

# Exes Taylor Swift and Harry Styles Avoid Each Other at NRJ Awards



By Jessica

Conigliaro

Now that Taylor Swift and Harry Styles have broken up, they seem to be avoiding each other in every way possible. An insider from [UsMagazine.com](https://www.usmagazine.com) reveals that the British singer had “said something he shouldn’t have ... This [breakup] is definitely going to be for good.” Sources said that the two celebrities kept their distance at the NRJ Awards in France, and carefully scheduled their red carpet appearances so they wouldn’t bump into one another.

**How do you remain civil with your ex after a rough breakup?**

**Cupid’s Advice:**

Being in the same room as your ex can be an awkward situation. Keeping your distance from them is often a struggle, especially if you have mutual friends. Here are a few tips on ways to stay on good terms with your ex:

**1. Set boundaries:** Once your relationship has ended, keeping your ex in your life means adjusting the way you hang out with them for now on. For instance, going to the movies alone with them may not be the smartest idea; both of you will begin to feel like you are dating again, which may bring up old arguments. Try to hang out with each other in big groups to avoid rehashing old wounds.

**2. Establish comfortable conversation topics:** When talking to your ex, try to avoid mentioning any new relationships you are getting involved in. They probably don't want to know about it, and would get offended that you brought it up to them. Try talking about things you have in common; if you know for a fact you both enjoy action movies, bring that up in the next conversation you have with them.

**3. Don't fall into old habits:** Although it may seem easy to rely on your ex for emotional support, it is not a good idea. This may lead to a feeling of comfort, making you question why the breakup even occurred. For now on, if you're having a bad day, you can't call them up to make you feel better; call another friend instead. Avoid romantic encounters at all times, including innocent kisses on the cheek and hands. Any type of affection towards one another could end up damaging the friendship.

**How were you able to stay close with your ex after a rough breakup? Share your thoughts below.**

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# Dating after Divorce: Lessons We Can Learn from Taylor Swift, Queen of Heartbreak



By Marni Battista

Taylor Swift has been splashed across almost every magazine in the past few weeks, telling story after story about yet another failed relationship and her tendency to get over someone by getting “under” someone new. The twenty-something country crooner is beautiful and successful, but it seems she can’t break the three-month relationship cycle.

Perhaps it’s because she has a “broken picker,” or maybe it’s just that she’s 22 years old and has no idea what she really wants. Whatever the case, Swift is repeating the same mistakes in each and every relationship. Her romantic trysts are unable to move past the infant stage. With actors and boy-banders alike (even a Kennedy!), the songstress dives in head-first each time – and comes out like a drowned rat within a few

months.

When you begin dating after divorce, you're actually in a similar position to Swift. You might not know what you want; you might be jumping in too fast; or you might believe that someone new can take away the heartache of a failed relationship. And, unlike Swift, you are most certainly very out of practice. So what lessons might we be able to learn from the Queen of Heartbreak herself?

**Related Link:** [How to Find Love Amidst Holiday Crazy](#)

**1. Don't jump into a relationship too quickly.** After a relationship's gone wrong, take time to assess what you learned and how it can inform future choices. We call this the "Dating Fast" at Dating with Dignity because a "cleanse" from a relationship can help you reconnect to who you are outside of that relationship, help you refine your relationship goals, and aide you in making adjustments to your "picker."

Once you're in a space where you want a partner rather than need or crave companionship, you're most likely ready to return to the dating pool. When you're dating, take time to get to know someone fairly well before either of you decides you want to take it to the next level. This phase of "data dating" (collecting data about him/her while simultaneously having fun and creating new shared experiences) can last somewhere between one and three months, which is generally a good time frame for figuring out if this new person meets your needs.

Deciding after one coffee date that you're madly in love, that you should spend every minute together for the next five days, and that you're in a serious, committed relationship is almost always a recipe for disaster. Be conscious of the pacing of the relationship and strive to really get to know the other person, based not on who you want him/her to be but rather on how he/she shows up consistently over time!

**2. Have clarity about what you want.** If you find yourself confused about what you really want to create in your next relationship after a recent divorce or breakup, take comfort in the knowledge you're not alone. A great idea is to take an hour or two and create a list of what it is you're looking for based on what you were *not* getting from your marriage or last relationship. Also include a list of your values and the traits you admire in other relationships. Combine the lists and choose five characteristics to be your ultimate non-negotiables. By choosing just five, you can ensure you're selective but not too picky.

Check in with yourself periodically and confirm that what you were looking for two weeks ago is the same thing you're looking for today. If you're not looking to get into a serious relationship right at the moment, date casually to your heart's content and practice the art of setting boundaries, flirting, courting, and having fun. If a long-term relationship is your end goal, then date with that intention. Just be sure you know what you truly want.

**Related Link:** [5 Bachelor and Bachelorette Couples We Can Learn From](#)

**3. Give relationships time to evolve.** When you get comfortable in a relationship too soon, you often find out things about your partner that you didn't know before you started seriously dating. What happens, then, is that you begin to ignore or rationalize the importance of these possible red flags.

Ignoring the "quiet voice within" is not a smart move. Instead, communicate your concerns while remembering that your perfect match will want to work through speed bumps to come to a real win-win. If it's not something that's appropriate to share with your partner, make sure you have a coach or therapist (not your best friend) who can help guide you in making informed relationship choices.

When you don't let relationships progress at an organic, natural speed, you may skip over important characteristics of your guy, or he may miss something important about you that's a deal breaker. So be yourself and let the getting-to-know-you part last, and then make that decision for a full commitment in a conscious way. Choosing someone just because he/she chose you is a Mr. Right Now move rather than a move toward finding Mr. Right.

*Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## Taylor Swift and Beau Harry Styles Kiss at Midnight for the New Year







By [Jennifer Ross](#)

It was definitely a “[rockin’](#)” night for Taylor Swift and Harry Styles on New Year’s Eve. The swooning duo celebrated the evening in Time Square with an official [kiss](#) that was captured by a [witness’](#) fuzzy photo, which has now gone viral. Swift, 23, was in New York City to perform “I Knew You Were Trouble” and “We Are Never Ever Getting Back Together” that Monday night on Dick Clark’s New Year’s Rockin’ Eve with Ryan Seacrest. With millions of people watching that night, Swift and Styles’ New Year’s kiss was a romantic moment seen round the world.

**What are some ways to welcome the New Year with your partner?**

### **Cupid’s Advice:**

Who doesn’t want to start a New Year perfectly by stealing a [kiss](#) from your beau at the stroke of midnight?! If standing for endless hours jam packed with thousands of strangers, waiting for the Big Apple’s ball to drop, don’t worry. Here are a few optional ways to celebrate the New Year with your partner:

**1. Host a party:** Just like you and your [mate](#), there are probably other couples that enjoy a great glass of champagne at midnight. If so, host a small party at home with great

friends, hors d'oeuvres and plenty of bubbly to go around.

**2. Make reservations:** To take the party out on the town, make reservations for a [romantic dinner](#) for two at your favorite place. It doesn't have to be a fancy place; so be creative. Also, be sure to book months in advance.

**3. Stay in:** If Dick Clark is your idea of fun but can't be in Time Square that night, a great option is to stay in with your [partner](#). Watching the NYE countdown with a glass of champagne and sexy pajamas will surely be a night worth remembering.

**How did you welcome the New Year with your partner? Tell us below.**

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## **Giveaway: The Best Celebrity Fragrances of 2012**







*This post is sponsored by Elizabeth Arden.*

By Whitney Baker

While the season of gift giving is upon us, it is also the season of stress and crowded malls and last minute shopping. With the endless options of presents, how do you ever decide what to get your sister, best friend and co-worker? One idea – something that is unique and smells good to boot – is purchasing a new perfume. With that thought in mind, we decided to round up the best celebrity fragrances of 2012 – and hopefully help you out with some of your holiday shopping. Plus, two lucky CupidsPulse.com readers will win a bottle of Wonderstruck by Taylor Swift!

**1. Girlfriend by Justin Bieber:** It's no surprise that the pop superstar's first scent, Someday, was the biggest celebrity fragrance launch in history. The name of his second fragrance, which debuted in June of this year, captures a dream-come-true for so many of his fans: to be Justin Bieber's girlfriend. Perfect for the Belieber in your life, Girlfriend combines fruity notes of mandarin and blackberry with exotic scents of pink freesia and star jasmine, topped off with vanilla orchid and luminous musk.

**Related Link:** [Extravagant Celebrity Gifts Within Reach of Your Budget](#)

**2. FAME by Lady Gaga:** Of course, this musical sensation makes sure everything she does is one notch above the rest – and the development of her first fragrance was no different. FAME is the first-of-its-kind black Eau de Parfum: using fluid technology, it is black in the bottle but invisible once airborne. Created with her little monsters in mind, it smells of belladonna, incense and apricot and empowers its wearer with its mysterious scent.

**3. Pink Friday by Nicki Minaj:** Nicki Minaj partnered with Elizabeth Arden for her debut fragrance, named after her ‘Pink Friday’ album and world tour. Building off of her signature sound and style, she wanted this scent to be a celebration of her life and a reflection of herself. The fragrance includes mouth-watering fruits, pink foral petals and the warmth of vanilla, musk and woods. If the smell isn’t enough to grab the attention of Minaj’s Barbz, the outrageous bottle design will surely do the trick.

**4. Nude by Rihanna:** Described as “sassy and feminine” by the songstress herself, this fragrance – the third one by Rihanna – is a sweet floral and fruity scent with a vanilla background. With a base of sandalwood, orchid and “second skin” musk, the fragrance offers a feeling of intimacy and bare skin to its wearer. The simple yet beautiful bottle design adds a touch of sophistication to the scent as well. As Rihanna said at the fragrance’s launch, “It’s subtle but makes a statement no matter what.”

**Related Link:** [Top 3 Pre-Date Primping Rituals](#)

**5. Wonderstruck Enchanted by Taylor Swift:** The newest scent in this country crooner’s Wonderstruck fragrance collection, this perfume smells of creamy flowers, like peonies and white freesia, mixed berries and vanilla musk. Of Wonderstruck

Enchanted, Swift says, “Wonderstruck is about that moment when you instantly feel a connection to someone, but then there’s that feeling of being completely enamored – enchanted – when you know a little more about that someone.” It’s a perfect present for anyone who loves Swift’s honest and heartfelt lyrics.

~~GIVEAWAY ALERT: To enter for a chance to win a bottle of Wonderstruck by Taylor Swift, go to our Facebook page and click “like.” Leave a comment under our giveaway post letting us know that you want to enter the contest. We will contact the winners via Facebook when the giveaway is over, and they will have three days to respond back with their contact information. The deadline to enter is 5:00 p.m. EST on Monday, December 24. Good luck!~~

**Congratulations to Jessica Wroblewski & Shannon Pacella!**

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## **‘90210’ Star Trevor Donovan Sings Taylor Swift’s Praises**





By Nicole Weintraub

Harry Styles better watch out for *90210* actor Trevor Donovan, as rumor has it that he has his eyes set on his rumored girlfriend Taylor Swift, according to [UsMagazine.com](http://UsMagazine.com). While Donovan admits that he has never officially met Swift, he greatly admires her talent. The Ripple of Hope Awards honored Swift which Donovan fully supported. "She's a young, amazing, talented, beautiful young girl who's a good role model for the young kids, as well. She's out there and she's creating a wide path for herself at 23 years old. It's amazing," gushed the actor who couldn't stop talking about his crush. He hoped to cross paths with the singer that evening in order to get her phone number. He wanted to be able to add Swift to his list of famous celebrity friends on his speed dial.

**How do you know which qualities in someone else will fit with your personality?**

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

It's not so easy to find your so called perfect match. Here are some ways to know whether or not someone's qualities will mesh with your own:

**1. Test it out:** The best way to figure out if someone is compatible with you is to give them a chance. If you have a

good gut feeling about a person, go out on a date with them.

**2. Do some research:** Do some Facebook investigating or ask some of your friends if they know this special person. If something about the person seems fishy, then you can cross them off of your list.

**3. Learn from the past:** Does this person have qualities that your ex had? Try to steer clear of people who remind you of former partners. Remember: they are exes for a reason.

**How do you know if someone is compatible with your personality? Share your thoughts with us in the comments below!**

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# Taylor Swift Wrote Song “All Too Well” About Jake Gyllenhaal





By Nic Baird

Despite breaking up two years ago, Taylor Swift's new song "All Too Well" reminisces about her romance with actor Jake Gyllenhaal, an insider reports to [UsMagazine.com](https://www.usmagazine.com). Her latest album, *Red*, features the nostalgic track, and Swift declares it's her most "adventurous album yet." The Gyllenhaal ballad started out as a ten minute song, Swift said, but was filtered down to a digestible size. The pop-country songstress split from the well-bred Conor Kennedy in October, and has since been hanging out with One Direction's Harry Styles.

**How can music help you cope with heartbreak?**

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

Movies, commercials, and shopping malls have all figured out that music can alter your mood. Don't let those corporate fat-cats monopolize this strategy. Next time you're balling from a breakup, use music to your advantage:

**1. Explore your feelings:** The end of a relationship can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about it helps, but listening to some music can help you understand the break down of a breakup. This is a sudden change, and while you shouldn't take advice directly from songs, they can help



you figure out the next step. Use them as a catalyst for your thoughts.

**2. Solidarity:** Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting dumped. Ask Taylor Swift, she'll tell you! By sharing the experiences of song writers it helps put this tragedy in perspective. These things happen.

**3. Get pumped up:** Breakup music can help internalize your emotions, and find the pieces of your scattered heart, but eventually it's time to put away the tissues and decide to be happy again. Play exciting music, songs that make you smile, funny songs that make you laugh, and tunes you can dance to! The world might have ended, but it's time for another big bang!

**What songs have helped you deal with the end of a relationship? Share your experiences below!**

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## Are Taylor Swift and Harry Styles Dating?





By Nicole Weintraub

Taylor Swift may have a mob of angry One Directioner fans after her since she is rumored to be dating group member Harry Styles, according to [People](#). Swift just recently split from Conor Kennedy, though she seems to be moving on rather quickly. While Swift was working on *The X Factor*, Styles was reportedly right there to support his leading lady. Mario Lopez, the show's host, revealed that Styles told him he was there for Swift at the rehearsal, even seeing the two of them walk hand in hand later on. In an interview with One Direction, fellow group member Niall Horan assured the interviewer he would not date Taylor Swift after shooting Styles a quick look. Only time will tell how long this couple will last.

**How much is too much when it comes to dating around?**

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

It's definitely important to date around, especially when you're young and not sure what you are looking for in a relationship. Though, how much is too much? Cupid has some advice:

**1. You've dated his friends:** You may be cutting it too close when you start going through a circle of guys who are friends.

If you've dated him, his friend and his other friend then you may be abusing the idea of dating around.

**2. New flavor of the week:** If you have a new beau every week, it's time to reevaluate your standards. Why exactly are you going through dates like a diet regime?

**3. You forget their names:** It's a big no-no to get names mixed up, but if you are doing it regularly it's time to change up your dating tactics. You should not have a different guy for every day of the week.

**When is dating around too much? Is Taylor Swift dating around too much? Share your thoughts with us.**

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## **Taylor                      Swift                      Denies 'Kidnapping'      Conor      Kennedy**





By Nicole Weintraub

Taylor Swift recently opened up during a *Rolling Stone* interview in which she assured everyone that she did not kidnap her boyfriend, Conor Kennedy, according to [People](#). Via the internet, there have been rumors circulating that the singer whisked away her boyfriend who is still in high school amidst a private jet. “You can’t kidnap a grown man,” exclaimed Swift, explaining that stories as such are exactly the reason as to why she does not investigate tabloid and rumor stories. Another story was fabricated claiming that Swift crashed a private Kennedy wedding, stealing her beau but this time from a family function.

**What are some ways to keep rumors from affecting your relationship?**

**Cupid’s Advice:**

Regardless of how old you are, in a time where lives are publicized, rumors are bound to surface time and time again. Here are some ways on how to keep those rumors from affecting your love life:

**1. Fact or fiction:** Know the difference between fact and fiction for the benefit of your own relationship. If you hear a rumor regarding your lover, don’t look too much into it.

Chances are, you would have known about it first if it were true.

**2. Let it bounce off of you:** Remember the infamous old saying rubber and glue? Just let it bounce right off of you and don't let it get to you. If a particular rumor is keeping you up at night, talk about it with your partner. It's better to set the record straight than to keep thinking what if.

**3. Laugh it off:** Rumors are rumors – they are childish and honestly a part of everyday life. If someone asks you if such and such is true, laugh it off as if you don't have a care in the world. Others will see your reaction and have similar ones.

**How have you kept rumors from affecting your relationship? Share with us in the comments below!**

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## **Taylor Swift Calls John Mayer “Presumptuous” for Thinking Song is About Him**





By Nic Baird

Taylor Swift's 2010 hit "Dear John" hints at a broken heart from her 2009 relationship with 34-year-old singer John Mayer, according to [UsMagazine.com](http://UsMagazine.com). Mayer told *Rolling Stone* that the song made him feel terrible and that it was undeserved. "How presumptuous!" Swift responded in November's *Glamour* magazine. "I never disclose who my songs are about." However the age gap between the former couple makes some of the song's lyrics suspiciously fitting: "It was wrong/ Don't you think 19's too young/ To be played/ By your dark, twisted games/ When I loved you so." Swift said she never read Mayer's comments on the song because she's too fragile for media gossip, but admits that her music follows her personal life. "I feel like you can share enough about your life in your music to let people know what you're going through," Swift said. For the past two months, the pop-country singer has been dating Connor Kennedy, 18, of the famous Democratic family.

**How can music help you get over a breakup?**

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

Your feelings often affect your choice of music, but after a breakup sometimes you need the music to influence your feelings. Using breakup songs in combination with more



cheerful subjects can be just the musical cocktail to cure your aching heart. Music is a powerful tool, so always make sure it's steering your emotional rollercoaster in the right direction:

**1. Understand your feelings:** Talented lyricists can put into words feelings we cannot. A breakup can hit you a million different ways, but since love is the main subject of nearly all music every scenario has already been considered. There's no reason you should be taking advice from the hit single of the day, but if breakup songs are what your mind needs to find closure, than indulge it for awhile.

**2. Cheer yourself up:** While you may empathize more with a sad ballad of heartbreak and betrayal, it is known that music directly affects your mood. If you want to feel uplifted, listen to uplifting music. If you want to feel fun, listen to fun music. If you want to obsess over the similarities between Taylor Swift's dissapointing boyfriends and your own, maybe you can still find some dismal solidarity, but nobody's dancing to "Dear John".

**3. Get new experiences:** Besides song composition being a great outlet for creative energy, exposing yourself new music post-breakup demonstrates you're moving forward and opening yourself to fresh possiblities. If you music is your passion, then now is the chance to get some friends together and go see some shows.

**What music has meant the most to you after a breakup? Share your experience below!**

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# Taylor Swift and Conor Kennedy: How Fast is Too Fast?



By Relationship &

Sex Talk, Jane Greer, PhD for GalTime.com

building a base for love

Superstar Taylor Swift and boyfriend Conor Kennedy hadn't been dating long when he took her to a family wedding in August, despite reported requests that she not go because some worried Taylor's presence would take away from the bride's attention.

That's a problem most of us don't have to worry about, but it does raise the question: When is it a good time to meet your new flame's family? And is it a good idea to attend a big family event early in a relationship?

A patient of mine was in this situation recently. She had been

dating someone for a few weeks, and was over the moon about him, when he asked her to his best friend's wedding. She was thrilled, to say the least, and read his desire to take her as a sign that he was really into her and wanted her to meet his inner circle. Not only was she flattered, but she attached great meaning and expectation to their blossoming relationship because of the invitation.

Hearing her enthusiasm and high hopes, I was concerned about the possibility that for her new boyfriend, this was more about the upcoming occasion – and not wanting to go solo – than it was about actually beginning a serious relationship with her.

That is not unusual, that you meet someone around the time of a big event and have it in mind during those first few weeks of dating. In other words, the new excitement and romance which for her was all about getting to know each other, may have been for him simply about having a great time at the wedding. Or, perhaps his intention was to get to know her better, but his sister didn't like her, or his best friend gave her the thumbs down. Whatever the case, it didn't go well for my patient. After the wedding, she never heard from him again.

Sometimes the timing can't be helped. You have been dating for a short time and his sister just happens to be getting married next week. Or it is her older brother's birthday bash and everyone will be there. On the one hand, it can feel very encouraging that your new partner seems to like you so much that they want to bring you to a big family party and meet the important people in their lives. On the other hand, you might be walking right into a judgment fest in which, if you haven't established your own strong connection yet, your newly significant other might be too easily swayed away from you should their family suggest you aren't the right match. Instead of gaining favor, you run the risk of getting the seal of disapproval.

Think of it as building a good fire. Sometimes the top takes off right away, burning high. But if there isn't a hot smoldering base, that fast fire can quickly fizzle out. Take the time to establish a foundation before opening yourself up to any possible criticism. If you are asked to that wedding or birthday celebration early on, you can politely decline, adding that you would love to go to the next occasion. That will give you a chance to build a solid relationship so when you do meet the family you are already an item, and your new partner can better withstand any negative comments that might come your way. And if, in fact, the motivation to pursue you stems from wanting a date for the event itself, you will have your answer before you got in too deep.

Taylor and Conor didn't choose this path, but jumped right in. She has met the family, attended big events, and even, sadly enough, visited the grave of Conor's mother who died recently. For him, obviously, it wasn't just about having a date to the wedding, but only time will tell if their foundation will be strong enough to sustain them.

**What do you think...how fast is too fast to introduce someone to your family, bring them to a big event, move in, propose, etc?**

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**Taylor Swift and Conor Kennedy Put on a PDA Parade in New England**



A new [Taylor Swift](#) fling can only mean one thing; a new song! But let's not get ahead of ourselves. Swift and her new beau Conor Kennedy have only been dating for a month. The couple has been none-too-shy to show the world how they feel about each other while vacationing in Hyannis Port, Mass. [UsMagazine.com](#) reports that on Monday, Kennedy was spotted with an arm around his famous girlfriend while kissing the side of her head. The couple has also been photographed out and about in their bathing suits enjoying their vacation time together. From her upscale outfits to family approval, it seems like Swift already fits in with the Kennedy's. When Kennedy's grandmother Ethel was asked if she could see Swift becoming a Kennedy one day she replied, "We should be so lucky!"

**What are some ways to show your partner you care in public?**

**Cupid's Advice:**

If you're only showing affection toward your partner in private, they may think you're purposely hiding them from the world. To avoid this, show how you care in public using these

tips:

**1. Harmless cuddling:** If you are out in public with your partner and you stop and sit on a park bench, resting your heads on one another and comfortably sitting next to each other can be a respectable public display of affection. Do not go too over the top, and, well, get on top of each other. Find a balance that shows your partner you are thinking about them and long to be near them without overdoing it.

**2. Stealing kisses:** Note that I said stealing kisses, not making out. Making out in public is too much inappropriate PDA for anyone to handle, but stealing innocent kisses on the forehead, cheek and even a peck on the lips shows your partner you want them but will have to wait 'til your indoors for more action.

**3. Holding hands:** Holding hands in public is a classic symbol of love and care. Holding hands lets the world know you are taken, and lets your partner know you want to be close to them at all times.

How would you show your partner you care in public? Tell us below.

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## On & Off: When Celebrities Should Call it Quits







By Daniela Agurcia

With fame comes glamour and wealth. These are things everyone wants, but they can also take a toll on a relationship. With a celebrity's busy schedule and a seemingly bottomless bank account, it's hard to make time and decisions for things other than themselves. The fact of the matter is that there's only so much a relationship can take before the best decision is to just call it quits. Here are some of the issues that can ultimately break up a celebrity couple:

**Related:** [How to Master Being in a Relationship](#)

**1. Your age becomes an issue:** There are many celebrity couples whose age difference is more than a couple of years and this starts to become a problem. Demi Moore and Ashton Kutcher seemed madly in love and happy to be with each other, until the issue of their ages caught up with them and they realized they both wanted different things in life. When your age difference is significant and you both have a different mindset, this will catch up with your relationship, causing a split. When you're young, you want to continue experiencing life, while when you're older, you're usually ready to settle down .

**2. Distance:** The life of a celebrity can be hectic. Hollywood

stars such as Katy Perry and Russell Brand have crazy schedules that barely give them time to relax and spend time with each other. Celebrities get caught up in everything they have to do and eventually the growing emotional distance between the couples becomes inevitable on both ends. There are only so many times you can Skype before you both realize it's just not enough. If you realize that you're only seeing your beau a couple of times a month, you're not ready to settle down with each other just yet.

**Related:** [4 Ways to Make Long Distance Work](#)

**3. There's someone else in the picture:** Celebrities are constantly on tour or on set with many different people so they're bound to meet someone who they have a lot in common with. When celebrities work apart from their partner, they sometimes get lonely and end up finding that missing company and comfort in someone other than who they're in a relationship with. How can you avoid falling in love with someone like Robert Pattinson when you're cast to play Bella Swan? Sometimes things just happen.

**4. Fame and Money:** A lot of fame and money can get to some people's heads, and problems for celebrities are easily solved with having both, allowing them to avoid making rational decisions. With a lot of money, celebrities can make a quick escape out of a marriage or relationship, and it ends up being a trend in Hollywood to change your mind last minute about a huge decision, just like Kim Kardashian's 72-day marriage. If you notice a pattern in someone's love life that seems too fast paced, stay away!

**How do you know when it's time to call it quits in a relationship? Share your comments below.**

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# Tim Tebow Says He's Still Single



Famously Christian NFL quarterback, Tim Tebow, is still single, as dating not fitting into his hectic lifestyle. Regardless of rumors that he had begun dating Taylor Swift and *Glee* star, Dianna Agron, his main focus has remained his recent trade to the New York Jets. On top of his exciting switch, Tebow is focusing on his foundation for children in need, telling [People](#), "To be able to bring people together to raise money to help kids, and make a difference in their lives, that's what it's all about." Maybe this athletic Christian will soon be able to find someone who can help him with his foundation, all the while cheering him on as a Jet.

**What are some ways to find a partner with similar beliefs?**

**Cupid's Advice:**

The timing is really important in a relationship, as well as

making sure you don't change for them. It's always better to find someone who shares similar beliefs. Cupid has some hints:

**1. Look out when volunteering:** If you like volunteering or any particular activity in your free time, you'll most likely find people most similar to you at these events. If they are volunteering, they also most likely have kind hearts. Keep an eye out for someone in whom you could potentially be interested.

**2. Attend family parties:** Most of the time, you share the same values and beliefs as the rest of your family. Try attending more family events where friends of the family will also be. You'll probably find a lot of people similar to how you and your family are.

**3. Dating sites:** If you have a tough time finding someone to fit in with your particular beliefs, try signing up for particular dating sites. There are many specific dating websites that can be used to fit your needs.

**What do you think are the best places to find a potential partner with similar beliefs? Share your ideas below.**

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## Why Celebrities Fall In and Out of Love So Quickly





By [Whitney Baker](#)

In recent years, the divorce rate in America has hovered around 50 percent, and in Hollywood, this statistic appears to be closer to 70 percent.

For some celebrity couples, rushing into a serious relationship or even marriage is no big deal; they can always break up or file for an annulment or divorce, knowing that their family, friends and fans will stand behind them. They are not held accountable by their vows, viewing any “easy way out” as an acceptable solution.

But why do so many Tinseltown twosomes approach romance with such a wavering attitude, in such fleeting terms? Here are just a few reasons why some celebrity relationships change with the seasons:

**1. Publicity:** They say that all you need is love, but in the case of some celebrity relationships, all they want is publicity. And some celebrity couples continue to demand attention even *after* the break-up. Take Jon and Kate Gosselin, for example. The *Jon & Kate Plus 8* stars are still garnering media attention for their failed marriage and exceptionally large family.

**Related:** [Celebrities Who Share Too Much PDA](#)



**2. Rushing things:** Many celebrity couples mistake lust for love and rush into something too serious when they're still in the "get to know you" phase of their relationships. Beyond their own feelings, there may be outside pressure from family, friends and perhaps the media. For instance, Kim Kardashian's whirlwind romance with Kris Humphries lasted only 11 months, but included a made-for-television proposal, wedding and divorce. As this relationship's quick demise proved, infatuation can easily outweigh true love, but it doesn't last nearly as long.

**Related:** [How to Avoid the Reality Show Relationship Curse](#)

**3. Time apart:** Relationships require both time and effort to flourish. For celebrities, time together isn't always possible. Their busy schedules often keep them apart; such was the case with Katy Perry and Russell Brand. After only 14 months of marriage and a Christmas spent 7,000 miles apart, Brand filed for divorce. As celebrities focus on their individual careers, they fail to make the proper commitment to build a lasting and meaningful relationship.

**4. Just because they can:** Among some celebrities (such as Britney Spears in her younger years and Brandi Glanville of *The Real Housewives of Beverly Hills* fame), there's a sense that they can do anything they want. Spears married childhood friend Jason Alexander in a Las Vegas ceremony, only to have it annulled a mere 55 hours later. Glanville – a divorced mother of two – rushed into Las Vegas nuptials with a close friend on New Year's Eve. Calling it a "[drunken BFF thing](#)," she later admitted that they were just having fun.

**5. Constant media attention:** Sure, some celebrities fall in and out of love for publicity's sake, but on the opposite note, too much media hype can also lead to heartbreak. Back in 2003, Nick Lachey and Jessica Simpson seemed to be living a fairytale romance until MTV cameras invaded their home for the reality hit *Newlyweds: Nick and Jessica*. Similarly, Taylor



Swift and Jake Gyllenhaal dated for only two months at the end of 2011 and sources blame the short-lived romance on aggressive media coverage.

Why do you think some celebrity romances don't last? Share your comments below.

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## Chris Harrison Invites Tim Tebow to Be the Next 'Bachelor'



If the highly publicized dinner date with singer Taylor Swift comes to fruition as merely a friendship, Denver Broncos quarterback Tim Tebow may have 25 hopeful women vying to win his heart instead. The NFL star has been approached to be the next

*Bachelor*, host Chris Harrison revealed on *Access Hollywood Live* Monday, according to [People](#). Although Harrison apparently joked stating Tebow has already agreed to do the gig, Tebow hasn't confirmed whether or not he will sign up to pass out roses instead of passing pigskins.

**How do you pick and choose a mate when there are a lot of options?**

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

Having a variety of options to choose from is rarely a bad thing, except maybe when you're choosing your significant other. Whether you're looking for your lifelong partner or wanting to take things slow, choosing can be difficult. Cupid has some advice:

**1. Figure out similarities:** This is probably one of the most important factors to determine when looking for a mate. Of course you would want to spend a lot of your time with a person who has similar interests with you; so select someone who enjoys watching *Star Wars* movies just as much as you do.

**2. Consider attraction:** Granted, looks aren't *everything*, but you definitely have to be attracted to your potential partner. While she or he may not be dubbed as *Maxim's* 'hottest person of the year,' as long as they look good to you, then that should be all that matters.

**3. Introduce to your loved ones:** While your partner may be the most gorgeous person your eyes have witnessed, if they don't get along with those closest to you, that may create an issue for you and your relationship, resulting in an uncomfortable situation.

**What are some things you consider before dating someone? Share your preferred qualities below.**

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# Taylor Swift to Take Teenage Cancer Patient to ACM Awards



It looks like Taylor Swift has a new man on her arm. The country singer, 22, is taking leukemia patient Kevin McGuire, 18, to the ACM Awards to make up for missing his senior prom, reports [RadarOnline](#). “Kevin I’m so sorry but I won’t be able to make it to your prom,” Swift posted on Facebook. “But I was wondering, the ACM Awards are coming up. Would you be my date?” McGuire, who was diagnosed with leukemia at 13, invited Swift to his senior prom after prompting from his sister. “I tried to think of a kind person who would make me feel OK. And laugh,” said McGuire. “A person who would look amazing, and the one person who would make me feel special for one night. It was her.”

**What are some ways to make it up to your partner when you have**

to cancel plans?

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

Canceling plans can put you and your partner in a tight spot. Here are a few ways to make it up to your partner when you're forced to bail:

**1. Make new plans:** After canceling, take it upon yourself to plan something for the next time you and your partner are both available. With a little effort, you will be able to show your partner exactly how much they mean to you.

**2. Change plans:** If you don't have time for a movie, you may have time for a quick ice cream run later in the evening. Offering other suggestions that work will let your partner know how much your time together means to you.

**3. Be tactful:** If you're tactful and polite when you cancel the plans, you may not need to do as much damage control. Be sure to give your mate valid reasons as to why you're bailing, and apologize for not being able to follow through.

**What are some other ways to make canceling OK? Feel free to leave a comment below.**

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## **The Ex Factor: What Taylor Swift and Demi Moore Have In Common**



By [Charly Emery](#)

2011 served up some serious heartbreak for a multitude of our favorite celebrities. Off the court, Tony Parker messed up his shot at matrimonial bliss with Eva Longoria. Arnold Schwarzenegger mis-played his hand with Maria, while the Latin heat known as Jennifer Lopez and Marc Anthony incinerated any enthusiasm for making their marriage work. Twitter gave us a glimpse behind the final curtain of Ashton Kutcher and Demi Moore's six year production, and Taylor Swift kept us all armed with a plethora of musical angst-filled love memoirs – courtesy of her little black book of breakups.

So which “ex factor” do Taylor Swift and Demi Moore along with a host of other stars have in common?

They can all take advantage of the clean slate that this brand new year offers by using their “exes” to attract their best relationships ever – and so can you. Here are three tips out of my new dating handbook, *Thank Goodness You Dumped His Ass–Use Those Mr. Wrongs to Lead You Straight to Mr. Right*, for Taylor, Demi and anyone else who's ready to replace their

chemistry experiments with a winning romantic concoction that lasts:

**Related:** [Demi Moore Proves There's Hope After Divorce](#)

1. Assess who you were in your previous relationship(s) and ask yourself why you chose him/her.

**Charlyism #5-1:** The worse your ex was, the more important it is for you to pinpoint why you chose him [or her] and invested the effort you made.

2. Re-define what comprises an A-list mate for you, along with what you wish to experience in “your ideal relationship” so you can determine if it’s possible with those you’re [dating](#).

**Related:** [Amy Spencer Talks About ‘Meeting Your Half-Orange’](#)

**Charlyism #3-3:** Defining the necessary ingredients for the relationship you wish to consume will prevent you from living life with a bitter aftertaste.

3. Love yourself first by using your awareness of what you’re looking for to drive your choices so the love portfolios you invest in yield big dividends in satisfaction and fulfillment.

**Charlyism #3-10:** Make sure you love your [partner] more than the idea of being in love with him [or her] and **Charlyism**

**#3-11:** Choose to be 100% of you and single over being less than your best with a man [or woman].

Cheers to your best relationship ever.

*Charly Emery*

Personal Strategist | TV Personality | Author





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# How to Get Over a Broken Heart During the Holidays



By Abbi Comphele

and [Whitney Johnson](#)

There are so many things to be excited about during the holidays: fun-filled family time, delicious home-cooked meals, presents waiting to be unwrapped and perhaps a much-deserved vacation. However, if you're nursing a broken heart, this festive time of year may seem burdened with only cold and lonely days. You may never forget your heartache, but someday, you will be healed and happy again. Just make sure to get some solid [relationship advice](#) in the meantime.

# Until then, the ten tips below may make your holidays seem a bit more bearable and that damaged heart feel a little less painful:

**1. Volunteer:** No matter the time of year, giving to others can mend a hurt soul and fix any frown. During the holidays, the opportunities to volunteer seem to multiply, making it extra easy for you to make a difference in someone else's life.

**Related Link:** [Kendra Wilkinson Opens Up About Sleeping with Hugh Hefner on 'I'm a Celebrity'](#)

**2. Listen to holiday music:** There's something so innocent and child-like about holiday music. It'll take you back to those days when your biggest worry was whether or not the item at the top of your wish list would be waiting for you to unwrap it. Although Nick Cannon and Mariah Carey had a rough [celebrity divorce](#), Carey still is positive and puts out beautiful holiday music that you can listen to!

**3. Take up a new hobby:** Attend a cooking class (Whole Foods offers great options) or take a knitting course and make a homemade gift for someone special. If you live in a snow-filled spot, give snow skiing a try. By being outside of your comfort zone, you'll not only distract yourself from your heartbreak, but you'll also regain your confidence.

**Related Link:** [Nicole Porter Discusses "The Break-Up Cookbook"](#)

**4. Enjoy hot cocoa by the fire:** A cozy spot and delicious drink are sure to warm your heart during this holiday season. Snuggle up with a good book or have some girl-bonding time with your mother, sister or best friend. When [Taylor Swift](#) broke up with celebrity ex Harry Styles, she spent time with her best friends during the holidays to make her feel better.

**5. Watch a feel-good holiday movie:** It's important to remember that you *will* find love again, and a holiday movie is the perfect way to do just that. The options are endless: *The Holiday*, *Four Christmases*, *Miracle on 34<sup>th</sup> Street* and more. As Hugh Grant's dreamy voice tells us in *Love Actually*, "If you look for it, I've got a sneaking suspicion....love actually is all around."

**6. Reconnect with old friends:** Re-establishing a friendship that was lost due to distance or busy lives will boost your spirits and remind you that there are plenty of people who love and support you. When former celebrity couple Selena Gomez and Justin Bieber split, Gomez surrounded herself with her closest friends again.

**7. Book a quick getaway:** Whether it's a snowy vacation in the mountains or a relaxing weekend on the beach, pick a place that makes you feel like yourself again. Most of the time when a hollywood relationship ends badly, the two in the relationship probably end up taking a quick trip to themselves. It can be very relaxing.

**8. Buy yourself something special:** Yes, it *is* the season of giving, but sometimes that giving needs to be self-directed. Use the money that you would've spent on your ex to buy yourself that much-desired handbag or new pair of shoes.

**9. Cook a new dish for your family's annual holiday get-together:** Tackling a challenging recipe will surely keep you busy – from picking out the dish to shopping for the ingredients to pulling it all together, you'll hardly have any time to think about that broken heart.

**10. Meditate.** It sounds so simple, but closing your eyes and paying attention to each breath allows you to shut out the rest of the world and focus on yourself. You can let go of those negative thoughts and sad memories and be ready for your next adventure (in love or otherwise) by New Year's Eve!

How did you recover from a broken heart? Share your thoughts below.

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## Jake Gyllenhaal Keeps His Dating Options Open with 90210 Star



Jake Gyllenhaal isn't using the source code to go back to Taylor Swift. The 30-year-old actor was recently seen enjoying breakfast with star of *90210* Jessica Lowndes April 1, according to an article on [UsMagazine.com](http://UsMagazine.com). Gyllenhaal was later seen having a "friendly" lunch with Locanda Verde, who was described as a Swift look-a-like. His relationship with country star Swift ended late last year.

## Is it okay to date around?

### Cupid's Advice:

Playing the field isn't something of which to be ashamed, as it can be a healthy way to help find the perfect qualities in your future spouse. Cupid has a few pointers in mind if you choose to date around:

- 1. Be upfront:** As always, honesty is the best policy. It wouldn't be right to lead someone into thinking you want a serious relationship when you aren't ready for that.
  - 2. Don't pursue:** Although it's okay to have a favorite date partner, try not to give them the wrong impression until you are ready for a real relationship.
  - 3. Don't go overboard:** Sure it's fun to go on a lot of dates, but avoid trying to balance a huge quantity. Not only will it become more stressful, but it will increase the possibility of saying the wrong name to the wrong person.
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## Jake Gyllenhaal's Exes Taylor Swift and Reese Witherspoon Bond





When Taylor Swift and Reese Witherspoon chatted at the Academy of Country Music Awards this past Sunday, they found they had at least one thing in common: Jake Gyllenhaal. But [UsMagazine.com](http://UsMagazine.com) reports the 30-year-old actor was nowhere to be found when his two ex-girlfriends met and posed for pictures at the show. Swift, 21, who won the Entertainer of the Year Award, and newly married Witherspoon, 35, showed no hostility toward each other during the event.

## **Should you be friends with your ex-partner's ex?**

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

It can be awkward meeting your ex's ex because you know you've both been in the same place. Cupid has some tips on whether to befriend your ex-partner's ex:

- 1. When it's complicated:** It depends on both of your relationships with the ex. If either of you had a nasty breakup, or heard bad things about the other, it may be difficult to strike up a friendship.
- 2. When there are still feelings:** If one or both of you still have feelings for the ex-flame, it's better not to get close because you'll probably end up resenting each other if one of you reunites with the ex.



**3. When you're over it:** Sometimes, when a relationship is in the past, it stays there. If you feel like you've gotten over your ex, then why not make a new friend, even if it is your ex-partner's ex?

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## Taylor Swift and Jake Gyllenhaal Reunite at Oscars



Ex-lovers Taylor

Swift and Jake Gyllenhaal were seen having a serious conversation at an Oscars after party, according to [Digital Spy](#). A source told *People* that the duo was seen at the *Vanity Fair* after party. "It seemed a bit more serious – it certainly wasn't a 'Hi, how are you?' talk," the source said. "It seemed like they were catching up, sorting something out." Gyllenhaal left shortly after the talk while Swift stayed and partied with a few friends. The former duo broke things off in

January.

**Should you continue to resolve things after a breakup?**

**Cupid's Advice:**

Each relationship and breakup should be handled on a case-by-case basis. Cupid has some situations where you should attempt to resolve your major issues:

- 1. Coworkers:** Nobody likes drama in the workplace. Do your best to keep things in perspective and work out your issues off the clock.
- 2. Lots of mutual friends:** If you have a good amount of shared friends, then chances are you'll run into each other a lot. You'll need to at least be able to stand seeing each other in public.
- 3. A close relationship:** Chances are that if you've been in a long-term relationship and things ended mutually, then you two were best friends and it's difficult to just cut that person out of your life.

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## **Is Taylor Swift Dating 'Glee' Star Chord Overstreet?**





It looks like Taylor Swift has moved on from Jake Gyllenhaal. According to [UsMagazine.com](http://UsMagazine.com), the country singer was spotted at Thursday's L.A. Kings game with *Glee*'s Chord Overstreet. An Overstreet source said he called Swift up Wednesday to talk about writing a song together and following the game, the duo went out for food. "He will definitely pursue this," Overstreet's friend said. This isn't Swift's first date with a cast member of *Glee*; she was previously with Cory Monteith, who plays Overstreet's romantic rival.

## **Do sporting events make a first good date?**

### **Cupid's Pulse:**

The first date is said to set the tone for the relationship. Here are some things to consider about a sports-related first date:

**1. The person:** If your date has an interest in sports, then tickets to a game or team they enjoy is a good bet. However, if they don't care for sports, then you may have a tough time winning a solid first impression.

**2. The event:** If you have two tickets to a suite during the next Super Bowl or World Series, then no matter what your partner's interests are, you should be in for a winning date.

**3. The outcome:** Let's be honest. If your team wins, then it helps the overall morale of the date. A loss on the field doesn't necessarily mean you've lost the night, but it can be more difficult to come back afterward.

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## Finding Love After a Breakup: Should You Jump In?



By Kelly Seal

When someone leaves us broken-hearted, our natural reaction is to find love again as quickly as possible. Unfortunately, healing a broken heart takes time and patience. It's necessary to spend some time alone so you can build your own strength and move on to a happier, healthier relationship in the future.

Like us, many celebrities move from one relationship to the

next, hoping that this will ease their pain and help make the transition easier. Eva Longoria started dating Penelope Cruz's brother Eduardo shortly after her split with Tony Parker. Jake Gyllenhaal quickly started dating after breaking up with Reese Witherspoon, leaving a trail of girlfriends behind including Taylor Swift, Carey Mulligan and Jennifer Aniston. While romance creates a sense of happiness and excitement for a brief time, eventually old pain can start to resurface.

If you've recently endured a break-up, try giving yourself some time off and do the following before rushing back in to the dating pool:

**Allow yourself to grieve:** A break-up is a huge transition. When you've been with someone you love, it's natural to feel pain and anger. Allowing yourself to grieve over the relationship is part of letting go.

**Hang with uplifting friends:** We all have friends who can lift our spirits, be supportive and are just fun to be around. If you spend time around people with positive energy, it has an affect on your mood and can help lift your depression. Avoid friends who would rather complain about exes; this won't help you move on.

**Do things that make you happy:** Maybe you haven't been surfing in a few years, but have always enjoyed it. Or perhaps you put off taking those cooking classes because you didn't have time. Now is the perfect opportunity to do things you enjoy, and remember why you liked them in the first place.

**Get to know yourself again:** Sometimes, we feel so lost after a break-up we don't even know who we are without our exes. If you feel adrift, try doing something new, whether it's going to a new restaurant or paragliding on a Saturday afternoon. Trying new things lifts our spirits and puts us back in touch with the part of ourselves that is willing to take risks and



grow.

When you've gone through these steps and feel like it's time to start meeting people again, go for it. Just be sure to take your time and keep living your own life. Look at dating as a chance to meet many different kinds of people, rather than a way to get back into a relationship. The right man or woman will come into your life when you're ready to move on.

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# Taylor Swift Recovers After Split with Jake Gyllenhaal



Taylor Swift's breakup with actor Jake Gyllenhaal has not had any lasting effects on the country crooner, reports [UsMagazine.com](http://UsMagazine.com). Swift is heading out on a worldwide tour for her new album *Speak Now* and is excited for the opportunity. "I can't wait!" revealed



Swift on a Nashville radio station. "Getting back on the road is something I have been looking forward to for a really long time." Gyllenhaal, 30, broke up with Swift, 21, last month.

Since the breakup, the two have briefly reunited for a dinner at Nashville restaurant Bound'ry. Though Swift was "thrown" by the date, Gyllenhaal wished "to see if there was anything still between them, if they could recapture the magic," revealed a source. "Sadly, it wasn't there."

## **What are ways to distract yourself from heartbreak?**

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

All individuals react to breakups differently. While some immediately put the past behind them, others turn to a gallon of chocolate ice cream. Here are a few ways to distract yourself from heartache:

- 1. Keep busy:** Try volunteering in your spare time, or pick up a part-time job. If your current job is already time-consuming, then try putting even more effort into it. Don't allow yourself too much time to mourn your past relationship.
- 2. Meet new people:** Take a class, attend a sporting event or go to a concert. Going somewhere with a large group of people will help you socialize and make new friends, which will fill part of the void left by your ex-partner.
- 3. Visit family:** Find an excuse to visit your parents or a sibling for the weekend. Your family will not only distract you, but they will probably help you recover because they understand you better than anyone else.