

# Jennifer Aniston and Justin Theroux Eat Lunch Together



By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), the former *Friends* star and fiancé Justin Theroux were spotted grabbing lunch together in NYC Monday, March 10. Aniston dressed casually for the date in a black coat, grey sweater and jeans. Theroux wore a black leather jacket and jeans. Jason Bateman reportedly joined the couple for lunch at Fred's restaurant in Barney's.

**How do you keep the romance in your relationship alive?**

**Cupid's Advice:**

When your in a long-term relationship, keeping things fresh

and exciting can prove to be a little difficult. A passionate, intense romance is difficult to maintain, but if you put in the work, you'll be able to keep that special spark alive. Cupid has some tips:

**1. Do things together:** Forget about staying home all the time. Go out for a date every now and then. Take your partner out for dinner, or go see a movie together. If you rather plan your activities during the day, try a picnic lunch or something both of you would enjoy doing together.

**Related:** [Matthew McConaughey Says He Wants to Make Family Proud in Oscar Speech](#)

**2. Be random:** You'll have more fun in your relationship if you and your significant other do things together unexpectedly. Planning out your days together can get a little boring, especially if you do the same things every time you go out. Be unpredictable. Get a little crazy. The excitement of doing something different will bring the two of you closer.

**Related:** [Nelly Furtado Says Working With Husband Is a 'Healthy Tension'](#)

**3. Reminisce:** When you and your honey are home alone together, spend some time talking about the day you first met. Tell your partner what drew you to them. Ask them about the first moment when they knew they were in love with you. Remembering how you felt about each other from the very beginning can bring the passion back into your love life.

**What are some other ways to keep the romance in your relationship alive? Comment below.**

---

# How Weight Can Affect Your Love Life



By April Littleton

Weight gain can affect all aspects of your life: your health, work, social and especially, your love life. Will your partner still care about you? Will they still find you attractive? Cupid has some advice:

**1. Body image:** Usually, with the more weight you gain, the more insecure you'll feel about your body. If you're not confident in your own skin, your partner won't feel comfortable with your self-image either. Low self-esteem will cause anyone to lose interest in the fun aspects of life. You won't want to go out with your friends, family or your

significant other because you're so turned off by the way you look. A relationship won't be success if the only activity you enjoy doing is staying at home and sulking.

**Related:** [How to Date when You're a Single Parent](#)

**2. Let's talk about sex:** If you find yourself unattractive, it's likely you won't show your body off to your partner. Sex isn't everything, but it is a common factor in most relationships. The heat you once felt with your significant other may fizzle out if you're not willing to show off your wild side at least once in a while.

**3. No motivation:** You won't have any desire or motivation to do anything for yourself if you continue to be unhappy with your physical appearance. Eventually, this negative attitude could affect your relationship. Most people in a relationship look for a partner with life goals, similar interests and hobbies. If you stop working toward your dreams, your honey might start looking for someone who is confident with themselves and living their life to the fullest.

**Related:** [Five Reasons Why Being Needy Will Push Him Away](#)

**4. Health:** Your health is important. You won't have the energy to do much of anything if you're not at your best physically. Your partner can only do so much for you in this situation. If you want to better yourself, you need to put in the work. Go to the gym. Maybe your boo will even offer to go with you. Taking care of yourself physically and mentally shows your significant other you respect yourself. You can't expect them to treat you the way you deserve if you're not doing that for yourself first.

**What are some other ways weight can affect your love life? Comment below.**



---

# Girl's Night Movie Pick of the Week: 'The Single Moms Club'



By April Littleton

Written, produced and directed by Tyler Perry, *The Single Moms Club* follows five single women on their personal journeys of self-discovery. The ladies are brought together by an accident at their children's school. They create a support group that helps them get through some of life's most challenging situations through the use of comedic relief and the strength they have in each other.

## Should you see it:

Tyler Perry fans will be the first in line to see this film, but if you're unfamiliar with his work, take a look at some of the cast. Some well-known faces include Amy Smart, Nia Long, Terry Crews and William Levy. If any of those names ring a bell and you've enjoyed some of their previous work, consider taking a trip down to your local theater when *The Single Moms Club* premieres.

## Who to take:

This movie is definitely all about girl power. Grab a group of your best girl friends for a Saturday night of fun. Of course, you can always drag your significant other along if you'd prefer to save this film for a couples' date night.

**Related:** [‘Pompeii’ is the Perfect Couples Night Movie](#)

## What are some ways to date responsibly as a single parent?

### Cupid's Advice:

As a single parent, getting back into the dating world can be hard to do. You have to think about yourself, your new partner and your child(ren). You don't have to give up completely. You can have a romantic life again and still be the best parent you can be. Just listen to your instincts and follow a few tips. Cupid is here to help:

**1. Take your time:** When you're just starting out on the dating scene again, there is no need to rush any potential relationship. Take your time and get to know the other person well before you make any solid commitments. You have a child. Keep that mind. You shouldn't bring different people in and out of your kid's life. He/she doesn't need to be any more confused than they already are.

**2. Communicate with your kid(s):** Your child(ren) need to know what's going on (if they're old enough to understand) in your

life. Before you go out on any dates, explain to them what you're going to be doing and make sure it's OK with them. Reassure them they won't have to worry about having a step parent anytime soon, and you're only trying to get to know someone on a more adult level.

**Related:** [How to Date when You're a Single Parent](#)

**3. Consider feelings:** If you decide to introduce your child(ren) to your new partner, make sure you realize this situation is a new experience for everyone. Your kid(s) and your new boo will need time to adjust to each other. Don't pack on the PDA in front of your family. Help everyone ease into this new relationship by keeping it cool.

**How did you date responsibly as a single parent? Share your experience below.**

---

## Couples Therapy: A Way to Rebuild a Struggling Relationship





By Jefferson Singer and Karen Skerrett

Jeanne looked at Barry at the other side of the couch in our office. She asked him if he remembered when they were first married and lived in a horrible one-bedroom apartment that barely had heat. Did he remember how each morning he would make her the worst coffee in the world, using a leaky filter and a banged up metal pot- how he would carry it to the bedroom while she was still just waking up? Barry nodded that he remembered. Jeanne continued to search his face, “Why is it that that coffee tasted so good to me and now we have the most expensive coffee-making contraption that money can buy, and I have to have my coffee just right, and I don’t even want you to touch the pot?”

At the heart of this exchange, Jeanne has told a “we-story”- a shared story between members of a couple that defines and guides their relationship. Jeanne told this story to remind Barry of what they have lost and need to find once more if their relationship is to improve. In our new book, *Positive Couple Therapy: Using We-stories to Enhance Resilience* (Routledge), we provide a systematic approach for helping



couples recover their unique we-stories in order to strengthen and/or rebuild struggling relationships.

**Related:** [Cold Feet Before the Wedding? Reasons to Use Your Head](#)

Couples therapy has long focused on the problems or what is wrong with too little attention paid to identifying and cultivating strengths, or what is right in the relationship. As couple therapists with nearly 70 years of combined experience, we have learned the critical importance of redirecting couples' attention to the affirming qualities of their relationship such as security, empathy, respect, acceptance, pleasure, humor, and shared meaning. We call these the 7 elements of We-ness (SERAPHS) and they are indeed the better angels of our relationships. Couples that feel this shared investment in each other possess the building blocks for healthy and resilient relationships, and this ingredient can be developed by finding and focusing on 'we-stories'.

Once couples can identify a "we-story", either recent or remote, they have a foundation that highlights what the relationship has to offer rather than what it lacks. Such a simple story can then become a metaphor, an image of what works between them and can be referred to during times of stress or challenge.

**Related:** [Why Looking for Love Is Like a Job Search](#)

*Positive couple therapy: Using we-stories to enhance resilience* provides simple and practical tools for reclaiming positive stories of connection- stories that provide a sense of hope to relationships that have become distressed. Examples of we-stories can be found on our website: [we-stories.com](http://we-stories.com) or through [Amazon](#).

*Jefferson Singer, PhD. is a Professor of Psychology at Connecticut College and in Private Practice.*

*Karen Skerrett, PhD. is Senior staff at The Family*

*Institute/Center for Psychological Study and Associate Clinical Professor, Dept. of Psychology at Northwestern University.*

---

## David Arquette Says Courteney Cox's New Beau Johnny McDaid is "a Great Man"



By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), David Arquette approved of his ex wife's new boyfriend on the *Wendy Williams Show*. "He's

amazing. Great guy,” he said about Johnny McDaid. Arquette and Courteney Cox finalized their divorce last May after 13 years of marriage. Arquette is expecting his second child with girlfriend of two years, *Entertainment Tonight* correspondent Christina McLarty.

## **How do you remain civil with an ex?**

### **Cupid's Advice:**

Maintaining a positive relationship with an ex can be hard. Sometimes, you have to remain friends for the sake of children, or any other loved ones who may be involved. Cupid is here to help:

**1. Communicate when necessary:** You and your ex don't need to communicate with each other everyday. You shouldn't know what's going on in their love life unless they disclose that information to you themselves. If you have children together, let meeting together be strictly about your family.

**Related:** [Lea Michele Says Cory Monteith is 'Watching Everything I'm Doing'](#)

**2. Be mature:** If you're both two mature adults, there shouldn't be any reason for the two of you not to get along. Forget all of the petty behavior and act your age. Don't throw insults back and forth at each other – doing so will get you nowhere.

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

**3. Move on:** In order to remain a civil, platonic relationship with your ex, you'll need to let go of all of your old feelings from them. All of the anger, hurt, pain, etc you felt toward your former flame needs to be put in the past. You'll never be able to move on and find someone new if you're still hung up on your ex.

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

---

## How to Date when You're a Single Parent



By April Littleton

Being a single parent has its challenges – especially when it comes to dating. When you're raising children on your own or co-parenting, getting back into the dating pool is hard. You're not sure how your kids will adapt to someone new hanging around. Plus, is it even worth it to try to give your

heart to someone else? Cupid has some tips:

## **1. Take your time**

You don't have to rush into a relationship with anyone. You have your kids to think about and they don't need to be introduced to a new person every single week. When you're ready to start dating again, take it slow. Don't worry about what other people think. You start to date when you feel like it's the right time, not when anyone else says you should start testing the waters again.

## **2. Explain to your kids**

When you do start to see someone new, you need to prepare your children for the situation. Whether they are too young to understand what you're telling them or not, you still need to let them know you're going to spending some time with her person who isn't their mother/father. Reassure them that the new love in your life isn't there to take the place of their other parent, but you're simply hanging out with someone else on a romantic level. Your children will have plenty of questions. Try your best to answer each one of them honestly without getting into any specific details about your love life.

**Related:** [The Do's and Dont's of Speed Dating](#)

## **3. Introduction**

You obviously don't need someone who you've only been dating for a short time to meet your children. However, if things get serious between you and your new potential love interest, you need to start thinking about introducing your honey to the other important people in your life. Make sure your new boyfriend/girlfriend already knows about your kids (that should have been one of the first things you told them when you first started dating) before you set up a date for the



whole gang to meet. When the day does come for the outing, make sure you keep the activities fun, short and to the point.

**Related:** [How to Handle a Clingy Partner in a Relationship](#)

#### **4. Be courteous**

Be careful how much PDA you should – especially in front of your children. Everyone will need to adjust to you dating someone new, so make sure to avoid any situations that could be uncomfortable and/or hurtful to your kids. Also, your new partner might not be too fond of the idea of the two of you sharing serious affection for each other in public anyway.

#### **5. Keep your past where it belongs**

Your ex shouldn't be involved in any part of your love life. Don't bring him/her up unless the reason has something to do with the children you have together. If you want to develop a serious relationship with the new man/woman in your life, they don't need a constant reminder of the feelings you and your former flame once had for each other. You need to start living your life for you and your kids. Who you date has nothing to do with your ex and vice versa.

**Do you have any additional advice for a single parent who's dating again? Comment below.**

---

## **'Pompeii' is the Perfect Couples Night Movie**



By April Littleton

“Pompeii” is about the journey Milo, a slave turned gladiator (played by Kit Harington) takes to save his true love Cassia (played by Emily Brown). Milo is forced to fight his way past an arena in order to save his beloved before Pompeii is completely destroyed by the eruption of Mount Vesuvius.

### **Should you see it:**

“Pompeii” is directed by Paul W.S. Anderson and is lead by an all-star cast. Audiences will see the familiar faces of Carrie-Anne Moss, Jared Harris, Kit Harington, Jessica Lucas, Emily Brown and Kiefer Sutherland. If you’re interested in dramas, mysteries or action films, Pompeii might be suitable for you.

### **Who to take:**

This movie isn't necessarily something you would want to see with a group of girls. Reserve this film for date night with your honey. He will appreciate it much more than your girlfriends would.

**Related:** [Sink Your Teeth Into 'Vampire Academy'](#)

**What are some ways to be there for the one you love?**

**Cupid's Advice:**

What you and your partner need the most out of a relationship is support. The two of you are a team, and you should be there for each other through thick and thin. The best thing about being committed to another person is the fact that you will always have someone you can lean on when situations get rough. Cupid has some tips:

**1. Focus on what they need:** Many couples often forget to zone in on what the other person needs. Instead, they tend to react in ways they think their significant other would like. Taking control of the relationship in this matter might cause your partner to feel unappreciated or unimportant. Don't assume things about each other. Ask one another about your needs and wants.

**Related:** [Rosie O'Donnell Says Health Scare Brought Her Closer to Wife](#)

**2. Be understanding:** Everyone handles certain situations differently. Keep this in mind when you face a challenge with your significant other. Don't put pressure on your partner to do things the way you might think is best. Show your support and let them figure things out on their own. When your honey needs you, she/he will let you know.

**Related:** [Lauren Conrad Celebrates Hoe-Down Birthday Bash with Fiance](#)

**3. Communicate:** Always keep an open line of communication.

Offer your significant other useful advice during trying times. Express your feelings to one another during arguments. Let your words be the driving force in your relationship.

**What are some other ways to be there for the one you love? Comment below.**

---

## What to Do When Your Partner Needs Space



By Louisa Gonzales

Being in a relationship means spending time together,

communicating, and supporting each other. You want to respect your significant other and their choices, but what if that decision is your partner telling you they need space? Every person needs time for themselves and the chance to focus on their needs, without worrying about someone else's. Just because you're dating someone it doesn't mean you have to spend every single moment with them, it's something we all must learn. Cupid has some advice on what you can do, if your lover says they, "need space".

**1. Define exactly what they mean:** Does it mean they want space from you or your relationship? A break? It's good to establish things and ask what they're looking to get out of "having some space" and exactly what they want in terms of getting it. It will help you understand why they needed space in the first place and if the relationship is worth holding on to.

**Related:** [How to Handle a Clingy Partner in a Relationship](#)

**2. Don't freak out on your lovebird:** Take a breath and don't act on impulse, there's no need to get over emotional. There could be a million different reasons as to why your lover needs some space. Maybe they think you're smothering them or maybe they're just stressed. No matter what that reason is, if you don't want to push them further away, it is important to respect their request and not overreact. Their reasoning might have some valid points and in the long run your time apart could benefit your relationship, make it stronger, and give you the time to truly appreciate each other.

**3. Do share your feelings:** Express to your honey how you feel about their need for space, but let them know in a respectful and kind way that showcases your support about their decision. It will help them to take into account your feelings as well as let them know you are there for them. It is important for both of you to hear and listen to what the other has to say. Doing this can set you on right track towards working out



any kinks or issues in your relationship.

**Related:** [What to Do when He is Still Dating Others](#)

**4. Give them their space, but get your own also:** Give them what they want, but during this time on your own, take the time to focus on yourself. If your romantic mate, is getting some time for themselves, so should you. With all your free time, you can start doing the things you've always wanted to try, but never had the time to. You can also spend the time reflecting on your relationship and the best direction to take to move forward, together or apart.

**What do you think you should do if your romantic interest says they "need space"? Share your tips below.**

---

## Cupid's Weekly Round-Up: Celebrating Your Relationship





By Maria Darbenzio

When it comes to a relationship, you should never hide how much you love someone. After all, there are so many great ways to celebrate your romance. Check out these articles from our partners to give you some ideas:

**1. Spend a night out:** You may not be able to attend prestigious award celebrations while wearing the latest couture like the celebrities, but nothing's stopping you from dressing your best. You can host a dinner party, attend a cocktail night, or just gather a few friends for a meal at a nice restaurant. Not only should you celebrate your relationship but also the people who have helped you along the way.

**2. Look within:** Celebrations don't always need to be fancy and require reservations. Take time to look at your relationship as a couple and let your partner know how special they are to you. Remind them (and yourself) of what made you fall in love in the first place.

**3. Recreate a date:** Think about what your first date was like,

where you went and what you did. It can be easy to forget the details, so keep them fresh by recreating it. Revisit the spot where you first met or kissed, but try wearing a different outfit, styling your hair in a new way, or maybe sampling a sexy makeup look.

**4. Leave sweet notes:** It's easy to get caught up in a busy schedule. If conflicting times make it hard to sit back and relax together, take an alternative route: Slip a note into your man's briefcase before he heads for work or leave one on his nightstand. It'll let him know you haven't forgotten how much he means to you, and it's guaranteed to bring a smile to his face. Check out some of these quotes for ideas!

**5. Rekindle lost love:** Maybe you're looking to make amends with a former partner. Before moving forward, make sure the relationship is worth getting back into. After you win each other over for the second time, celebrate the relationship you have now and the progress you want to make. Don't let the past ruin your future.

**What are some ways you like to celebrate your relationship? Share your comments below!**

---

## Five Tips for Falling in Love in 2014





By Melanie Mar

It's 2014 – a new year to rejoice new beginnings, celebrate new possibilities, and just maybe embrace a new love affair. It's time to shake off 2013! If you're single, here are some tips to get you ready to mingle:

**1. Get ready for love:** Forget bitter memories of the past and live in the present moment. Be ready for all of the opportunities that will arise in the new year. Start with a brand new idea of what love is and with a positive outlook on love to allow magical things to happen. It's your year, and bright and positive love adventures are coming your way.

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

**2. Rock your body:** It's safe to say that, when you look great, you feel great. Staying healthy is another way to prepare for love to flow into your life. You should be excited to have fun meeting people and enjoy dating again. Don't give up on your regular workouts. In order to be fully ready and open for love, keep working hard on being your best self. Positive,

healthy people do a better job of receiving love into their lives.

**3. Become a chatty Cathy:** Make it a point to talk to at least five people a day. Strike up a conversation at the gym; make small talk in line at Starbucks; smile while waiting to checkout at the grocery store; and give someone a compliment today. Watch how you are changed and how love comes in as you reach out. This exercise will help you become more relaxed talking to people and make first dates seem less awkward. Remember: Feeling comfortable in your own skin is key to truly enjoying the moment.

**4. Believe:** Simply having faith is significant for being able to fall in love again or even for the first time. Believe that it *is* possible to love and be loved this year. Don't give up hope! Love is attainable. It exists, and it's ready to enter your life when you make space for it. Remind yourself that you are worthy of a romantic miracle this year. Be conscious of creating a "clear head and clear heart," an openness and eagerness to change your current way of thinking.

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

**5. Laugh:** If you really want to fall in love this year, embrace laughter. When hoping to meet a potential mate, keeping a light-hearted spirit is important to letting love in. Laughter has been described as good medicine because it helps us feel better; it's infectious; and it gets our pheromones ramped up. So make a point to find humor in everyday situations and share funny moments when talking to someone new. These good feelings will leave a lasting impression on both of you.

Keep these basic tips in mind as you open up your heart and get ready to receive and enjoy all the love that is out there for you.

[Melanie Mar](#) is a celebrity relationship specialist, matchmaker



*and life coach.*

---

# Celebrity Couples Who Keep Their Relationships Out of the Spotlight



By April Littleton

Most of the famous and wealthy individuals we see on our TV screens and in the magazines enjoy having their love life on display for the whole world to see. However, there are a select few who prefer to keep their relationship out of harm's

way. Cupid has a list of celebrities who manage to keep their private life – private:

**1. Dolly Parton and Carl Thomas Dean:** The country singer has been married to Dean since May, 30, 1996. They met at a Wishy-Washy laundromat on her first day in Nashville with his first words to her being, “Y’all gonna get sunburnt out there, little lady.” Since marrying, Dean has only seen Parton perform once and he rarely makes any public appearances with his wife. Parton and Dean have no children together, but she commented on his romantic side in an interview stating that Dean does spontaneous things to surprise her and sometimes writes her poems.

**Related:** [5 Celebrity Couples who Are Still Friends After Divorce](#)

**2. Beyonce and Jay-Z:** This couple kept their relationship under wraps for quite a while. It was rumored that the couple began dating after collaborating together on the hit single “03 Bonnie and Clyde”. The lovebirds took it a step further by secretly marrying on April 4, 2008. When it comes to the status of their relationship, the couple have since eased up on their privacy, especially when Beyonce publicly announced her pregnancy during a live performance on the 2011 MTV Video Music Awards.

**3. Morris Chestnut and Pam Byse:** Who knew that *The Best Man Holiday* co-star was married? Well he is – and has been for 18 years now. Chestnut and his wife Pam have two children together, Grant and Paige. In an interview with *Upscale* magazine, the actor explained what makes their marriage successful. “I let my wife be the woman. You know? I let her be the woman.... And she, in turn, when it comes down to it, she lets me be the man,” Chestnut said.

**Related:** [Top 10 Celebrity Couples of 2013](#)

**4. Rachel Weisz and Daniel Craig:** These two lovebirds got married with only four people attendance, while the rest of the world didn't even know they were dating! Weisz and Craig tied the knot in a private New York ceremony June 2011. The *Oz the Great and Powerful* actress has since told *Marie Claire* magazine that the marriage gives her 'a wonderful feeling of stability.'

**Related:** [Top 5 Celebrities with the Most Marriages](#)

**5. Megan Fox and Brian Austin Green:** It's no secret that these two stars have been in an on-again, off-again relationship since 2004, but the fact that they managed to hide the birth of their firstborn for three weeks should speak volumes. Fox gave birth to baby Noah Sept 27, 2012, but didn't publicly announce the news until much later. Recently, the couple told the media that they are expecting their second child together sometime this year.

**Are there any other celebrity couples who should be on this list? Comment below.**

---

## **Bradley Cooper and Girlfriend Suki Waterhouse Go Public at Sundanace**





By April Littleton

According to [People](#), **Bradley Cooper and girlfriend Suki Waterhouse have finally gone public** with their romance. The lovebirds attended the Sundance Film Festival together in Park City, Utah. They were spotted strolling down the street, while holding hands.

**When is it the right time to go public with a new relationship?**

### **Cupid's Advice:**

Love is in the air. This may be true indeed, but sometimes, you just don't feel like sharing all of your happiness with everyone else. Keeping a new relationship under wraps for awhile is perfectly acceptable, but eventually you'll have to spill the beans to someone. Cupid has some tips:

**1. You've dated long enough:** If you've dated your partner for longer than five months, then it's definitely time to let the world know about your new romance. Everyone deserves their privacy and you don't have to give away every single detail

about your relationship, but wouldn't you like to spill a little gossip to your best friend? Being able to confide in someone about your new honey will eventually be a necessity when you least expect it.

**Related:** [Find Out About Demi Moore's New Guy](#)

**2. Feels right:** Everything about your relationship just feels right. The two of you want the same things in life, have similar goals and share some common interests. When you find someone so close to being your perfect match, you'll want to share the good news with your friends and family – and possibly the whole world.

**Related:** [New Couple? Courteney Cox Takes Snow Patrol's Johnny McDaid to Jennifer Aniston's Party](#)

**3. Ask your significant other:** Even though you might be ready to go public with your relationship, your partner might not feel the same way. Before you start blowing up all of your friends social media news feeds about the change in your love life, ask your honey how he/she feels about it first.

**How did you know when it was the right time to go public with a new relationship? Share your experience below.**

---

## How to Handle a Clingy Partner in a Relationship







By April Littleton

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

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

**Related:** [What to Do when He's Still Dating Others](#)

**2. Spend time apart:** Don't play along with your partner's little game. You don't have to spend every waking minute with your boyfriend/girlfriend out of fear of upsetting them. They need to learn how to trust in you, your relationship and let go of all other insecurities if they want to maintain a relationship with you. You had your own life before you met

your significant other, and it's guaranteed they had the same before meeting you. Continue to spend time with your friends and family and carry on with your day-to-day schedule.

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

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

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

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

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

**6. Call it quits:** If you've tried everything and your partner is still showing signs of clinginess, the issue might be more serious than you think and you should think about ending the relationship. Your love could be dealing with bigger problems

than the ones he/she is letting on, so it would be a good idea to take a step back from the relationship until they can figure out what they'll need in order to feel secure with the person they love.

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

---

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



By April Littleton

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

### **Should you see it:**

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

### **Who to take:**

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

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

### **What are some healthy ways to end a relationship?**

#### **Cupid's Advice:**

Breaking up with someone is never easy. When you know the relationship between you and another person just isn't going

to work, it can be hard to get them to realize the same truth. You don't have to act out just to get someone to leave you. Instead, try to do things the right way. Cupid has some tips:

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

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

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

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

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



---

# Robin Roberts Publicly Thanks Longtime Girlfriend After Cancer Battle



By April Littleton

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

## How do you support your partner through a serious illness?

### Cupid's Advice:

A partner's illness can put a strain on the relationship, especially if you've never had to go through something like this before. But there are plenty of ways to help your love through a rough moment in their life without losing them romantically in the process. Cupid has some tips:

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

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

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

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

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

better physically.

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

---

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



By April Littleton

According to [People](#), Khloe Kardashian is ready to start fresh in 2014. "I'm excited for this year to be over with," she told

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

## **What are some ways to cope with a recent breakup?**

### **Cupid's Advice:**

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

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

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

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

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

**3. Vent:** Don't let your emotions build up inside you. If you're feeling upset or sad about the end of your



relationship, talk to someone you trust about the situation. You can ask for some useful advice or maybe you just need someone to hear you out. Either way, some of your good friends or close family members won't mind helping you out in your time of need.

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

---

## What to Do when He is Still Dating Others



By April Littleton



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

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

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

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

**3. Read the signs:** A man who wants to be with you will do whatever it takes to do so. Does your guy call and/or text you often when the two of you aren't together? If not, he's probably using that time apart to connect with other people. Have you met his family? Do your loved ones like him? The first step to a serious commitment is the approval of both

parties family and friends. You don't want to be with a guy who hasn't introduced you to the important people in his life. If the two of you are constantly doing things by yourself and you haven't met anyone else in his life, he isn't serious about you and you need to rethink the status of the "relationship."

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

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

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

---

## Florida Georgia Line's Brian Kelley Marries Brittany Cole





By April Littleton

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

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

### **Cupid's Advice:**

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

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

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

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

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

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

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

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

---

# Khloe Kardashian Files for

# Divorce from Lamar Odom



By April Littleton

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

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

## **Cupid's Advice:**

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



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

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

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

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

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

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

---

**'Glee' Star Naya Rivera Says She and Fiance Are 'On the**

# Same Page' About Wedding Plans



By April Littleton

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

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

**Cupid’s Advice:**

Your big day is slowly approaching, but there are still so many details left untouched. You and your significant other

can't seem to agree on much these days and it's not from lack of trying. Don't worry, Cupid is here to help:

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

**Related:** ['Family Ties' Star Meredith Baxter Ties the Knot](#)

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

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

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

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

---

# Ben Affleck Says Wife Jennifer Garner Is 'the Most Important Person to Me'



By April Littleton

According to [People](#), Ben Affleck only has one person to thank for all of his success – his wife, Jennifer Garner. “She is by leaps and bounds the most important person to me in that respect,” Affleck said in an interview with *Playboy* of Garner’s resolute support. “Over the past 10 years she has allowed me to have a stable home life while accomplishing my professional goals.” The couple married in 2005 and have three children together, son, Samuel, 21 months and daughters Violet, 7 and Seraphina, 4.

## What are some ways to show your appreciation for your partner?

### Cupid's Advice:

After awhile, it can be hard to find different ways to show your partner you still love and care about them. Sometimes, the smallest gestures can make your loved one feel over the moon. Cupid has some tips:

**1. Thank them:** The simplest way to show your appreciation for your significant other is just by thanking them often. Does your partner take out the trash everyday? Does he/she cook and clean the most out of the two of you? Sure, a sweet “thank you” will do the trick, but think about giving your partner a nice gift. Surprise your love with a special meal or take them out for a night out.

**Related:** [Newlyweds Ace Young and Diana DeGarmo Start Holiday Traditions](#)

**2. A day out:** Plan out a day where you and your partner do everything he/she likes to do. Whether it be going swimming, seeing a movie or simply lounging at home all day – let them pick out the activities for the day. When the day is over, your honey will feel appreciated and know you care about their wants and desires.

**Related:** [Adele and Boyfriend Flaunt PDA at Lady Gaga Concert](#)

**3. Physical contact:** Make sure you shower your significant other with hugs and kisses. When your partner does something nice for you, show your love with a sweet kiss and a hug. A little physical contact can mean the world to your love and it will also keep the spark between you and him/her alive.

**What are some other ways to show appreciation for your partner? Comment below.**



---

# What to Do When Your Mother Doesn't Like Your Partner



By Jennifer Harrington

Relationships are tricky, and romances can become even more difficult if your mother does not approve of your significant other. Previously, Cupid explored if you should listen when your parents advise you to break-up. Let's assume you have made the decision to stick with your partner and disregard your parents counsel to end the relationship. What happens next? You have to move forward and try to enjoy your life. Here are some tips that may help you keep the peace, if your mother doesn't like your partner.

## Focus on the positive

Your mother may not like your significant other, but that does not mean you should act like your relationship does not exist. Avoiding discussion about your partner is only going to make things more awkward as time passes. You can still share with your mom positive updates about your romance and your partner, because at the end of the day, your mom values your happiness – whether or not you are dating someone she likes. Also, your mom's opinion about your love may change over time; some positive reinforcement from you about your guy and all of the great things he is accomplishing might help transform her view of the situation.

**Related:** [Are You Too Young For Marriage?](#)

## Play peacekeeper

Do your best to keep the peace. Acknowledge and respect your mom's opinion about your relationship, but don't bring it up and try to change her mind every time you are with her. This will likely only create further conflict and frustration for everybody. Another important part of playing peacekeeper is ensuring your mom and significant other can get along when they spend time together. Think about what you can do to make both parties comfortable, and when everybody is together, do your best to minimize drama or confrontations.

## Spend quality time with your mom

You had a long, meaningful relationship with your mom long before you started dating your current partner; don't make the mistake of abandoning this very important relationship because you disagree with her opinion about this issue. Focus on other pastimes and things the two of you have always enjoyed (check out [this article, http://oureverydaylife.com/good-ideas-mother-daughter-bonding-outing-16090.html](http://oureverydaylife.com/good-ideas-mother-daughter-bonding-outing-16090.html) if you need ideas of bonding activities). Carve out time for your mom on your calendar, and

commit to spending quality time with her. It is so important to continue to enjoy her company because romances come and go, but your mother will always be just that.

### **Reflect on her concerns**

Don't forget that your mom only wants what is best for you. It is easy to get wrapped up in a romance, but if your mother spots red flags, you should carefully reflect upon her concerns. Your mother has more life experience than you, and has known you your whole life. If she's vocalized her dislike of your partner, it's crucial you take the time to process and reflect upon her analysis.

**Related:** [4 Questions to Ask Yourself Before Getting Married](#)

### **Don't badmouth your mother**

Your mom's issues with your relationship are likely to weigh heavily on your mind, and will probably frustrate you. After all, you adore your partner – or otherwise, you wouldn't be dating them! No matter how wrong you feel your mother is, do not turn her into the bad guy in this situation. Resist temptation to vent about your mom to your other family members, friends and partner. Your mother has a right to her opinion, and she's only concerned about your relationship because she loves you.

Need another perspective? Check out this article, [www.yourtango.com/experts/evan-marc-katz/what-do-you-do-if-your-parents-dont-approve-your-partner](http://www.yourtango.com/experts/evan-marc-katz/what-do-you-do-if-your-parents-dont-approve-your-partner) from Your Tango, which provides another viewpoint of what to do when your parents don't approve of your romance.

**Have you ever dated someone your mother didn't like? What are your best tips for dealing with the situation?**

---

# 'Real Housewives of New Jersey' Star Lauren Manzo Is Engaged to Longtime Boyfriend



By Kristyn Schwiep

'Real Housewives of New Jersey' Star Lauren Manzo is engaged to longtime boyfriend, Vito Scalia. Manzo told [UsMagazine.com](http://UsMagazine.com), "I'm so incredibly happy!! I'm in shock. I'm so excited to spend the rest of my life with my best friend." The couple got engaged on Nov.12.

**How do you know when you're ready to tie the knot?**

## **Cupid's Advice:**

Getting engaged is a big step in any relationship. You want to make sure you are making the right decision when you decide to tie the knot. So how do you know when you're ready to tie the knot? Cupid has some advice for you:

**1. Support:** If your friends and family support your relationship and like the person you are with that is a big indication that things can and should go to the next level.

Having support from the people that have always been there for you should guide you in the right direction with your relationship. Getting engaged is an exciting time and having the support from family and friends makes this exciting time even better.

**Related:** [RHONJ's Teresa Giudice Debunks Divorce Rumors](#)

**2. Living situation:** If you've been living together and your relationship is going strong that is a good sign that you are ready to take things to the next level. Living together is one of the hardest parts of being married so if you have been living together and are enjoying it you are ready to get engaged and be fully committed.

**Related:** [5 Celebrity Couples Who Got Engaged Over the Holidays](#)

**3. Adding to the family:** Starting a family is a huge deal. If you and your partner have been talking about your future together and starting a family you should definitely take the next steps in becoming a family by tying the knots.

**When did you know you were ready to tie the knot? Share your thoughts below.**

---



# Chad Kroeger Says Wife Avril Lavigne Is an 'Amazing Cook'



By Kristyn Schwiep

Chad Kroeger and Avril Lavigne are still happy in love after being married for 94 days. Nickelback singer Kroeger told [People](#) that Lavigne is an amazing cook and has never tasted one bad thing. Kroeger told People a valuable lesson he has learned about marriage: "Happy wife, happy life," he even lets her pick what movies they watch together.

**How do you decide how to split up domestic duties when you live together?**

**Cupid's Advice:**

Living you live with your partner can turn you into the designated chef, dishwasher or spider killer. So how do you decide on how you split up the domestic duties? Cupid has some advice for you:

**1. Make a list:** Sit down with your partner and discuss what needs to be done in your house including dishes, cooking, sweeping, etc. Once you figure out what needs to be done and how often, make a chart and print it so you can keep organized around the house.

**2. Divvy the duties:** If you can't decide on what domestic duty each of you should be in charge of try turning it into a game. Grab a coin and play coin toss, the winner gets to decide what chore he or she/wants to do and continue doing this until all the chores are set. This keeps it fun and you get the job done.

**3. Stick to what you know:** Some people like cleaning and cooking and others enjoy killing spiders and fixing broken appliances. If you and your partner can agree on what works best in your relationship then stick to what you know. Also, take the time to help each other it will remind you why you are living together in the first place.

**How do you split up domestic duties with your partner? Share your stories below.**