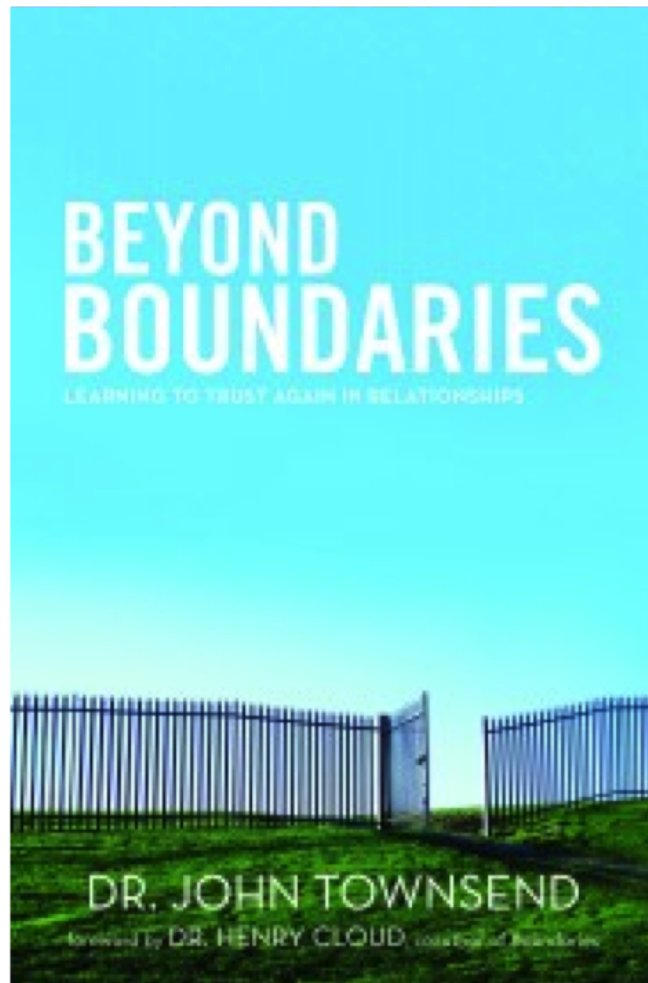


Dr. John Townsend Helps Deal with Painful Unions in his New Book, 'Beyond Boundaries: Learning to Trust Again in Relationships'





By Tanni Deb

After a relationship ends, it's sometimes difficult to have hope again when it comes to finding love. Insecurity can get the best of you, and you may not know how to heal from your previous experience. In his new book, *Beyond Boundaries: Learning to Trust Again in Relationships*, clinical psychologist, Dr. John Townsend, helps people to open up. *Beyond Boundaries* provides steps and skills to assist those who are battling honesty issues and are trying to regain confidence, either in a new union, or an old one.

Cupid had a chance to interview Dr. Townsend about his book, and this is what he had to say:

What inspired you to write this book?

As a psychologist and an executive coach, I've worked with many people who have struggled with their partners. Over and over, I see people who have had to set limits or leave a bad pairing, and then they don't know how to open up and accept someone else into their lives. They're sort of stuck knowing they need to be connected in some way romantically, or at least with a family member or friendship, but at the same time, they're afraid to try. So, I wanted to give them a book to help them to have the skills to re-enter a trusting relationship.

What challenges did you face while writing about how to trust again in a relationship?

There were several challenges. One is that people often give up and settle for less. They get busy with their work or their activities, and they tend to abandon any type of closeness. So the challenge was to help them see again that they can really have a great friendship, family, marriage, or dating situation, and they don't have to settle for less. I had to sort of set a fire inside them to try again, to get them to experience a vision for a better future.

At what point in a relationship should you move on if honesty is an issue?

I believe it's generally when you see three factors from the person who has been dishonest.

First, they show no awareness of the problem, even if they've lied, or if they've been unfaithful. That's a bad sign.

Second, they aren't concerned about how deeply that impacts their partner. If they minimize that or make it no big deal –

or say that you are overreacting – that's not a good sign.

Third, if they do say they know how deeply what they did impacts you, and they're going to work on changing, but instead of working on it, they go back to their old patterns. Now, it doesn't always mean you need to break up, but it does mean you have to put strict limits on your partner until they become a safe person.

How do you regain faith in a partnership after it's been broken?

There are three parts to this as well.

First, you have to know when you're ready; that your mind and heart have been healed, so you've learned that not everyone is untrustworthy, and that some people can change. There are lots of skills in the book about becoming ready to trust.

The second part is how do you know the other person is ready? Have they changed, have they seen what they've done, or have you seen patterns change? There are skills in the book for that too.

The third part is how do we act towards each other in a safe way? How do we both take risks towards each other to establish closeness so that nobody gets hurt? What I want people to see in the book, is that this isn't just about whether or not the other person has changed. We can have trust issues from an old relationship that get in the way of trusting again in a new one. Whether it's issues with someone you're trying to be with again, or a fresh start in which you don't want to make the same mistakes, that's what the skills in the book are about.

Have you had personal experience with the issues you touch on in your book? If so, how did you overcome these obstacles?

I've learned and grown from my experiences in business and

with friends and family. Also, it's helped me to be more of a trustworthy person myself, because the sword cuts both directions. My expertise came from my training as a psychologist, and thousands of hours of working with clients and in executive coaching, where people unburden their lives, and I help them find solutions.

What piece of advice would you give to someone who can't help transferring their old issues into their current circumstance?

The first piece of advice is that you can't do this in a vacuum. You've got to be around two or three other people who are safe, and that you can talk about your fears with. When we have trust issues, we're not sure if we can ever trust. So be around people who are going to be a good feedback system for you, and who will support and help you make good decisions.

What is the most important lesson you hope readers will learn from your book?

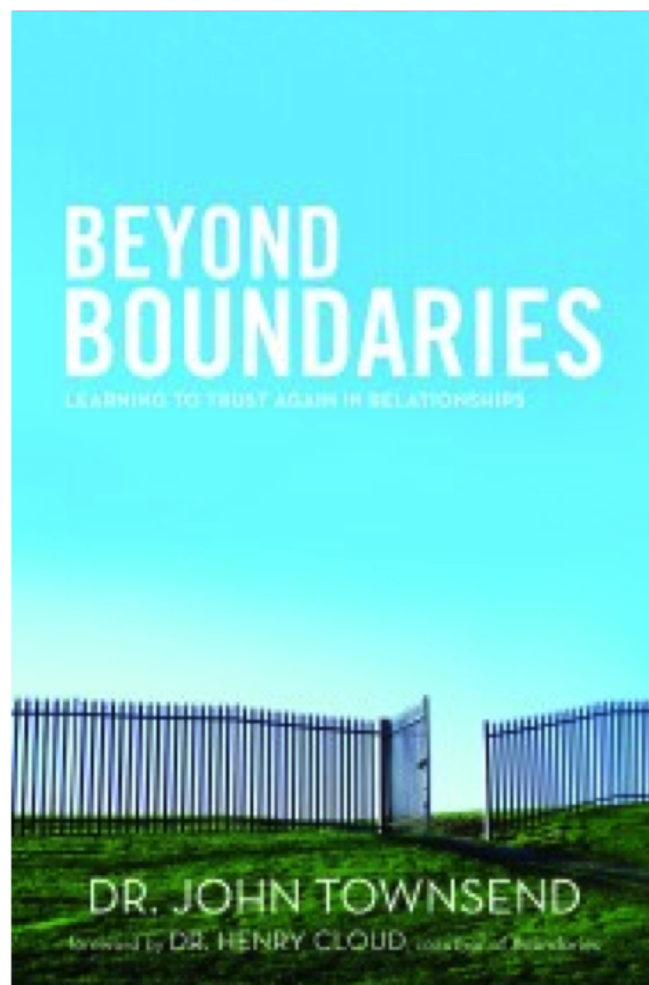
That learning to trust again is one of the greatest things you can do in your life. You don't have to give up and settle.

Learn the steps in building a healthy relationship by registering for Dr. John Townsend's free Facebook webcast on **Tuesday, October 4, at 8 p.m. EDT**. Or visit Amazon to purchase *Beyond Boundaries: Learning to Trust Again in Relationships*.

For more information on Dr. Townsend, check out his Facebook and website at www.DrTownsend.com.

Marriage Counseling Sessions

with Taylor and Russell
Armstrong Will Air on 'The
Real Housewives of Beverly
Hills'



Taylor and Russell Armstrong's marriage counseling sessions, which were taped months before Russell's suicide, will air on *The Real Housewives of Beverly Hills*, [RadarOnline](#) reports. "Bravo has done major editing of the show, to be sensitive to the fact that Russell killed himself. However, the decision was made to air the footage of the therapy sessions," a Bravo insider says. "Viewers will see the two of them with their marriage counselor, Dr. Charles Sophy, as well as individual sessions with Taylor. Russell's one-on-one sessions will not air. Taylor is completely supportive of the decision, and thinks it will help battered women to make the decision to leave an abusive relationship, just like she did."

What are some ways to work on your marriage before calling it quits?

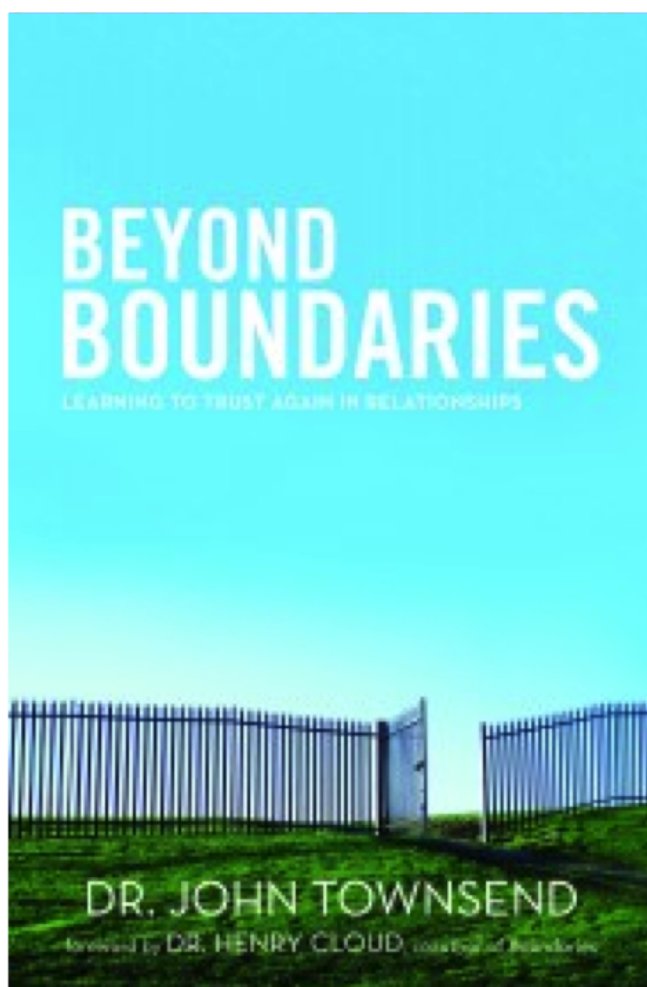
Cupid's Advice:

If you can't imagine life without your spouse, although your marriage is falling apart, take the following steps before you give up:

- 1. Counseling:** Visit a marriage counselor, and talk out your problems with someone who won't take sides and can view the situation objectively.
- 2. Take a break:** Take a month to sort out your feelings and figure out what major issues need to be solved in your current relationship.
- 3. Discuss it:** Committing to open communication where anything in fair game is the best way to get every issue or problem you're having out in order to fully comprehend what you will have to tackle to re-build your relationship.

Share with our readers if you know other ways to work on a failing marriage.

Jesse James and Kat Von D Call It Quits, Again



Why can't these two end their relationship without looking back? After a six month engagement Jesse James and Kat Von D ended their relationship in July, only to get back together one month later in August. Now according to UsMagazine.com, Von D took to Facebook to confirm the break-up. So, until next month, the on-again off-again pair are done for good.

How do you know when your relationship is over for good?

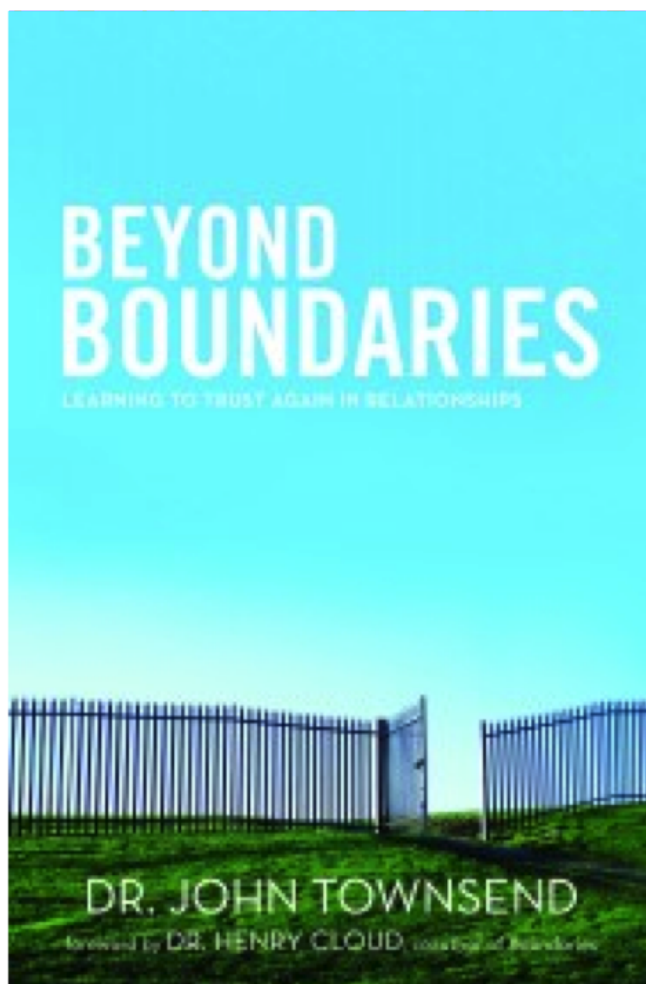
Cupid's Advice:

Sometimes, you just have to let go. Ending a relationship is never easy, but you can't ignore the signs that point towards Breakupville:

- 1. Your relationship is unstable:** If your friends and loved ones can't keep up with your relationship status, it's time to call it quits.
- 2. No change:** When neither of you are trying to change what is wrong in the relationship, than there's no point in keeping the relationship going.
- 3. It's okay to let go:** Sometimes we can become familiar with a person and become scared to move on. The thing is, if moving on means being happy, than a little fear is worth it.

How did you get over your fear of being lonely? Share your thoughts below.

Make Your Romance a Home Run



By Diamon Hall

Baseball season is winding down, but there's a lot couples can learn from the game to help keep their romance alive. In the beginning of a relationship, hardly anybody complains about romance, since you're still on Cloud 9. And if you don't know how to keep things flowing, it can eventually start to die down the longer you're together. Here are five tips

to rejuvenate and enhance you and your honey's relationship and keep it as romantic as possible:

1. Relive your first date: Go back to where you started. Have dinner at the very spot you had your first date and relive that moment. Talk about the memories and the feelings you had at that point. This is always a sweet way to score a home run with your honey.

2. Be your relationship's biggest fan: You can never go wrong with pouring out your heart to the one you love. Your partner will fall for you all over again every single time if you just remind him or her how much they truly mean to you. Join your significant other's booster club and watch your relationship soar!

3. Announce it on the Jumbotron: Not only is it a good idea to let your partner know how you feel, but it's also a plus if you let everyone else know. People will have a brand new outlook on your relationship when you display your love to the world. Plus, if the world knows about it, then it's definitely true love.

4. 7th Inning Stretch – Renew your vows: Whether married or not, renewal of vows is a commitment on both ends. You don't necessarily have to be married to do this. It can simply consist of a few words, letting him or her know that you are theirs and they are yours and nothing should be able to come between your bond.

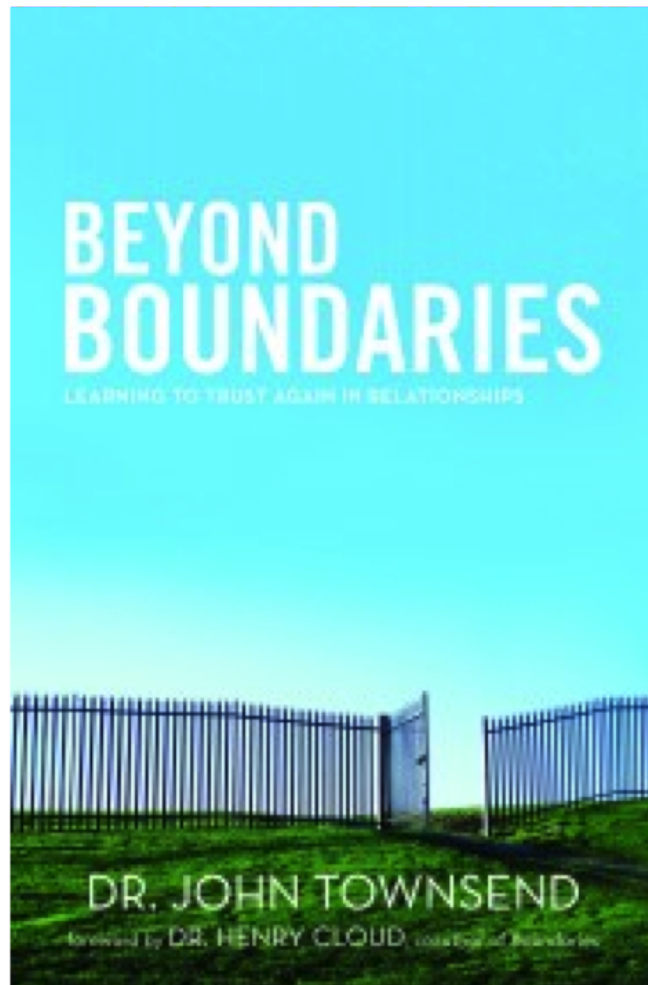
5. Show up to every game: There is just no easier way to turn up the romance in a relationship than through three simple words. You guessed it: "I love you." Who doesn't want to hear those words everyday from his or her significant other? They are the "Grand Slam" of one-liners.

If you follow these tips, you and your lover can be sure to have one of the highest-scoring relationships ever. What tips

do you have to keep your romance alive? Share your ideas below.

Kailen Rosenberg Shares Expert Love Advice and Discusses Celebrity Relationships: “It’s Much More Than Matchmaking to Me”





By Deana Meccariello

[Kailen Rosenberg](#) is a nationally-respected matchmaker and relationship expert who has helped many stars establish celebrity relationships throughout the years. She has a gift for bringing you back to the person you really are deep-down inside and helping you to shed the hard-coated exterior that society has forced you to wear. Given her background, it's no surprise that she's best described as a "love architect." So what is a *love architect*? It's someone who comes into a person's life, whether they are married or single, to help find cracks in their foundation (which is where the idea of an

“architect” came from) that are in need of strengthening and repair.

As Rosenberg explains, “Whether you look at it spiritually or psychologically, I’m helping to mend areas that need truth and awakening. I come in and find those areas that need work, and then I help my clients come to their own truth. They discover which parts haven’t been solid and built in a healthy way. Once that’s done, they can finally have the relationship and love that they’ve always wanted and deserve.”

Related Link: [Expert Dating Advice: 5 Signs He’s Mr. Now and Not Mr. Right](#)

Kailen Rosenberg Discusses Being a Dating Expert on Reality TV Show *The Bachelor*

As proven by the many romance-focused reality TV shows of today, singles are finding it harder than ever to find a partner. Rosenberg can attest to that, having served as a matchmaker and relationship expert on season three of *The Bachelor*. “I worked behind-the-scenes in regards to seeking out the right bachelorettes for the show. I actually interviewed Bob the Bachelor,” she reveals.

Reality TV or not, the dating expert can shine a light in the dark corners of an individual’s personality and help them truly find what – and who – they are looking for. She explains, “When most people come to me, they look pretty darn amazing in person and on paper. They believe that they like who they are, and in many ways, when we’re talking about the ego, they *do* like who they are.”

Rosenberg expands on this expert love advice and adds, “However, they come to me believing that the issue isn’t

really about them but rather about finding the right person. During my beginning assessment process, people begin to realize that they never knew who they were and that they became the person they were told to be or taught to be by society. Therefore, they're not only attracted to the wrong people, but they're also *attracting* the wrong people."

With this thought in mind, her first priority is to teach people who they truly are. "After I finally introduce and match my client with their true self, then we can get down to who this person should be dating. We've put over 200 marriages together and haven't had one divorce, which is just crazy and unheard of," she shares. "I think it's because these people are connecting on a genuine level that most people never have the opportunity to experience."

Related Link: [Top 10 Things to Know Before Hiring a Matchmaker](#)

Revealing how important her work is to her, Rosenberg gushes from the other end of the phone, "It's much more than matchmaking to me."

The relationship expert knows that, in order to find love, her client must be a healthy-minded person. They have to be in a place where they are self-aware and know that what they've been doing isn't working. This kind of acknowledgement tends to set the mind for positive experiences, whether they're an everyday person or a celebrity. For example, a radiant and successful woman with everything going for her, like Jennifer Aniston, will still have problems keeping a man if she doesn't have this mind set.

In fact, speaking of Aniston, Rosenberg says, "I do have clients that know her and say she's lovely. However, there is a very apparent trend in her love life. She is darling, and there is so much to like about her, but there is something going on with her, something that she needs to pay attention to. She needs to get down to the reality of what it is that

she is doing. What is surfacing in her relationships after a certain level of intimacy, and what unhealthy pattern she keeps accepting into her life? I really think that's what it comes down to for her."

The Highs and Lows of Celebrity Couple Clients

Celebrity relationships, media, and technology can be a dangerous mix. Rosenberg says that there are people, like Kim Kardashian, who are being followed around by a camera and dealing with sensationalism in every aspect of their love lives. Then on a real-world level, we have people using Facebook, Twitter and other social networking platforms to post every detail about their relationships – from happy pictures of the good times to angry rants detailing a harsh fight or break-up.

Related Link: [Use Your Five Senses for a More Fulfilled Love Life](#)

"The reality is that they're publicizing who they are as well as their personal relationships, and when you act this way, people are going to look at you and scrutinize you – the good *and* the bad," the dating expert explains. "As a couple, you need to be a team and understand that all that matters is what you and your partner know to be the truth."

Rosenberg then adds, "If there is something that is triggering a pain or disconnect from the outside based on what you read or see, that's something that you have to look within to understand. Couples need to be grounded in what love is really meant to be and not the attention it can bring."

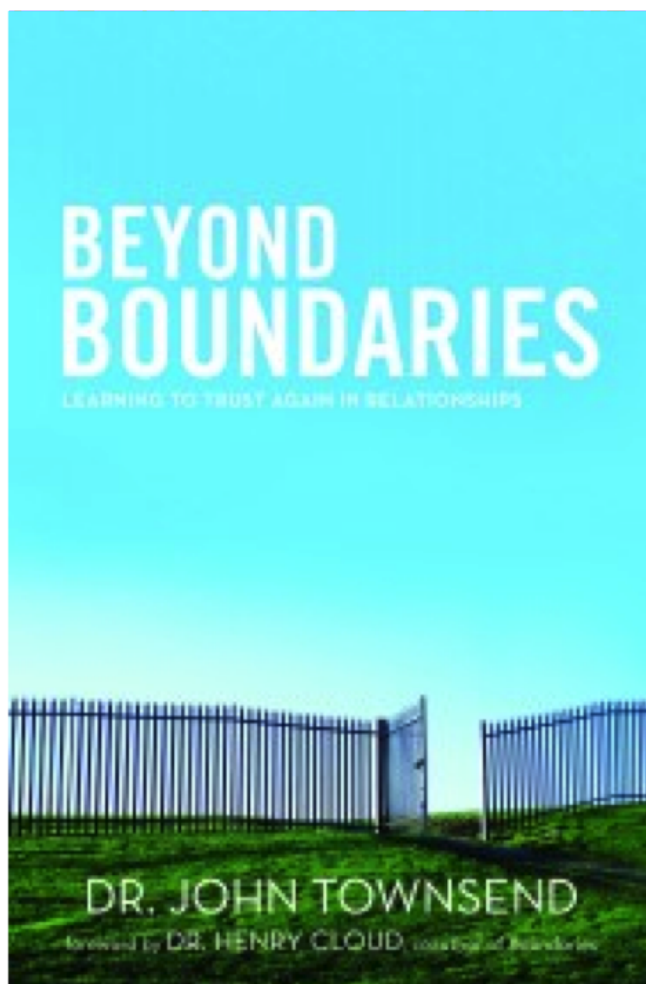
Another fascinating component of the relationship expert business is what she refers to as a "life remodel." This particular piece caters to – but is not limited to –

people in Maria Shriver's position. For people who have been cheated on and are struggling with a messy divorce, Rosenberg can bring a person back from the ashes and help them move on. "In a case like Maria's, there are always signs. We always have life poking at us with the truth, and it is up to us whether or not we want to see it," she says.

However, this mindset is easier said than done. "Sadly, most times, we choose to turn a blind eye to things that are not good for us, and eventually, it comes crashing down. Then, we no longer have power or control," says Rosenberg. "I think someone in Maria's situation would have to ask, 'Were there signs? How far back? Why did I choose to ignore them?' It is important for Maria to forgive herself and, as hard as it may sound, to forgive Arnold. The most amazing thing is that sometimes, from the deepest trenches of pain, we can end up finding the most amazing love we've ever had."

It always goes back to your past. "You have to look at your view on relationships, including that of your mother and father. What was your vision of love, and what is it now?," Rosenberg asks. "Focus on what loving you means as well as what is still good and precious in your life. Surround yourself with people who are truthful."

Courtney Cox and Daughter Coco Support David Arquette on 'Dwts'



David Arquette debuted a suave waltz during the season premiere of *Dancing With The Stars* on Monday night, according to [People](#). In the crowd cheering him on were none other than his ex-wife, Courteney Cox and their daughter, Coco. Beaming from ear to ear, the two watched as Arquette's performance was well received with a standing ovation from the audience and an array of praises from the judges. "I really liked it. There's something about you," raved Carrie Ann Inaba. Judge

Len Goodman agreed saying, "I was impressed. You're a dancer." To top off his amazing night, the *Scream* actor took pride in his daughter's presence, saying, "She is just so beautiful...She is the love of my life."

What are some ways to make your children feel loved after a split?

Cupid's Advice:

It's important for both parents to give their children the same attention and care after a split. This lets them know that they will always be loved despite the status of their mother and father's relationship:

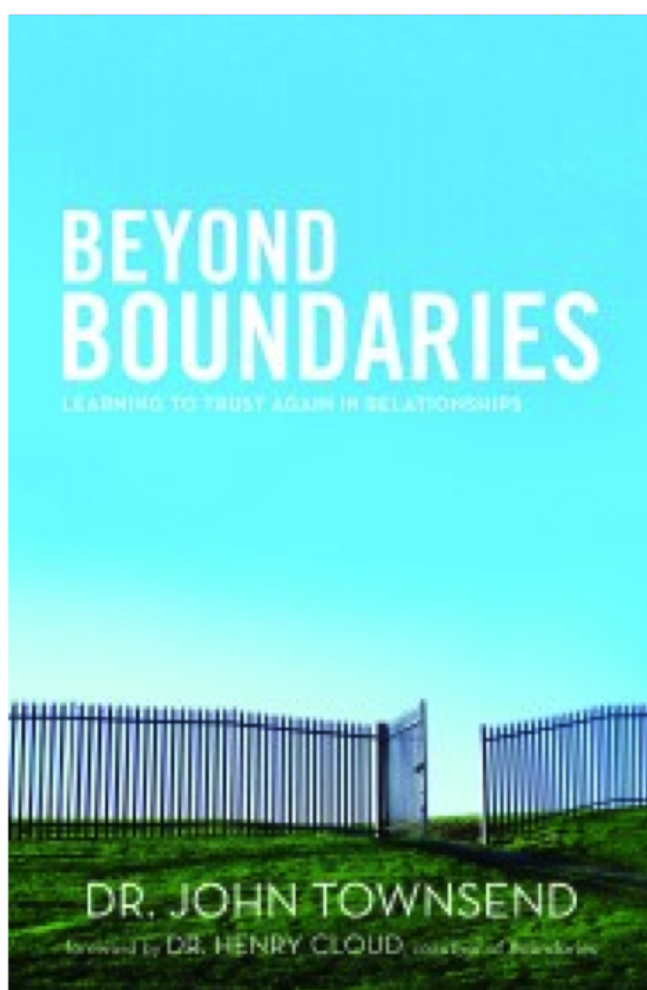
1. Family outings: A family trip to the movies or the zoo is always a good way to let your children know that both of their parents still care despite the split. With so much change happening, this helps to instill a little normalcy in your childrens' lives.

2. Support them: Whether it's a dance recital or a basketball game, make sure that both you and your ex are there to support your kids as frequently as possible in their extra-curricular activities.

3. Love reminder: In the wake of a split, parents many sometimes forget to tell their children that they love them. A simple "I love you" can be enough to put a child at ease.

How would you make you child feel loved after a spilt? Give us your ideas below.

Ryan Reynolds Is Dating Olivia Wilde



Has Ryan Reynolds moved on from America's sweetheart, Sandra Bullock? According to UsMagazine.com, the *Change-Up* star and Olivia Wilde went out to lunch at Sant Ambroeus in NYC's West

Village on September 16. “He recently told her he has a crush on her,” Wilde’s friend said. A witness at the restaurant said, “She had minestrone, and they both got greens” on the date. After they went into an apartment building for two hours, “he briefly put his arm around her” as they walked through Tribeca, the witness added. Although a source close to the costars claimed that their lunch date wasn’t romantic, Wilde’s friend insists that “she’d go out him again.”

What are some creative ways to tell your crush you like them?

Cupid’s Advice:

Admitting a crush can sometimes be nerve-racking. Here are three creative ways to do so without having to actually say anything:

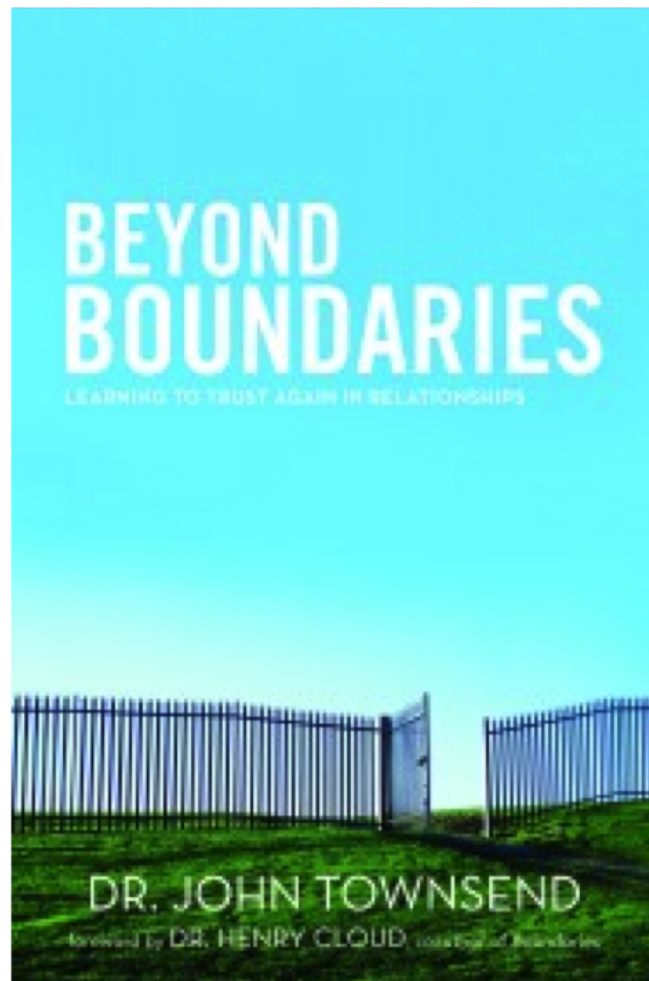
1. Dinner: Ask him or her out to dinner at their favorite restaurant. Making eye contact, flirting and even putting your arms around your crush – like Ryan Reynolds – will give them signs that you’re interested.

2. Card: Gift your crush a card you created that includes a list of everything that attracts you to them. Don’t forget to mention exactly why you think you’re compatible.

3. Group date: Instead of coming right out and asking him on a date, invite a group of friends to go and pay closest attention to him when you all meet up. Take the opportunity to flirt with no pressure.

**Know other creative ways to let your crush know you like them?
Share with our readers by commenting below.**

'Glee' Star Lea Michele and Broadway Boyfriend Theo Stockman Split



Final curtain call! Actors Lea Michele and Theo Stockman are

no longer an item. A rep for Michele told [People](#), “They will always be friends.” Why the break-up? It seems after a year of dating, the relationship had simply run its course. The couple were originally spotted at an April 2010 event in New York celebrating *Time*’s 100 Most Influential People issue.

How do you know when a relationship has “run its course”?

Cupid’s Advice:

Dating is a chance to get to know a person and to see if they are someone with whom you want to spend the rest of your life.

When things don’t work out, it’s time to move on. Here’s how to figure out when and how to end a relationship:

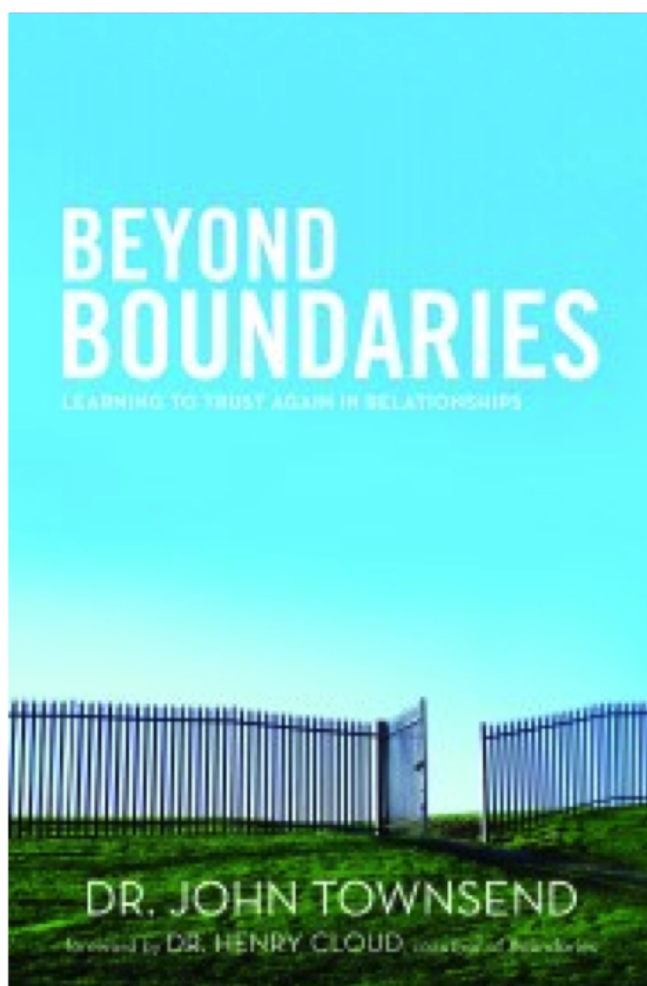
1. You’re no longer attracted: Physical attraction isn’t everything in a relationship, but it plays a huge part. If you no longer feel drawn to your beau sexually and you’ve tried everything to reignite the flame, it’s time to rethink things.

2. Communication: Conversation is important for building and keeping a relationship. When discussion becomes non-existent, the relationship will soon follow suit.

3. You make time for other things first: If you always put yourself first and your relationship last, it’s a bad sign. Maybe you’re a single girl stuck in a girlfriend’s body.

Have you ever stuck with a relationship even after it was time to call it quits? Share your experience below.

Millionaire Matchmaker: Patti Stanger Brings Out the Big Guns to Help Emma and Frank



BRAVO's The Millionaire Matchmaker, Thursday 9/22 @ 9/8c:

Patti has her hands full this week when one client, Emma, refuses to get over her masculine tendencies, while the other client, Frank, suffers from some pretty serious control issues. Emma and Frank are both desperate to find love, but if they don't learn how to let someone in—not just into their bedrooms, but into their hearts—they will never fall in love. Patti must bring out the big guns this week to help Emma set her sights a little higher than just any guy that is available, and to help Frank take his guard down and let a girl stay past 5 o'clock in the morning. Will Patti succeed?

Breaking Control Habits: Patti Stanger brings in a life coach to help her millionaire break his bad habits.

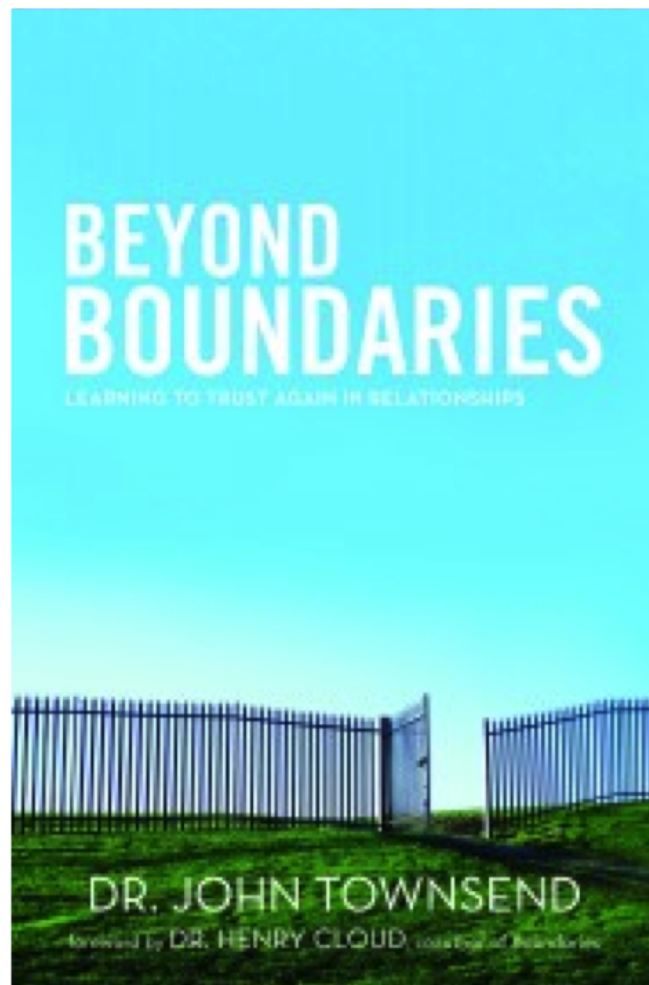
Breaking Control Habits

Going Against Her Human Nature: This millionairess must listen to Patti Stanger and Patti warns her that this process will be hard.

Going Against Her Human Nature

Alec Baldwin Skips Emmy's for Night Out with New Girlfriend





30 Rock's Alec Baldwin skipped Sunday's Emmy's for a night out with his new girlfriend Hilaria Thomas. According to UsMagazine.com, the actor attended Tony Bennett's 85th Birthday Gala benefiting Exploring the Arts in New York City. The bash, which was held at Lincoln Center's Metropolitan Opera House, included Whoopi Goldberg, Bill and Hilary Clinton, Robert DeNiro, and of course Baldwin and Thomas were spotted packing on the PDA. "He had his hands all over [her] the entire night," an eyewitness said. Another insider stated that Baldwin is committed to staying single, but his being so public with Thomas "makes me think it might be a little more

serious.”

How do you prioritize when it comes to a relationship?

Cupid's Advice:

It may be challenging to make time for your loved ones, but it's important to do so. If you aren't sure how to prioritize when it comes to your relationship, here are some tips:

1. Schedule one day: Your job is important to you, but so is your significant other. By spending at least a day or several hours in a week solely with your honey, it'll show them how much they mean to you.

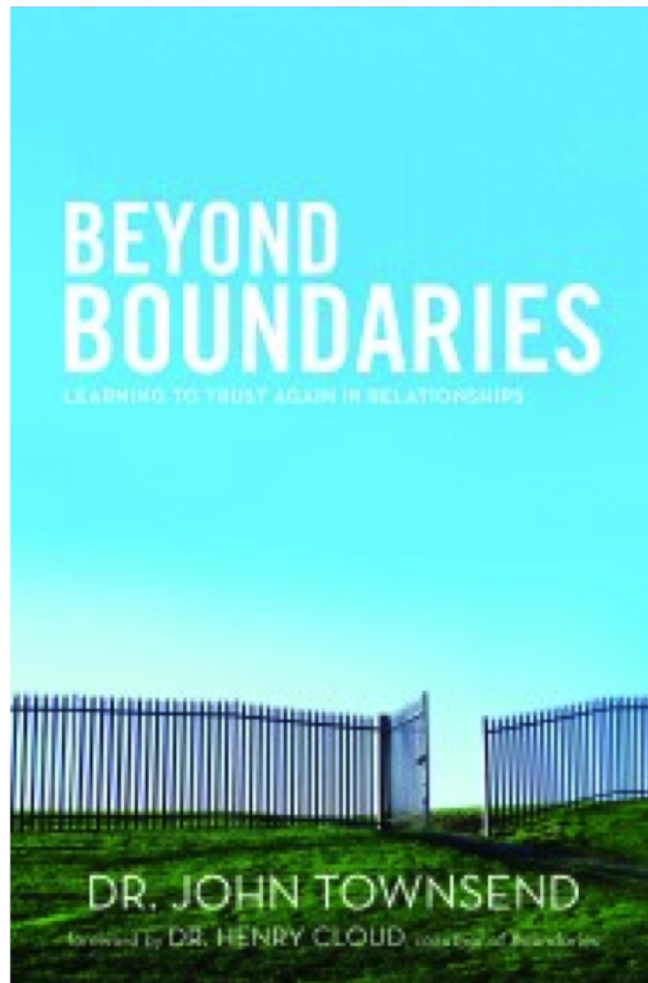
2. Lunch or dinner: If it's difficult to spend a day or more than a few hours with your partner in a week, try to schedule a time that's suitable for both of you to have lunch or dinner together.

3. Family: Spending quality time with your family is equally important as spending it with your mate. Find time to have several get-togethers with all of your loved ones.

How do you prioritize when it comes to a relationship? Share with us by commenting below.

What Does Your Date's Drink Say About Him?





By Deana Meccariello

Whether you're out at a bar for the night or on a date, a man's drink can tell you a great deal about him. Whether he orders an ice-cold brewski, a glass of fine wine, or a shot of hard liquor, we pulled together some interesting theories on what his drink just may say about his current mood and intentions. So, next time your date takes a sip of one of these libations, keep our tell-tale clues in mind:

Beer: When a man orders a beer, it can mean many different things. It really depends on the type of beer he orders.

Generally, however, a man who orders a beer is out to loosen up and have a good time with friends.

Wine. A man drinking wine exudes class. Details are probably very important to him. If he takes his time selecting the perfect wine, he will take the time and care to impress you as well.

Hard Liquor (Bourbon, Whiskey, Scotch, etc.). A man who prefers hard liquor wants everyone to know he's classy (whether he actually is or not is another story). In any case, this is a high-maintenance man.

Cocktails (Tequila, Vodka, Rum, Gin, etc.). It is said that men who order cocktails may be a little feminine. This stereotype came about due to the playful garnishes that are served with these drinks, such as limes, cherries, and miniature onions. However, in a group setting, it is acceptable for a man to indulge in a few cocktails to have a good time.

Shots. A man knocking back the shots at the bar is out for one of two things: Either he is extremely emotional and trying to forget something bad that has happened to him, like a break-up or a losing a job; or he is out to party. Shots are a red flag. It means he is not taking anything seriously and is looking to alter his state of mind considerably. According to a professional in the field of mental health, and a qualified Counselor with certificates in Neuro-Linguistic-Programming, Bridget Webber states, "When indulging in shots, it is so he can get drunk quickly and obliterate any worries and problems. A man drinking [shots] on his own, then, is to be avoided, unless you want to hear about how his wife doesn't understand him." So there you have it! Steer clear of a man throwing back one too many Jamesons.

Frozen Drinks (Margarita, Pina Colada, etc.). Another major red flag, a little colorful umbrella is a warning to stay

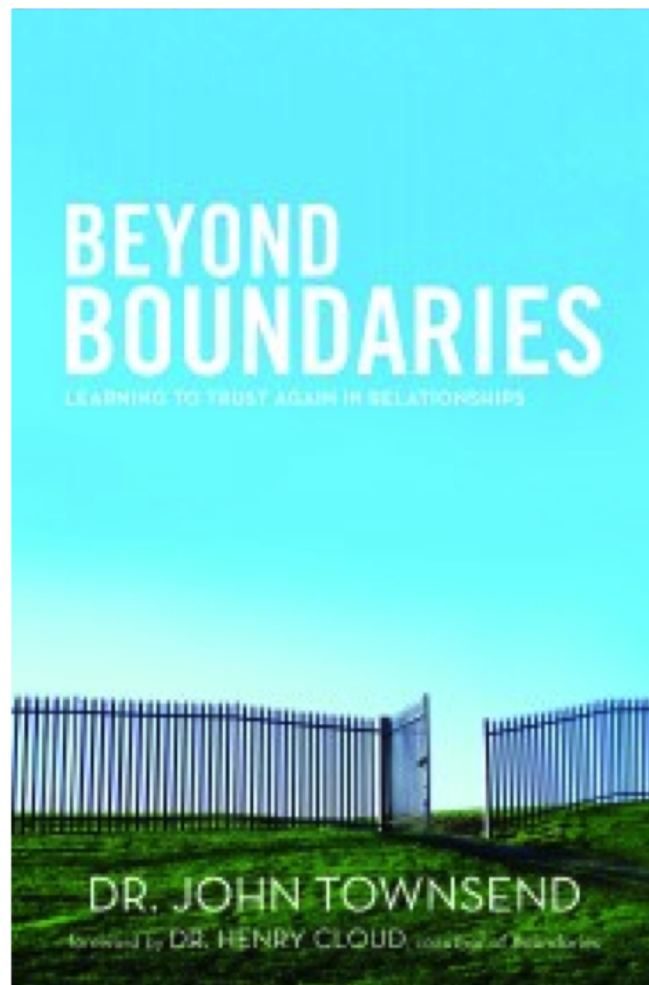
away. The man who consistently orders these tropical drinks is someone who wants to seem like he is forever on vacation. He will try to impress you in many ridiculous ways, but being a smart woman, you will see right through him.

Some people believe that regardless of the beverage he chooses for himself, it is the drink he orders for you that really makes a statement. Head instructor at New York Bartending School, Ryan Yonskie, believes just that. "When someone is looking for physical intimacy, they order stereotypical drinks for the opposite sex. Men always send sweet, colorful drinks to women, such as a Cosmo, and women always send men shots."

Tell us what you think. What is more telling of a man's behavior and intentions: What he drinks himself, or what he orders for you?

LeAnn Rimes Gets Fashion Advice from Husband Eddie Cibrian





It looks like Eddie Cibrian isn't afraid to let it known he has a thing for fashion. LeAnn Rimes' husband not only accompanied her to a Monique Lhuillier fashion show last week, but he routinely helps his wife pick out her clothes. "I give her fashion advice all the time," Cibrian, 38, told [E! News](#).

Rimes chimed in, saying, "'We both have [given each other advice]. I think if we get each other's approval, that's all that matters."

How does getting your partner's advice help your relationship?

Cupid's Advice:

One of the benefits of being in a relationship is that you don't have to make decisions all on your own. That's not to say you can't be independent while dating or in marriage, but it's nice to have someone weigh in sometimes. Here's how it can help:

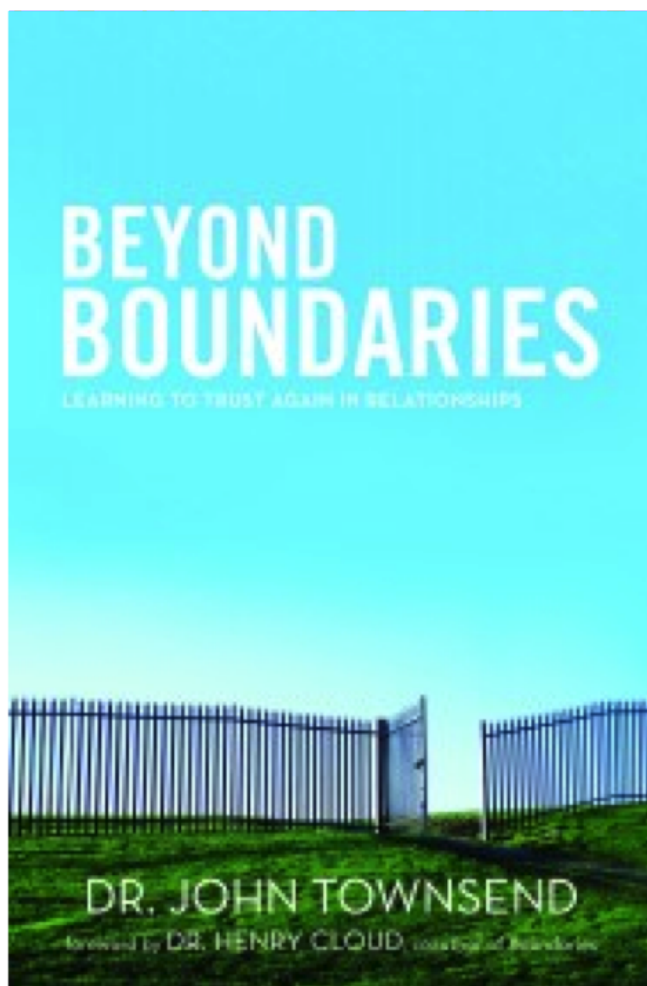
1. Important decisions: It can sometimes be intimidating to make choices that heavily affect your life. By posing the question to your partner as well, he or she can point out some sides of the situation you had never thought of before.

2. Mutual choices: If you're trying to decide where to go for dinner, getting your mate's opinion is imperative so that you both enjoy your meal. Just because you're in the mood for Chinese food doesn't mean your partner feels the same way.

3. Respect: By asking for your significant other's advice, you're showing him or her that you respect their opinions and thoughts. Respect can go a long way in strengthening a relationship.

When has your partner's advice really helped you in the past? Share your experience below.

Bravo Crossover: Million Dollar Listing's Madison Hildebrand on Millionaire Matchmaker



BRAVO's The Millionaire Matchmaker 5, Airing Thursday 9/15 @ 9/8c: Patti takes on another Bravo star this week, trying to find love for the lonely. Million Dollar Listing's Madison is one of Patti's clients and while he wants to find love, he just doesn't have the time. Meanwhile, Patti's other client may need more help than your basic mixer. Eric meets with a psychotherapist in the hopes that it will lead him to love. Will these single men walk away with the love they've been

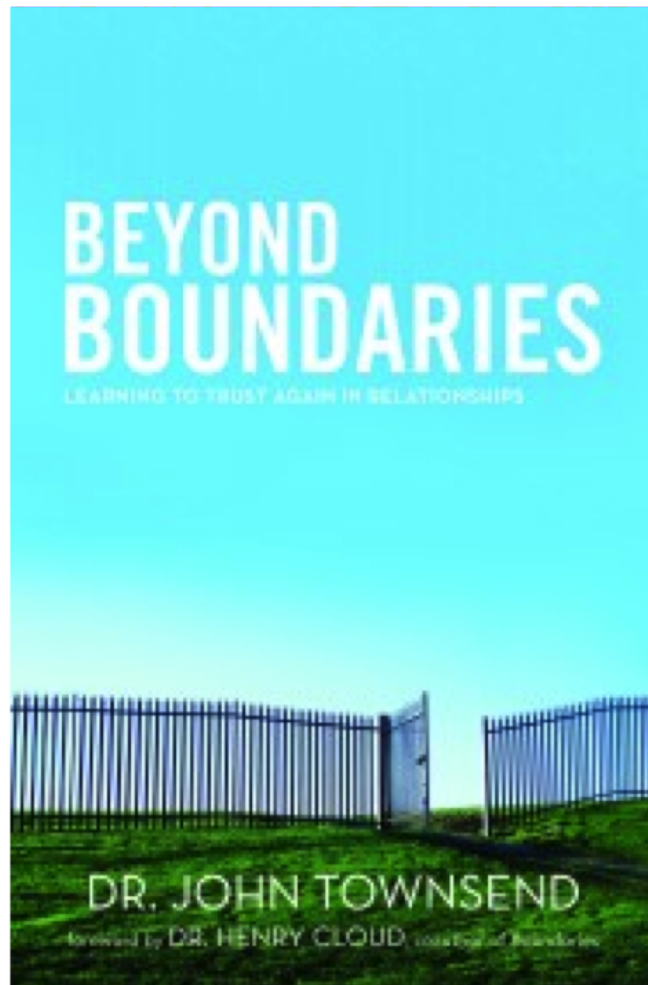
looking for or will Patti need to put in extra work for these bachelors?

Madison Hildebrand's Past Relationships: Patti Stanger meets Madison Hildebrand and gets right down to the nitty gritty.

Getting the Intel: Patti Stanger sends this millionaire to see a psychotherapist so she can clean him up and help him meet the right guy.

Maria Shriver Discusses Support Received After Divorce Announcement





Maria Shriver endured a difficult year, but she's thankful for all the support she has been receiving from family and friends. At a bicycle race on Saturday, [People](#) reports that Shriver told the crowd, "I appreciate your support, particularly this year, for sticking with me." She also spoke of a recent experience with a friend. "When I was going through my own challenges this year; feeling down and confused, I got an email from him. He wrote me a note saying, 'You're my best friend Maria and you will never be left out,' " she said. "When the world is so complicated, the simple gift of friendship is within all of our hands. Thank you to everyone who came up to me this weekend and wished me well."

What are some ways to deal with the aftermath of a divorce announcement?

Cupid's Advice:

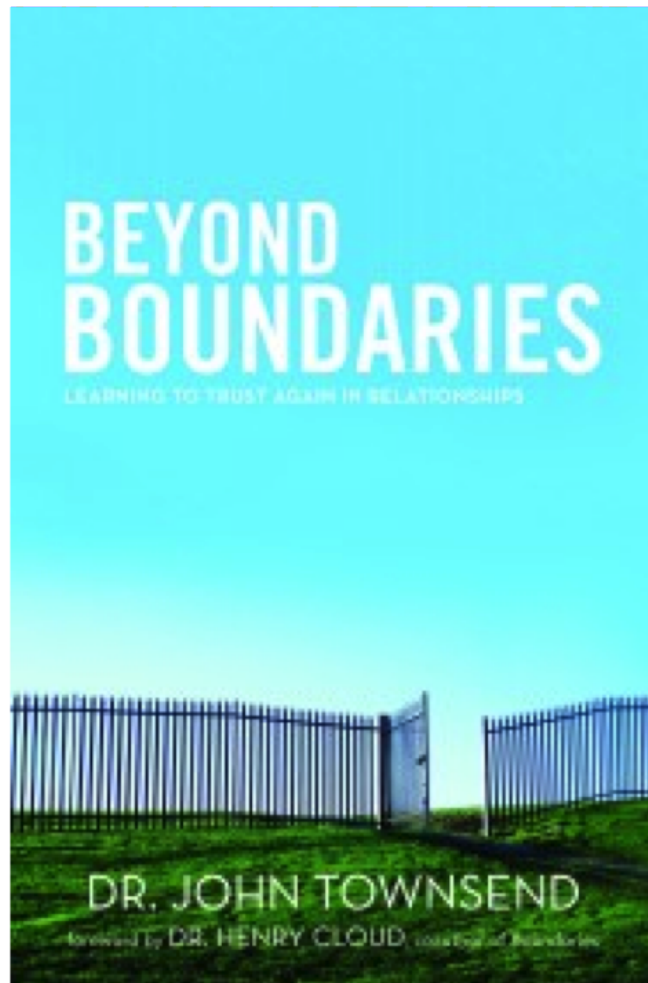
Going through a divorce is difficult, but trying to deal with it once it's official is a whole new experience. Since moving on can be harder than you expected, Cupid offers some advice:

- 1. Express your feelings:** In order to heal, you must speak about your feelings with someone you trust, instead of keeping them bottled up.
- 2. Activities:** Stay busy by participating in activities or picking up new hobbies. When you're engaged in something, you're less likely to think about your divorce.
- 3. Travel:** Take advantage of being single by traveling wherever you want to go. This experience will make you feel less lonely, and you only have to worry about yourself in the planning process.

Do you have suggestions on how to deal with the aftermath of a divorce? Share your ideas below.

The Big Merge: 3 Tips for Moving In Together





By GalTime Dating Diva Jennifer Oikle, Ph.D.

It's time for the big MERGE! You finally found The One and you are moving in together or getting married. Exciting, thrilling and... bumpy? When two adults decide to come together to create one life, there can be a few bumps along the way.

Even the most compatible partners will still have differences when it comes to habits, interests, and yes, even decorating taste. Now that you share a bathroom, how do you negotiate those small and sometimes ugly discrepancies while keeping

your bond strong? It's easy when you keep in mind your UNIFYING VISION.

Here's a secret. Most couples create damage to their union when they forget the big picture and, instead, focus on nitty-gritty details. Before long, you can ruin an entire weekend shouting about who takes out the garbage, whether his ugly old lamp gets to stay, and if you can read in bed while the other person tries to go to sleep.

So, how do you find the right compromise on all of the little differences that threaten to weaken your love? Remember, it's never really about the little things. When we argue about the small things, it's really the big hidden issues that we are playing tug of war over, such as feeling loved, trusted or respected.

The solution: Identify the underlying issue and bring your focus back to your Unifying Vision for your relationship.

Let's take a peek into how to make this happen.

Step 1: Create Your Unifying Vision

When you set up house together it's the perfect time to explicitly commit to the vision you have for your lives together. Sit down and take some notes on the biggest question of all: What do we really want our life together to look like?

Brainstorm on such topics as:

- What are the 5 top values or attributes that guide the way we want to interact with each other? For example: loving, trustworthy, respectful, honest, reliable...
- What are the 3 most important qualities we want our free time together/activities to embody? For example: novelty, adventure, relaxation, intellectual stimulation...

– What characteristics do we want our home/living space and routines to embody to support our bond? For example: organized, cozy, bright, romantic...

Once you have the big picture in mind, little disputes become much easier to resolve by referring back to what you agreed *really* matters.

Step 2: Identify the Underlying Concern

When a conflict crops up, before you get embroiled in your stances, take a deep breathe and step back. Ask yourself or each other: What is really bothering me here? Which of my deepest held values or needs is being triggered by this situation?

It could be that your argument about him leaving the toothpaste cap off is really about not feeling heard. Or maybe his need to be on time is rubbing your more care-free nature the wrong way.

Step 3: Decide Based on your Unifying Vision

Once you know what is really going on, go back to the big picture: the vision you and your partner have for your lives. Based on what's most important to you both, the things you do agree on – has something shifted in the way you feel about this difference?

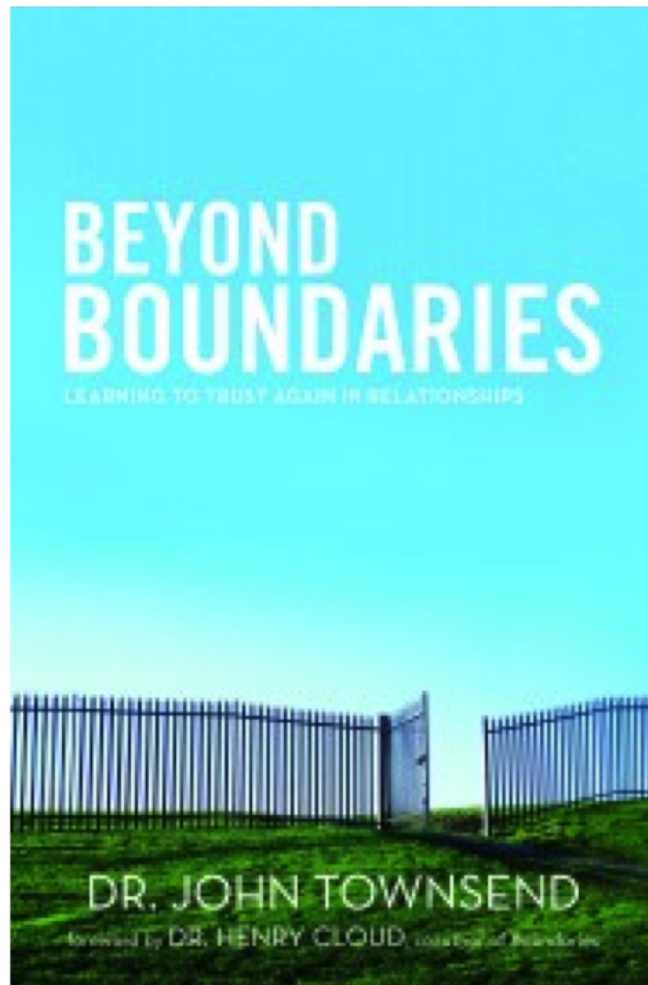
Typically, once you truly understand what makes your partner tick, the solution comes easily. For example, once you know that your partner values reliability over all else – you'll be able to commit to being on time regularly. Or, if your partner knows how important it is for you to feel supported, it'll be easier for him to take out the trash without being hounded.

By always stepping back from any perceived difference, you can usually find what you both have in common. And once you step back onto the same team with the same goals, winning happens

naturally!

Jake Gyllenhaal Spends Time With Three Eligible Women In One Week





Jake Gyllenhaal is definitely enjoying the single life! The 30-year-old actor was spotted with no less than three women in one week, reports [People](#). First, Gyllenhaal stopped at a gas station with Anna Kendrick on their way back from Las Vegas.

Next, the eligible bachelor joined pal Rashida Jones for lunch at an organic, vegan café in L.A. Finally, he hung out with married *Cougar Town* star Busy Philipps, who is a longtime friend and fellow godparent to Matilda Ledger, Heath Ledger and Michelle Williams' daughter. Although all three women are said to be "just friends" with the *Love & Other Drugs* star, it looks like Gyllenhaal is still one of Hollywood's most popular bachelors.

What are things to be cautious of while dating around?

Cupid's Advice:

When you're single, you want to play the field without going overboard. Cupid has some tips on how to be careful, and yet still have fun while dating:

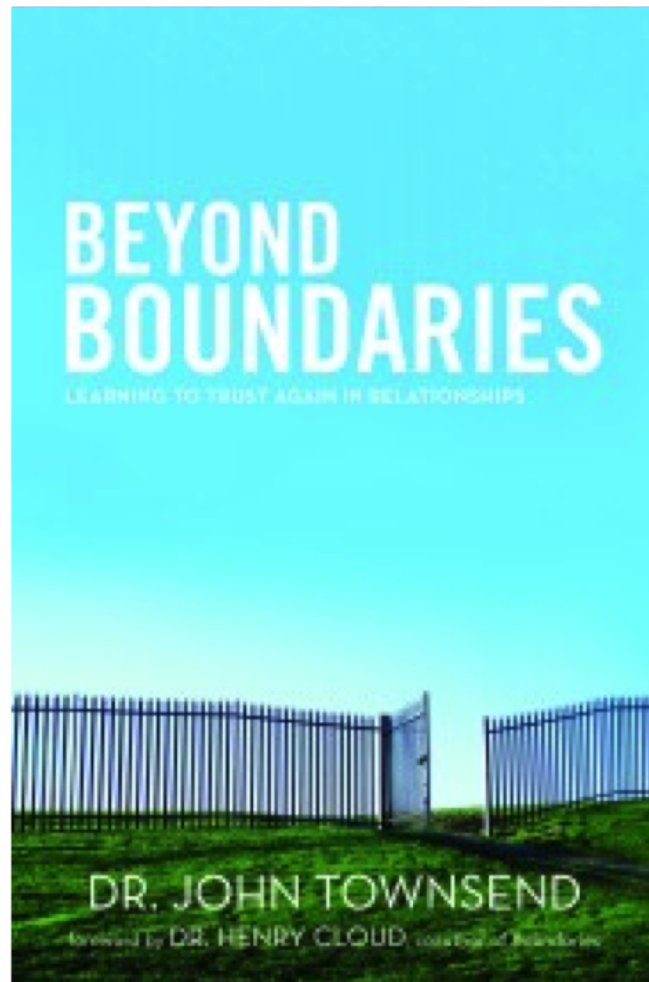
1. Overbooking: Even if you're a heartthrob movie star like Jake Gyllenhaal, more than three dates in a week can be a little overwhelming. It's not like you can't go out with more than one person at a time; just make sure you're giving each of your dates enough attention.

2. Being dishonest: When you're seeing someone new, you should be truthful right away. If you're not looking for a serious relationship, tell them that to avoid any confusion or hurt feelings.

3. Falling into a pattern: If dating bad boys hasn't exactly worked out for you, try changing your habits. By dating outside of your comfort zone, you'll find out what you like and in the process, you may also find "the one."

What else should you be wary of while casually dating? Share your comments below.

Zara Phillips Talks Babies and Skipped Honeymoon



It's amazing that Zara Phillips could even fit a wedding into her busy schedule when she says she and her rugby player husband don't have time for a honeymoon. [People](#) reports that the equestrian royal, 30, and her new hubby Mike Tindall, 32, haven't had a moment to rest since their wedding in July.

"There are always other competitions and other dreams that you want to achieve. Winning Badminton and Burghley, the Olympics, another World Championship," said Phillips, daughter

of Princess Anne and Captain Mark Phillips. Focusing on their careers also means putting off having children. “I’d love to have kids, but not at the moment. You know – I’m just happy competing and putting the work in.”

What are the advantages of delaying your honeymoon?

Cupid’s Advice:

While the majority of couples who have honeymoons choose to do so right after their wedding, there are some advantages to putting it off. Cupid has some thoughts:

1. Save money: You’ve probably gone nearly broke financing your wedding or cleaned your parents out of cash. If you wait a little while, you can earn some extra money to make your honeymoon extra special.

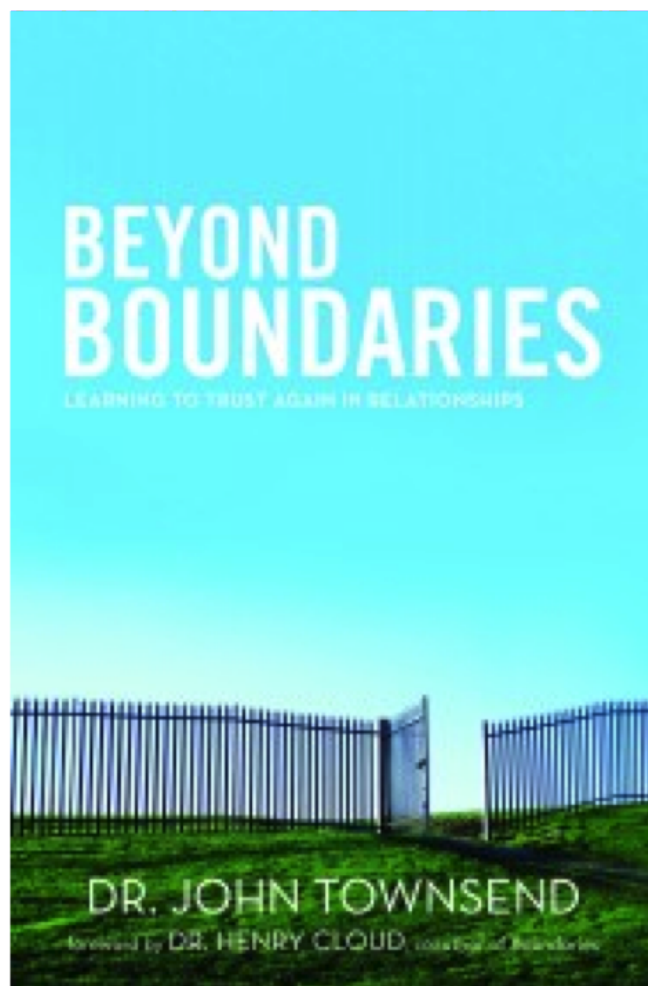
2. Take a breath: After the wedding festivities are over, traveling (even to an exotic destination) creates extra stress. When you want a real break, just chill out at home and save the trip for later.

3. Wait for the weather: If you got married in the summer, but really want to go to Aspen for your honeymoon, there’s no harm in waiting a few months until the weather suits you.

Are there any more reasons to put off a honeymoon? Share your comments below.

Oskana Grigorieva Discusses

Why She Settled with Mel Gibson



It's official! Russian musician Oksana Grigorieva accepted last week's truce deal – worth \$3 million – with Mel Gibson, RadarOnline.com reports. A forensic accountant analyzed this

deal with the \$15 million settlement from 2010. “The previous offer was structured in a way that made its value less than \$1 million,” her lawyer Daniel Horowitz said. “Moreover, it required Oksana to surrender to Gibson all evidence in the criminal case against her, which could have made her subject to criminal charges ranging from bribery to destruction of evidence.” Grigorieva’s lawyers value the present settlement, which includes 16 years living rent free in a \$1.8 million home, \$750,000 in periodic payments, payments to attorney fees and rights to her album and videos, “at over \$3 million.”

How do you know when to drop an argument in a relationship?

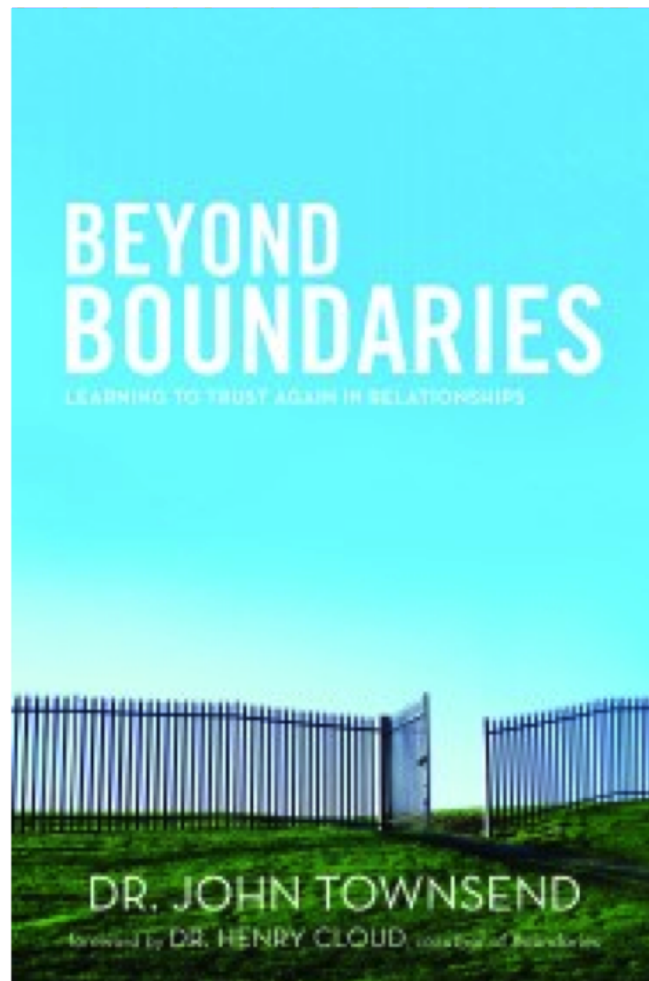
Cupid’s Advice:

When you’re quarrelling in a relationship, what you want most is to end it. Here are some suggestions on when to drop an argument:

- 1. Identified main issue:** Once you have both figured out what caused the argument and shared how deeply it impacted each other, it’s safe to move on from it.
- 2. Fixed the issue:** When a resolution to the issue has been decided so you can avoid the argument from resurfacing in the future, it’s best to stop discussing it.
- 3. Apologized:** The best ending to an argument is when one or both of you has apologized sincerely.

When do you think it’s best to drop an argument in a relationship? Let us know by commenting below.

Are Justin Timberlake and Jessica Biel Rekindling Their Romance?



Are they back on? Justin Timberlake was spotted biking with

ex-girlfriend Jessica Biel on Sunday post-brunch. “They were in good spirits,” an eyewitness at the diner claimed. “They seemed happy ... They had a nice time.” A close source to Timberlake tells [People](#) that it wasn’t shocking to see the former couple hang out together. “They always remained friendly after the split and spent time together,” the source says.

After a split, can you remain friends with your ex?

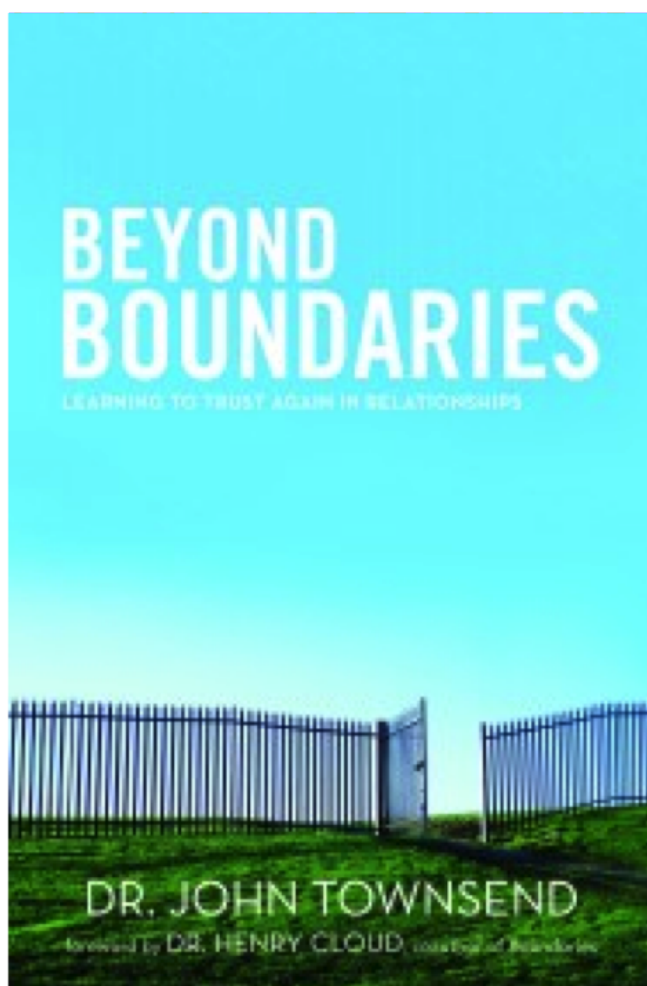
Cupid’s Advice:

Remaining friends with your ex isn’t difficult, unless your relationship ended terribly. Cupid offers tips on when to know you’re ready to rekindle your relationship with your ex:

- 1. Take a break:** Spend some time away from your ex for a while to process your feelings about him or her.
- 2. Process your feelings:** After some time, if you realize that it was best for you to split with your former flame and you know that you wouldn’t want to be in a romantic relationship with your ex, talk with him or her and figure out how you can remain friends.
- 3. Spend time:** It’s best to start off spending time with your ex by inviting him or her to get-togethers with your friends. If you’re spending time alone instead of in a group, your feelings may return.

Do you think one can remain friends with their ex? Let us know by commenting below.

Rumor: Lauren Conrad Is Dating 'Teen Wolf' Star Colton Haynes



Lauren Conrad is known for being on trend and it looks like

her love life is no exception. *The Hills* alum is rumored to be dating one of the stars of the hugely popular MTV show, *Teen Wolf*. Conrad, 25, was spotted with actor Colton Haynes, 23, at an L.A. hotspot last week. While there was no official PDA, "They have been good friends for a long time," a source tells [People](#). Conrad ended a three-year relationship with actor Kyle Howard, 33, in June.

How do you keep your brand new relationship out of the spotlight?

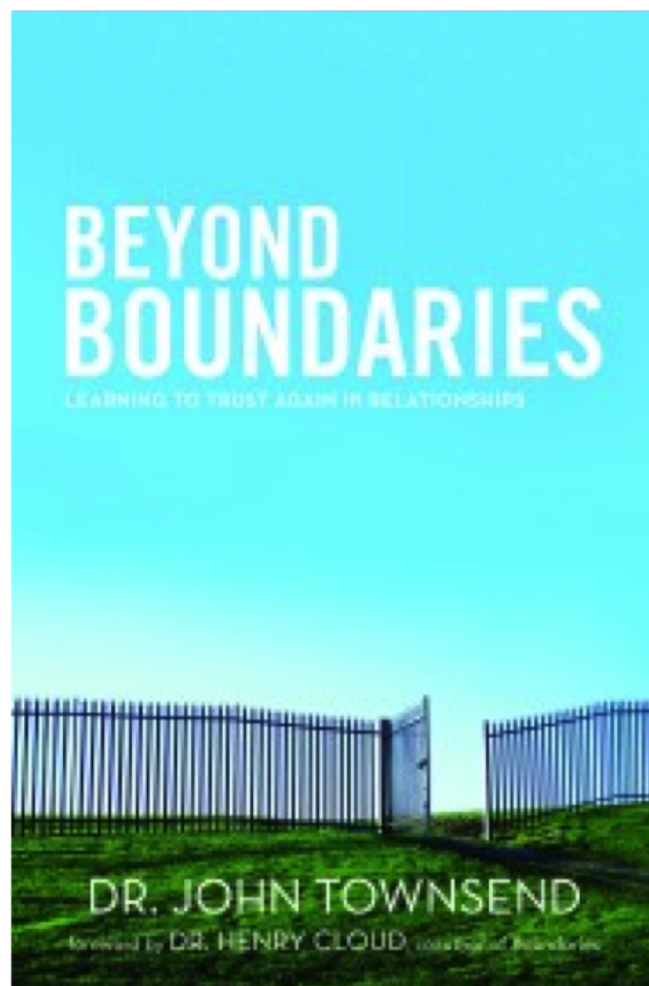
Cupid's Advice:

When you've started dating someone new, sometimes you want to keep it under wraps until things get serious. Cupid has some tips on how to make sure your new love affair stays out of the public eye:

- 1. Don't tell:** Keep mum about your new relationship and if a friend finds out, ask them to respect your privacy and keep it on the DL until you're ready to tell other people.
- 2. Plan your dates:** Think about where you two decide to hang out and make sure it's not a place your family or friends go often. At the beginning stages of your relationship, let your love grow in private if you want to stay out of the spotlight.
- 3. Ask your mate:** Make sure you and your new boo are on the same page. If you want to keep your relationship secret until it gets serious, check to see if your partner is okay with not telling.

What are some other ways to keep your relationship private?
Share your comments below.

Does Kim Kardashian Want Babies Already?



Although Kim Kardashian tied the knot with Kris Humphries earlier this month, she's already thinking of babies, according to family friend Lisa Gastineau. "She wants babies.

Let's cross the fingers. And her mom wants her to have babies quick!" Gastineau told UsMagazine.com on Saturday in Hollywood. Gastineau believes Kardashian will be a great mom, and she's confident that Humphries will be a great family man. "He adores [Kim]. I wish that every girl that I know had someone that adores her. Just the way that he looks at her. He's so cool, he stands up to her. Kim is a little dynamo. It is amazing; it is a fun, fun relationship watching them!"

Is there such thing as bad timing when it comes to having a baby post-marriage?

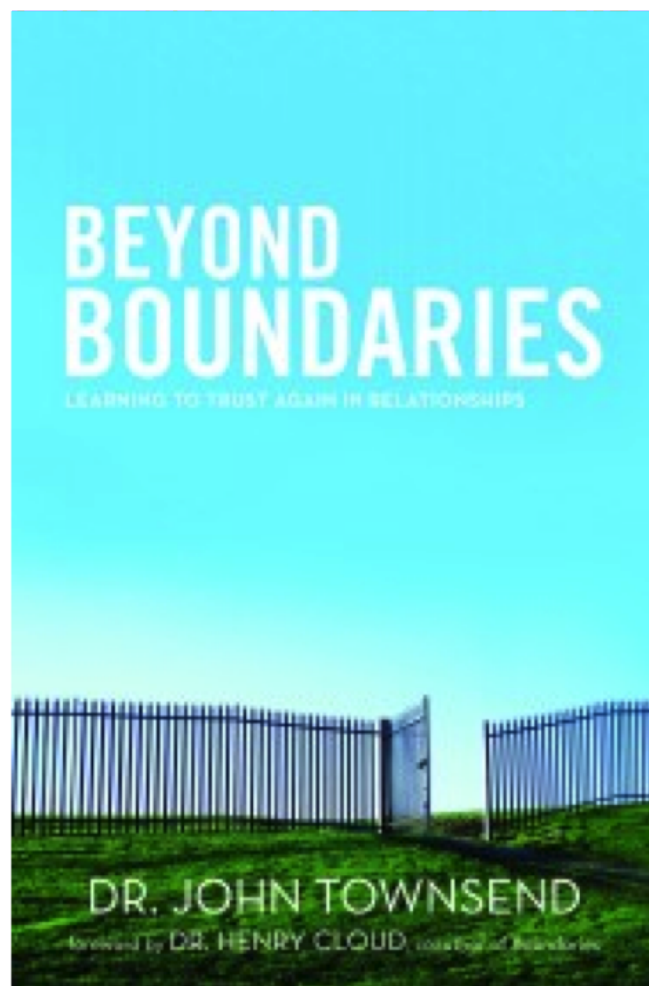
Cupid's Advice:

Although some couples take advantage of their time alone as newlyweds, others prefer having children immediately. Here are a few things to consider before starting a family:

- 1. Financially stable:** Make sure you both have a career and are doing well financially, because taking care of children is expensive.
- 2. Goals:** Do you both have future goals? Think about how having children might affect your dreams and relationship.
- 3. Ready for babies:** You and your spouse have to understand the responsibilities involved when raising children. Make sure it's something you both want.

When do you think a couple should start having kids after marriage? Share your thoughts below.

Leonardo DiCaprio's Gift to Blake Lively's Dad



Leonardo DiCaprio couldn't be there for his girlfriend Blake Lively's birthday, but he made up for it by surprising her dad on *his* birthday. While the *Gossip Girl* star partied with

friends at Darby in New York City last week, Leo was in Australia filming *The Great Gatsby*. But when Lively's dad Ernie celebrated his birthday in L.A. on August 14, DiCaprio gave him an elaborate coloring book as a gift. A witness tells *UsMagazine.com*, "Blake's father loved it." Lively, 24, and DiCaprio, 36, have been dating since May and "are so smitten it's crazy," according to a pal.

How do you impress your partner's family?

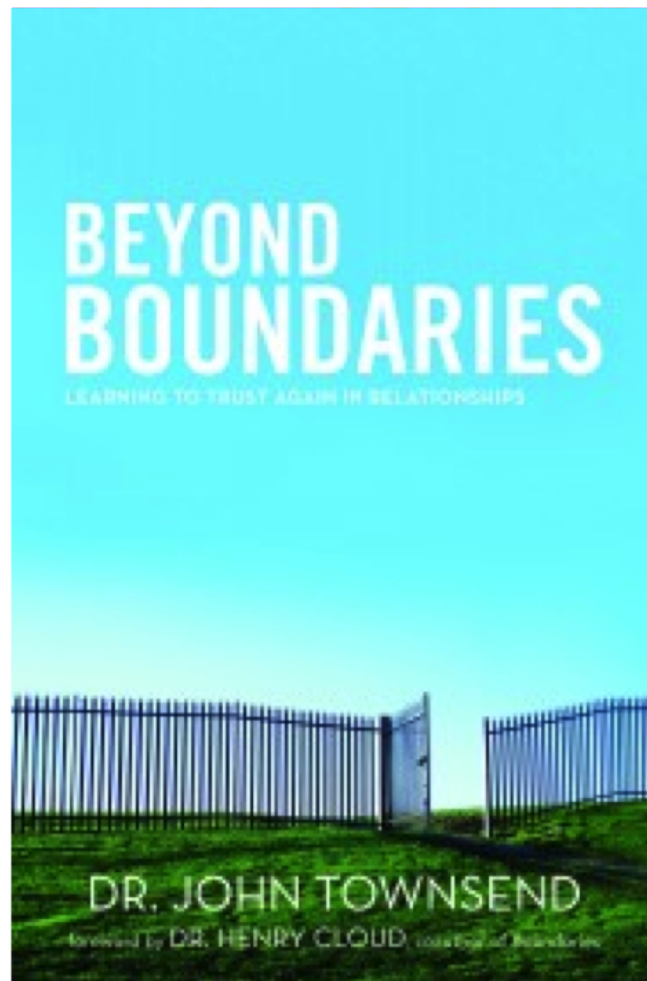
Cupid's Advice:

Getting the stamp of approval from your girlfriend or boyfriend's folks is crucial if you want to continue dating. Cupid has some tips on how to get on Mom and Dad's good side:

- 1. Remember birthdays:** Ask your significant other for gift recommendations, then surprise their parents with a present on their birthday or anniversary like Leonardo DiCaprio did for Blake Lively's dad.
- 2. Be polite:** It may seem obvious, but be courteous and gracious when interacting with the in-laws. Even after you feel like you have a casual, comfortable relationship, make sure you still show respect.
- 3. Show you care:** Don't just talk about how much you love their son or daughter; show them how you protect and care for your mate by buying a house together, working hard for a promotion or, when you're ready, asking for permission to propose.

What's the best way to develop a good relationship with your partner's family? Share your comments below.

DJ Jessica Who Says Men Can Be Intimidated By Independent Women



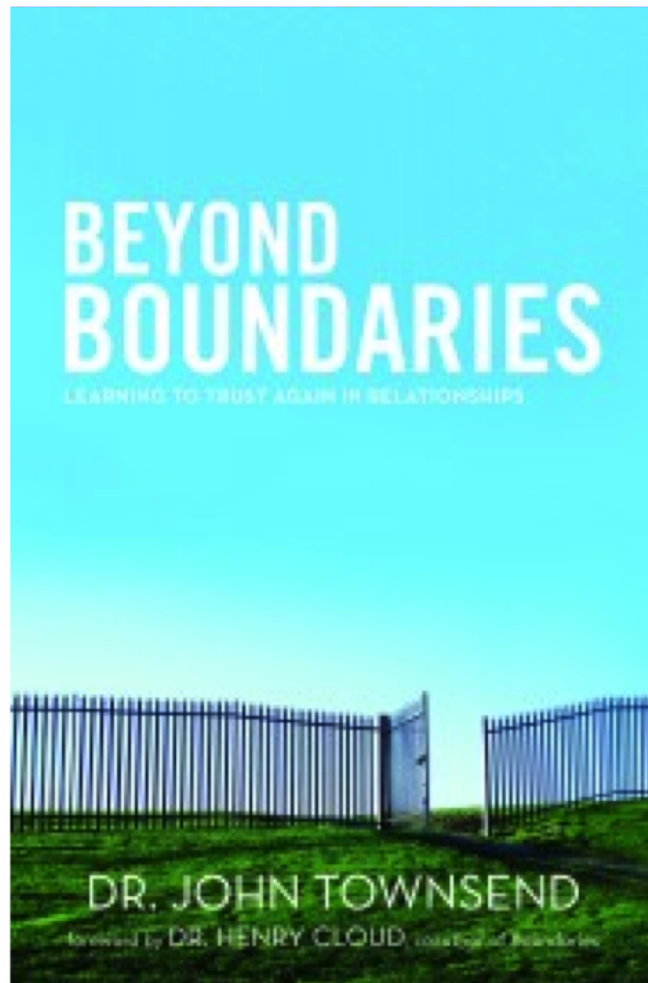
By Mia Salituro

Miami born Celebrity DJ Jessica Who has been getting all the buzz lately. She recently began filming in Miami for the MTV Dove Fresh Spin project and she attended her first VMAS on Sunday. Now in the spotlight, Jessica's career is booming and she admits that it's tough to find a guy who can handle it. How do you balance a relationship when you're career is on fire? Cupid's Pulse caught up with Jessica after the VMAs to find out.

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

Should a Woman Propose to a Man?





By McLean Robbins, GalTime.com

A woman dreams of the day when that special someone sinks to one knee, looks them lovingly in the eyes and utters those four magical words, "Will you marry me?"

But in today's glass-ceiling breaking, two-income household holding, Mr. Moms-are-totally-cool day and age, is this notion a bit antiquated? Has the women's liberation movement come so far that we can now propose our own version of happily ever after?

Our initial reaction after being presented with this topic was

a resounding “heck no,” but naturally, more exploration was necessary. So we queried leading relationship experts, lawyers, dating coaches and wedding professionals to get their opinions.

We’ll warn you – there’s no concrete answer, but our industry experts did come up with some valuable arguments for and against the issue.

Traditionalists Say “No Way”

Tasha, a love coach who appeared on VH1’s *Secrets of Aspen*, says that when a woman proposes to a man, she castrates him. “When you take the proposal away [from the man], you cut off their ability to make you [the woman] the happiest you could be.”

“If you’re putting the best product you have out there, you will capture your rational mate [without proposing] rather than drag him [to the altar],” says Constance Dunn, M.A. etiquette specialist and author of *Practical Glamour*. “And this is coming from a card-carrying feminist!”

“It’s all about perceived mate value,” she says. “Sure, you might be able to drag some dude to the altar, but he’s always going to wonder if he could have done better.” “If something is readily available, it isn’t as valued ... look at the success of the Birkin bag wait list.”

Letting a man take charge isn’t about letting go of your own self or conceding that he has more power in the relationship, says Tasha. It’s about allowing the person you love to make a grand gesture.

“There’s something important about that ritual of a man making that commitment to a woman,” Dunn says. But, she admits, women have the ultimate power – saying yes or no.

Dunn agrees that as society continues to evolve, the idea of

women proposing may become both psychologically and socially more acceptable. “But it’s only been a few decades ... we aren’t there yet.”

Moderates Say “You’re Doing It Every Day”

Laurie Puhn, lawyer, couples mediator and author of the national bestseller *Fight Less, Love More: Five Minute Conversations to Change Your Relationship Without Blowing Up or Giving In* says that women “propose” to men every day – they just don’t call it that. “It’s called an ultimatum.”

“The reality is that women initiate probably over fifty percent of the ‘are we in this for the long haul’ conversations,” says Puhn. This gives the man the information he needs to know that when he asks you to marry him, he’s assured you’ll say yes.

Of course, Puhn cautions, conversations of that nature should not be brought up lightly. But if you’re nearing or over 30 and have been seriously dating for six months or more ... it’s natural and fine for a woman to want to bring up the topic.

A huge number of changes in relationships, for good and for bad, come about as a result of women initiating, poking, prodding, and setting time frames, she says. The issue isn’t necessarily what one says, but how they phrase it. Relationship discussions of any nature won’t be successful if phrased as “you’d better do it,” she says. Women who feel the need to issue proposals – of the mini or major variety – need to know before speaking what they are and aren’t comfortable with ... and how to walk away if they don’t get the answer they need.

“You’re never too young to value your time.” If you want to make sure you’re giving yourself ample opportunity to meet Mr. Right before you have to meet Mr. Right, that’s the outlook to have, says Puhn.

While this type of proposal isn't "fun or exciting," it's the reality of many relationships today.

And, if a woman wants to get down on one knee and ultimately do the proposing, Puhn is fine with that – so long as she has the confidence and guts to "make that the story [you tell your grand kids]."

But will it ever become commonplace? No. "When we get to the male birth control pill, you can talk to me about a woman proposing."

Progressives Say "Go For It ... Selectively"

In the Old World where civility is king, the man should always make the moves," says Paul A. Falzone, CEO of eLove, a dating and matchmaking service with a three-decade history. "But now we're in 2011 and the world has evolved quite a bit. If a guy can take a woman's assertiveness, God bless her; let her run."

Of course, he says, this type of forward thinking need require a certain type of man. If your sweetheart is a traditionalist, a subtler hint might be the better route. But, as Falzone cautions, "at the stage in the game where you're getting down and proposing, choice shouldn't really be in the game. You should have it pretty nailed down by then."

In other words, are you damn sure he'll say yes? For some women, it's about taking life into their own hands and being the master of their own destiny. "You're the most important person in your life and you've got to look at yourself and think, what's best for me?"

If the answer is marriage and your relationship and timing are right, a proposal might be the way to go.

If you're determined to do the asking, make sure you're planning a proposal the man would enjoy, says Sandra Aaron, owner of Mindless Sophistication Events in Toronto, Canada.

"This isn't the moment for a female's fantasy proposal. This is the moment to make him feel appreciated."

Sometimes, Falzone says, men need a god kick in the pants. Just remember, he cautions, that one should make sure they're doing it for the right reasons – that they're truly ready to get married.

What about you? Would you propose to your sweetheart, and under what circumstances?