

Celebrity News: Adam Lambert Splits from Boyfriend Sauli Koskinen



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Former *American Idol* contestant Adam Lambert recently called it quits with boyfriend Sauli Koskinen. They both have been increasingly focused on their own individual careers in recent months, which likely contributed to their breakup, [UsMagazine.com](#) reports. "I've been getting really busy and traveling a lot and and he's been getting really busy because he has a show he's filming for Finnish television," Lambert said. "So we just decided to part ways."

How do you keep your busy career from interfering with your relationship?

Cupid's Advice:

You have been working towards that big promotion at work for years and have finally achieved it. Of course, with a higher job position comes more work and responsibilities. Your partner begins to feel you are dating your work and not them, with all the time you are spending at the office now. Cupid is here to help you juggle your career and your relationship:

1. Decide what's more important: After about three months of the new job title, you and your love don't feel as close to each other anymore. If you truly don't enjoy the new position, don't keep it. There is no reason to stay at a job that you hate just because it pays a little better—especially if it could destroy your relationship. If you do however enjoy the job, you simply will have to try harder to keep your love life strong while working those long hours.

2. Set aside time: Having free time while working isn't always easy or guaranteed. You often have to work long nights and some weekends. Make plans with your love two weeks in advance. This way, you can avoid tackling any big projects at work. Your [love](#) will appreciate your consideration and will notice your efforts to make things work.

3. Include them: Your boyfriend jokes around and says you spend so much time at work that you practically live there. Have him come to your office for lunch and show him what you do all day. He will love learning how you spend your time away from him—and will also enjoy spending the afternoon with you. Try to have lunch dates a few times a month—a great way to stay involved in each other's lives.

How do you keep your relationship going strong with a busy career? Share below.