

# Katie Holmes and Tom Cruise Celebrate the Holidays Together with Suri



By

Nic Baird

For her first Christmas since Tom Cruise and Katie Holmes' divorce, Suri split the holidays between both parents, [People](#) reports. Suri spent Christmas Day with her mother in Ohio, and then joined Cruise and his two older children, according to a source. "We have got lots of very special things planned," Cruise said at the premiere of his new film *Jack Reacher*. He mentioned he was looking forward to spending the holidays with his kids. "We are all going to be together," he said.

## **What are some ways to present a united front to your children post-split?**

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

It's difficult to maintain a positive relationship with an ex, but when they co-parent your children you must set aside your differences. Find ways to work together, and avoid any slips that will add tension to your already worn dynamic:

**1. Respect:** No matter how you tailored your relationship in the past, it should have included respect. This must continue even now. You should be careful to treat each other well when your children are around, and avoid instigating any fights or arguments. Appreciate them as an important part of your child's life and foster a mutual respect.

**2. Team Decisions:** A united front means making decisions as a parenting unit. It's important both you and your ex understand that there has to be a consensus between the two of you before discussions with your child. Undermining a parent will make them less respected, so be careful what you say in front of impressionable eyes. Don't negate their input!

**3. Sharing Responsibility:** Make sure your child is able to experience special occasions with both parents. A child will have an easier time with a separation if both of you can offer positive feedback during their development. Even if you don't want to attend soccer games with your ex, rotate the responsibility game by game. This is how you keep a family intact after separating.

**What are good strategies for parenting after a divorce? Share your experiences below!**

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# Is Being Center Stage Ruining Your Relationship?



By

Michelle Rebecca

When you and your partner have a fight, do you blog, Tweet, change your status on Facebook and call all of your friends to let them know about it? If so, you might be endangering your relationship by sharing too much information with others.

As many celebrities (e.g., Kim Kardashian, Tom Cruise, Madonna) have discovered, it's hard to nurture the tender bud of a healthy romance in the harsh glare of the public eye.

**Related Link:** [Kim Kardashian 'Doesn't Want Battle' with Kris](#)

## [Humphries](#)

### **The Anatomy of a Fight**

All couples argue, and everyone who has ever been in a relationship would probably admit to saying or doing something he or she later regretted. Normally, couples work through these less than ideal moments. Only the two of them, give or take a couple of very close friends, ever know that the unpleasantness took place at all.

Contrast that with the experience of an A-List celebrity who gets into it with her partner and exchanges some angry words with him in public. Those words won't be forgotten as tempers cool. Instead, they will be repeated on every entertainment show and analyzed between the covers of every magazine.

If the fight was shocking enough, marriage counselors may even come out of the woodwork to speculate on the future of the relationship.

**Related Link:** [Sherry Amatenstein Dishes on 'The Complete Counselor'](#)

Long after the celebrity herself has made up with her partner and is ready to move on, her fans will still be talking about those few ill-advised words hurled in what should have been a private moment.

### **Limiting Public Access**

Whether you're a movie star or a contractor estimating software sales agent, there's a lot to be said for keeping your personal relationships...well, personal.

Take a moment to think about celebrity couples who have flung open the doors on their private lives. How many of them are still together?

Now, think about celebrities who have consistently declined to

turn their personal lives into public fodder. I'm thinking of names like Rowan Atkinson (married since 1990), Julia Roberts, who learned the hard way about the cost of conducting relationships under media scrutiny (now happily married since 2002), and Meryl Streep (married since 1978).

Are you beginning to see a trend?

### **How Does All This Apply to Me?**

Okay, so maybe you're not a celebrity, but you can still make choices about whether you invite others to take an intimate look at your relationship. You can decide whether to make your latest dust-up with your partner the most talked about event of the week among your social circle or whether to resolve matters quietly between the two of you.

Most people find that the rift between you and your loved one heals far more quickly when your spat stays private.

Maybe the next time somebody says, "Talk to me, girlfriend," your response should be, "No, thanks!"

*Michelle is an aspiring writer and blogger with a passion for the Internet, specifically social media and blogging. She loves how social media connects people across the globe, and appreciates that blogging gives her the opportunity to voice her thoughts and share advice with an unlimited audience.*

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## **Nicole Kidman Says Divorce From Tom Cruise Was a 'Shock**

# to My System'



By

Jennifer Ross

With all her professional successes and a gorgeous family, Nicole Kidman is grateful for what she has. However, her life has not always been grand. In a recent interview with [DuJour](#), Kidman speaks of the highs and lows in her life, including her painful divorce from former husband Tom Cruise. When discussing her love for Cruise, the star of upcoming movie *Grace of Monaco* said, "I was reeling with Tom. I would have gone to the ends of the earth for him." At 23 years-old, she had married Cruise in 1990. Just a few months after their 10<sup>th</sup> wedding anniversary, Cruise delivered a major blow to her when he decided to separate. "It took me a very long time to heal.

It was a shock to my system," the mother of four confessed. Over time, Kidman, 45, healed from her divorce and eventually found love again in current husband Keith Urban. "I'm happier than I've ever been in my life... My family is with me."

## **What are some ways to deal with the shock of a divorce?**

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

Being shocked by divorce doesn't necessarily mean that it happened suddenly. You may have known for some time that the marriage was deteriorating. It's basically the final realization that it is over. There are many stages you will go through, but know one thing. Life will get better. To get you through the initial shock, here are a few tips to keep your sanity:

**1. Grieving stages:** First thing to realize is that you will go through all stages of grieving, sometimes repeatedly – denial, anger, bargaining, depression and acceptance. While this may not relieve your pain immediately, learn each stage's emotional responses. In doing so, you can understand yourself better and see progress as it comes.

**2. Grant permission:** As your life has been turned upside down, you will have more bad days than good. Give yourself permission to forgive yourself not only for the mistakes of the past, but for the mistakes you will make in the future. Remember, you are going through a divorce; you cannot expect yourself to be at your best everyday.

**3. Alone time:** While you may have the constant urge to keep yourself busy and surrounded with people, this can be a bad mistake. In order to heal, you must face your emotions and process them internally. The idea may sound frightening, as if your pain will consume you, but it won't. Over time, you will learn to appreciate alone time with yourself.

How did you cope with the shock of your divorce? Comment below.

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# Celebrity Break-Ups That Broke Our Hearts



By

Jessica Nappi

We've all gone through our own break-ups, and no matter how painful they can be, sometimes, seeing [celebrities break-up](#) is even worse. These splits involve not only the two in the celebrity relationship but also their entire fan base. Break-



ups in Hollywood mean more than just broken hearts; they also mean no longer seeing them pose together on the red carpet, waving goodbye to those PDA-filled paparazzi shots, and saying sayonara to those lengthy interviews where they gush about how much in love they are. Here are three celebrity break-ups that had us crying:

## Three Celebrity Break-ups

**1. Tom Cruise and Katie Holmes:** Tom Cruise and Katie Holmes's split is the most recent and therefore the most sensitive of topics. From the moment Cruise not-so-humbly jumped on the couches of *Oprah* proclaiming his love for Holmes, we all envisioned a happy ending to this celebrity love story. There was the birth of TomKat, followed shortly by the actual birth of their daughter Suri. The famous couple had a six-year run before Holmes shocked the world by filing for divorce in New York City earlier this month. What will we do without seeing ever-so-cute family photos of the duo with their fashionable little girl?

**Related Link:** [Five Celebrity Divorces We Really Weren't Expecting](#)

**2. Brad Pitt and Jennifer Aniston:** This golden Hollywood couple married in 2000, and everyone dreamed of watching their picture perfect celebrity love story play out. From [Brad Pitt](#)'s guest appearance on Jennifer Aniston's show *Friends* to always walking hand-in-hand on the red carpet, it seemed like this celebrity couple was as strong as could be. Then came the 2005 movie *Mr. and Mrs. Smith*, in which Pitt co-starred with the one and only [Angelina Jolie](#). The rest is history: Pitt and Jolie are now engaged with six kids. Aniston isn't doing so bad either: She has found a new man – Justin Theroux – and was recently voted hottest woman of all time by *Men's Health* magazine.

**Related Link:** [Love in the Limelight: Why You Should be Happy You Aren't Famous](#)

**3. Sandra Bullock and Jesse James:** It *seems* like a woman can't win the Academy Award for Best Actress without subsequently splitting with her man. Kate Winslet, Reese Witherspoon, Halle Berry and now Sandra Bullock are just a few of the many actresses who won big in their career yet fell short in their love life soon after. Bullock's marriage to TV's *Monster Garage* host Jesse James seemed better than ever, especially due to the heartfelt award speech she gave about him. But just days later, Bullock and the entire world discovered James' cheating rampage. As if we couldn't feel any worse for America's sweetheart, the famous couple was in the process of adopting a baby boy, whom Bullock now solely cares for. However, she now seems very happy as a mother.

**What celebrity break-up broke your heart? Tell us below.**

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## **Tom Cruise Is Moving On But Misses Suri**





By

Jennifer Ross

Although Tom Cruise has moved on from his divorce to ex Katie Holmes, he deeply misses Suri. With his new role in the upcoming action film *All You Need is Kill*, Cruise has been based in London since August for pre-productions, which has made it virtually impossible to see his 6-year-old daughter. As reported by a friend to [People](#), Cruise, 50, has said, "I've got to see her." Adding to that difficulty is Suri's permanent relocation in New York City, where she began first grade at the private Avenue's School in Chelsea. However dim, all is not lost. The first grader is still able to have a relationship with her father, via phone, several times per day.

**What are some ways to remain in your child's life after a split?**

**Cupid's Advice:**

In any break-up, the relationship between you and your child

may become estranged. In order to regain that special bond between parent and child, Cupid's Pulse has a few tips to help you stay connected:

**1. My home is your home:** When you are settling down in your new home, be sure to create a personal room/space for your child as well. Allow them to decide on the room decorations. Their very own room will make them feel wanted and welcomed, giving them a sense of security during the time they are with you.

**2. Share a common interest:** Start a hobby that you both like and can enjoy together. Whether it is an outdoor sport like football or something calmer, such as starting a book club, the interest needs to be exciting for both of you. This will give you a common ground to relate and help create a positive connection with your child.

**3. Always remain consistent:** No matter how busy your life may get or how difficult your ex may be, there must be consistency between the parents! Therefore, set the ground rules with your ex regarding your child and follow them. Otherwise, different rules in different homes will only lead to emotional chaos and destruction.

**How have you remained in your child's life after your break-up? Tell us below.**

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**How Raising a Child Can Bring you Closer Together as a**

# Couple



By

Nancy Parker

If you speak to any number of parents today about how parenting has affected their marriage, you may be surprised to hear many tell you that it has solidified their marriage. They will almost certainly tell you that parenting is hard work and incredibly stressful, but at the same time, they will tell you that they feel closer to their spouse after having kids than before. This may seem paradoxical. After all, enduring intensely stressful situations and bringing responsibility and hard work into your relationship seems like it may pull a couple apart. In many cases, however, the opposite is true. There are a number of key reasons why raising a child can solidify your marriage despite being stressful:

## **1. Shared Love**

In most cases, no two individuals love a child more than his biological parents. The love for a child may begin to grow almost as soon as the parents learn of the pregnancy, and this love deepens with each passing day. This is a love that the parents together share for the child, and they both work to provide the child with the best childhood experience possible. Sharing the same intense feelings for another person is a bonding experience, and this is a bond that can indeed solidify a relationship.

**Related Link:** [Why It's OK to Have Kids Later In Life](#)

## **2. Teamwork**

Raising a child together is about more than just feeling intense love for the child. It takes a lot of hard work to care for and raise a child, and this hard work begins as soon as the child is born. During infancy, the couple must work together as a team to ensure that the baby as well as both parents meet their basic needs regarding feeding, sleeping and more. An infant is dependent on the care of the parents, and the parents work together as a team to fulfill those needs while also watching out for the health and well-being of each other. As the child grows, the teamwork approach transitions into different aspects of parenting such as discipline, education, childcare and more.

## **3. More Than Just a Couple**

Before the first child is born into the marriage, the couple is simply a couple bound together by love and perhaps wedding vows. When you bring a child into the relationship, however, your relationship transitions into something more significant. You are no longer a couple, and instead, you have transitioned into a family. There is a bond that deepens between a man and a woman when a family is formed. The deep feelings associated with creating a family with another person deepen the bond you

have with that person.

**Related Link:** [Eric Dane Loves His Wife Rebecca Gayheart More Than Ever](#)

It is interesting to take note that giving birth to a child will not heal a relationship that is already on rocky ground. In fact, the hard work and stress associated with raising a child may be the tipping point in an already shaky relationship that could lead to the couple breaking up. On the other hand, when a couple that has a solid relationship brings a child into their lives, the experience of raising the child can provide a deeper bond than the couple previously had. With a look at celebrity couples, you may see how relationships like that between Victoria and David Beckham have been solidified with the addition of their children in their lives. On the other hand, other relationships that may have been on less steady ground to start with, such as that Tom Cruise and Katie Holmes, were not solidified with the birth of a child.

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## **Sources Say Katie Holmes and Tom Cruise's Divorce Has Been Hard on Suri**



By

Nicole Weintraub

Ever since Katie Holmes filed for divorce from her former beau Tom Cruise, their six-year-old daughter has been acting out, according to [UsMagazine.com](http://UsMagazine.com). Ever since the power couple decided to call it quits, Holmes has been toning down her lavish lifestyle and is trying to spoil her daughter, Suri, a little less. Cruise has been known to spoil his little girl to pieces, for example, spending over \$6,000 on their recent helicopter excursion to The Hamptons. Holmes, though, is taking a different parenting route by enrolling her daughter in an elementary school that calls for a strict dress code. The young Cruise is not too happy about the recent changes, though. According to Holmes, she still needs time to adjust.

**How do you keep the drama of a split from affecting your children?**



## **Cupid's Advice:**

A separation can be brutal and ugly, especially when young children are involved. Here are some tips on how to shield your children from the drama of your split:

**1. Don't drag the kids in:** Under no circumstances is it ever okay for a child to think that they caused their parents to split up. Assure your children that this was a decision made by the two of you as adults and had nothing to do with them.

**2. Don't badmouth:** Don't badmouth your former partner in front of your children. Not only will that affect your child's relationship with that partner, but also you're only going to get yourself into trouble with the other person.

**3. Remain civil:** Children absorb everything, especially things that they pick up from their parents. You don't have to like each other, but try to be civil with one another and "play nice" while in front of your kids.

**Have you gone through a split with kids involved? How did you deal with shielding the kids from the split? Tell us in the comments below.**

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# **Reports Reveal Katie Holmes Visited Ohio 'Many Times' Pre-Divorce from Tom Cruise**





By

Sarah Ribeiro

While Katie Holmes and Tom Cruise may have had a rocky marriage, Holmes still kept a close bond with her family. A source has reported that Holmes visited Ohio “many times” while married to Cruise, according to [People](#). The pair announced their split early last month.

**What can being homesick tell you about your marriage?**

### **Cupid’s Advice:**

Even in the best marriage, you may find yourself missing your single life – and your bed at home. Here’s what being homesick can tell you about your marriage:

**1. You’re normal:** It’s perfectly acceptable and *normal* to miss home every now and then. Even if your husband is your perfect match, he can’t make your mother’s famous breaded chicken. Remember that your family is important, and that it’s okay to miss them.

**2. Stress:** Sometimes, when life gets too stressful, you just want to curl up in your old bed and sleep your troubles away. If your stress is coming from your married life, though, you should address the problem before it grows rather than running home and avoiding it.

**3. You're unhappy:** If all your relationship is doing is making you miss home, you have to reconsider your marriage. No one can be happy when they want to be somewhere else.

**What can being homesick tell you about your marriage? Tell us below.**

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## **Sources Say Tom Cruise and Katie Holmes Are Still Talking**





Eve

n though all of the hype over Tom Cruise and Katie Holmes' divorce has made it seem messy, the two have remained civil for Suri's sake. A source told [People](#) that the two have worked out a "civil routine" and "are talking." Regardless of the ex couple's differences, they still have to do what's best for their six-year old. Suri has spent most of the summer in New York City with Holmes, and has taken various trips with Cruise. Now with the approaching the school year, Holmes has decided to enroll Suri in a private school nearby, and Cruise was okay with her decision.

**How do you remain civil with your ex when kids are involved?**

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

Sometimes things just don't work out with your partner, and a divorce is inevitable. But, it's not so easy to just move past it when children are involved. Here are some ideas on how to stay civil with your ex when you have children together:

**1. Set up a schedule:** You should both agree on a schedule, so

there aren't any arguments or misunderstandings. Specific times will make it easier to share equal time with your kids.

**2. Don't get the kids involved with your breakup:** You and your ex have to spend time with your kids, but don't get them involved in your breakup. Your kids shouldn't feel like they have to choose sides or keep secrets for anyone, so just leave them out of it.

**3. Keep conversation strictly about your children:** If you know you are always arguing with your ex partner and just can't get along, keep conversation simply about your children. This is when you both push your other issues aside and make more important decisions about your kids.

**How do you keep a civil relationship with your ex when you have children? Share your thoughts below.**

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## **Miss Independent: The Joys of the Single Life**





By

Audrey Melnik

Katie Holmes and Tom Cruise have been the center of a media circus since they announced their divorce. A number of rumors have surfaced about why their marriage ended, but no matter what the true causes were, it's clear that Holmes is doing what she thinks is best for her daughter, even if that means ending her marriage. Going through a divorce isn't easy and it always takes time to recover, but it should never be avoided when you think a split is important for you and your family. Thankfully, being single allows you to focus on what makes you a better person. Here are some great ways Holmes, and other singles, can enjoy their independence:

**Related Link:** [How to Handle Wedding Season as a Single Gal](#)

**1. Work on your career:** Now that you're single, you won't have any commitments other than your own. This will let you give your job the time and attention it deserves. Work hard, focus and you'll be able to rise to the top.

**2. Take time for yourself:** Singles can make their own rules, so be spontaneous. You don't have to worry about anyone but yourself. Enjoy this time, it won't last forever. Find a hobby, read a book or do something you've never done before.

**3. Travel:** When you were in a relationship, you always had to coordinate schedules before you could travel. When you're on your own, you can just pack your bags and go.

**4. Have a girl's night:** Whether your girlfriends are single or not, plan a night every now and then to go out with just them. Have fun, go dancing and let loose. You'll see that even though you might not have a partner, there are still plenty of people who care about you.

**5. Be a flirt:** There's no better way to build confidence than to flirt. When you see someone staring at you from across the bar, go talk to them. Even if you don't wind up dating, it'll be good to give yourself a chance.

**Related Link:** [Celebrate Being Single This Year](#)

**7. Buy yourself something nice:** Without a partner, your money belongs to no one but you, and you know you worked hard for it. Find something luxurious that you love and splurge on it!

**8. Be an awesome parent (if you have kids):** For you single parents, devote more time to your kids. They'll make you happier than any partner could. Plan a fun day with them and do something you all love.

Sure, being in love is wonderful, but so is being strong and independent. You can pave your own way, make your own decisions with your own money and you don't need a man to do it.

*Audrey Melnik is founder and developer of WotWentWrong, the breakup app for couples who never really broke up. It offers closure and answers for relationships past – and a blueprint*

*for future dating success – directly from one’s former partners. Audrey is passionate about the intersection of internet technology and business and has successfully developed and enhanced the online businesses for both corporate and government clients in the U.S. and Australia. She credits NYC with her inspiration for WotWentWrong, realizing the web could coax former dating partners into spilling their secrets in a way people could not. Melnik received a Bachelor of Business Systems on scholarship from Monash University in Melbourne, Australia. WotWentWrong is headquartered in Melbourne, Australia but Audrey recently moved to San Francisco.*

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## **Rumor: Is Katie Holmes Planning to Change Suri’s Name?**







The re couldn't have been a divorce between Tom Cruise and Katie Holmes without some drama over their daughter Suri. Does Holmes hate Cruise so much that she plans to change their daughter's name after the divorce? British magazine [Now Daily](#) printed a story in which a close friend of the family claimed Holmes planned to change Suri's last name to "Holmes." The source also mentioned that Holmes hates the name "Suri" and has been referring to her daughter as "Scout." Although this information is unclear, it still has been making things harder for a couple still in the middle of a difficult divorce.

### **What are some ways to decide what to name your child?**

**Cupid's Advice:** Choosing your baby's name is an incredibly important decision, and everyone has a different way of making a selection. Here are some creative ways on how to finally make a decision:

**1. Baby names book:** This is probably the least original and

easiest way to choose your child's name, but it almost always helps. If you go through a couple of pages of the book every day, you'll eventually find yourself stumbling upon one that you love.

**2. Name them after you or your partner:** Let your new child carry on your name or your partner's, or at least something similar. You're sure to be proud that they have your name, making this a choice you aren't likely to regret.

**3. Name them after someone who you look up to:** Choose the name of a figure who has inspired you, whether it's a character in a book or a historical figure. Using this name will carry on a much deeper meaning to you and your child than one that just has a sound you like.

**What are some ways you would decide to choose a name for your child? Share your comments below.**

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## **When One Partner's Needs Are More Important**





By

Jane Greer, Ph.D. for GalTime

Why has it been so surprising to us that Katie Holmes filed for divorce last week in an effort to end her marriage to Tom Cruise when so many of us had a hard time taking their union seriously in the first place?

Maybe it's because despite the public's initial cynicism, people eventually embraced the couple as an example of a true Hollywood love story.

According to the papers, Tom was as blindsided as we were by the news, but, unlike the couple's fans who watched from a distance, he was close to the action. How is it possible that he was chugging along, seemingly happy, when she was evidently so unhappy that she secretly planned her exit?

**Related:** [Dating Advice: 7 Guys You're Probably Not Going to Marry](#)

Tom might have been looking through only one lens, which he

does in his role as a director and producer, and was seeing things working according to his vision. Is it possible that he didn't consider her needs at all? Tom's previous two wives, Mimi Rogers and Nicole Kidman, have each said that during their marriage their concerns were incidental to his, especially when it came to his religion, Scientology.

It has been reported that Katie wanted out because their daughter, six-year-old Suri, has reached the age at which she would begin to be educated in the ways of Scientology, and Katie did not seem to want that for her child. In fact, in addition to the divorce she has filed for sole custody. If it really is Scientology that made her want out, then she must never have fully accepted it in the first place or this wouldn't have emerged as a problem. Her concern over Suri's education may have been simmering on the back burner for some time.

**Related:** [Dating Advice: 7 Warning Signs That You May Be Dating a Taken Man](#)

The push and pull around Scientology might not be so different from what any couple struggles with if one person wants to raise a child one way, and the other partner has a strong commitment to a completely separate religion. As I wrote about in *What About Me? Stop Selfishness From Ruining Your Relationship*, whenever there are two people who want two different things, one person is going to feel that they've given up more than the other. But for a marriage to be successful, there has to be an attempt to hear the other person and work out a compromise. With Tom and Katie, it appears that wasn't happening. Tom's way seems to have been the only way.

The other thing that may have been going on is that Katie stopped fighting for what she wanted. I see this over and over again with my patients. One partner gives up, realizing that all the conversation in the world is never going to make a

difference. But the other partner takes that silence to mean the first partner is now okay with the situation, when in reality they have shut down. They may be waiting for the right time to sever the relationship, or become vulnerable to romantic involvement outside the marriage. This myopic vision, in other words, “my” view, on one person’s part, leads them to believe that everything is just fine.

Whatever the case, Tom seems to have left no room for the necessary give and take that a healthy marriage demands. It might be just the right time for him to be making a movie called *Oblivion* since that seems to be exactly where his third marriage is headed.

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## **Find Out How Nicole Kidman Helped Katie Holmes With Her Split from Tom Cruise**





As

Tom Cruise's third marriage comes to an end, Katie Holmes surprisingly reached out to ex-wife number two, Nicole Kidman, for advice and guidance in her effort to divorce Cruise, sources told [Us Weekly](#). It's not extremely common to become friends with your partner's ex, but in Holmes's case, the 45-year-old Kidman, "has been supportive, saying she's been through it too and to hang in there." The *Dawson's Creek* star apparently even contacted Kidman via a disposable cell phone in order to keep Cruise from catching on. The ladies' relationship is what really gave Holmes the edge she needed against her ex-husband, because she ultimately gained everything she hoped for in their rapid one-week settlement.

**How can you be supportive of a friend going through a divorce?**

### **Cupids Advice:**

No one can go through their life without a friend to be there for them, especially when going through something as devastating as a divorce. Here are some ways to be a great

friend in this situation:

**1. Call first:** Instead of waiting for your friend to come to you for help, reach out to him or her. They'll appreciate the effort, even if they're not exactly ready to talk about it. You never know if they've needed to talk to someone the whole time, but didn't want to be a burden.

**2. Take them out:** If your friend is upset, try taking them on a weekend road trip or host a movie-marathon sleepover at your place. Getting your buddy out of that negative atmosphere will free their mind from their ex, letting them handle their problems more easily.

**3. Give advice:** Whether you've been through your own split or not, there's still always some suggestions or influence to provide. Maybe you know a great divorce lawyer or have a relative who's a therapist. You can always give some assistance.

**What are some ways to help a friend who's going through a divorce?**

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## **Tom Cruise Heads Back to Work Post-Divorce Deal**





It'

s all work and no play for Tom Cruise following his Monday morning divorce settlement. He has been continuing to film his new movie *Oblivion*. However, he isn't on location in Iceland any longer, as he was when the paparazzi first snapped pictures of him after news broke of Katie Holmes' divorce file. Now the superstar is in California's High Sierras, where the sci-fi flick will film for another week. Cruise can go back to work so quickly because the divorce settlement was reached after mere days. [People](#) reports that Holmes' lawyers simply said, "The case has been settled and the agreement has been signed."

**What are some things to take your mind off of a split?**

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

Whether it's mutual or it came unexpectedly, no split is easy. However, it's important to try to move on, not to just isolate yourself while watching sad romantic movies. Following these helpful tips can make coping with a breakup a little more



manageable:

**1. Throw yourself into work:** Vacation time after a split can often just give you more time to think about your newfound loneliness and the stresses that come with it. Throwing yourself back into work will let you feel accomplished and satisfied.

**2. Surround yourself with friends:** Being around your family may be a reminder of your breakup. After all, your ex was once a part of the family. Instead, hang out with all of your best friends, who will surely make you laugh, cry and just be yourself again.

**3. Start dating again:** After a split, you'll need time to find and rediscover yourself as an independent person. However, you should also try to find out what you may or may not like in others by dating. Plus, this will help you forget about your split. Although you don't want to find your next long term relationship right away, it's always a healthy experience to realize that your ex isn't the only person out there for you.

**How would you take your mind off of a split? Tell us below.**

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**Judge Lynn Toler of 'Divorce Court' Says Katie Holmes and Tom Cruise Had "Too Much to Lose By Dragging Out Their**

# Divorce”



By

[Whitney Baker](#)

Earlier this week, Katie Holmes and Tom Cruise signed their divorce settlement, reaching an agreement faster than most Hollywood couples. While details of the arrangement remain private, sources say that Suri, the couple's six-year-old daughter, will live in New York with her mother, while her father will have generous visitation rights.

In order to better understand the ins-and-outs of this process, we spoke with Judge Lynn Toler, who hosts 'Divorce Court,' the longest-running court show on television. Since 2006, Judge Toler has brought both tenacity and compassion to the courtroom, focusing on the relationship at hand and

dispensing helpful advice to real litigants.

The media has paid much attention to the role of Scientology in Holmes's decision to divorce Cruise. And for good reason, according to Judge Toler. While it's not something that she sees frequently in her courtroom, she understands why it's very intense when it does happen. "Religion doesn't often have a role in divorce cases, but when it does, it is very difficult to deal with because people's beliefs aren't something you can really compromise on."

Another point of interest in this divorce case is Holmes's request for full-custody of Suri. Judge Toler, though, isn't surprised by her bold approach. "She knew what she wanted, and she moved quickly and decisively. I think that she asked for what she wanted because of the concerns that she had for her daughter."

She adds, "After all, isn't that a mother's job?"

**Related:** [Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise](#)

In a joint statement, Holmes and Cruise said that they are doing whatever they can to keep Suri's best interests in mind. By agreeing to the terms of their divorce in such a rapid manner, Judge Toler believes that they already did a tremendous thing for their daughter. "Sometimes, the best thing you can do for your children is to *not* get everything you want. Tom gave up legal custody but settled for generous visitation rights."

While it may seem like Cruise should fight for more time with his daughter, Judge Toler supports the resolution to their custody battle. "You have to ask yourself if dividing their time between you and your ex is the best thing for you or the best thing for your kids," she explains. "Children need a stable environment, some place they can call home where the rules are always the same."

Perhaps the most surprising part of this celebrity divorce is the swiftness of their settlement. “I believe that both of them had too much to lose by dragging it out,” Judge Toler explains. “I also believe that the church of Scientology didn’t want to get involved with it, which certainly would’ve happened. Tom didn’t want to expose himself or his church to that kind of scrutiny.”

**Related:** [‘Miss Advised’ Star Amy Laurent Says, “I’ve Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill”](#)

Next up for Holmes and Cruise: They will present their settlement to the courts and wait for it to be approved before they’ll be granted a divorce decree. Judge Toler doesn’t foresee any future issues though, explaining that “the courts love when couples settle as quickly and amicably as these two. They really like the parties to come to a resolution on their own.”

As for any advice for the pair as their divorce continues to play out, Judge Toler says she has none. “I think they’re doing it right! They didn’t let their emotions get ahead of what they needed to do. I say continue on and good luck.”

*Visit [DivorceCourt.com](http://DivorceCourt.com) for local listings of ‘Divorce Court,’ which is currently airing its thirteenth season in syndication nationwide. Keep your eyes open for Judge Toler’s new book, ‘Making Marriage Work: New Rules for an Old Institution,’ set to be released later this summer.*

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## **Katie Holmes Goes Back to**

# Work on Film About Single Mom



Katie Holmes is taking no time after her split from Tom Cruise to get back to her career. Holmes, who filed for divorce from Cruise last week, is set to work on a new film, *Molly*, about a single mother and her daughter, according to [People](#). Holmes co-wrote and is co-producing the film, which will be filming in New York City, where Holmes lives with her daughter Suri.

**How can going back to work help you cope with a split?**

## **Cupid's Advice:**

Breaking up is tough stuff. Sometimes finding yourself deep in your work can help you out. Here are some ways going back to work can help you cope with a split:

**1. Distractions:** You can't be constantly moping about and missing your partner if you're focusing on projects and business. Use your work as a distraction, and you may find yourself not even thinking about the breakup after work.

**2. Catharsis:** Just like exercising when you're angry, working hard after a split can be relieving. You'll feel accomplished and important, and won't care about what your ex thinks of you.

**3. Opportunities:** Being single gives you the chance to be selfish for the first time in a while. Got a chance to move across the country for a promotion? No one's holding you back now. Go ahead and take it.

What are some ways going back to work can help you cope with a split? Let us know below.

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## Source Says Tom Cruise Is in 'Major Crisis' Mode Post-Split from Katie Holmes





Since Katie Holmes filed for divorce from her husband of five years, Tom Cruise, the award-winning actor and father to their daughter Suri, is in “major crisis mode,” according to [UsMagazine.com](http://UsMagazine.com). Sources say that “Tom’s whole life is being torn apart,” which was something he never saw coming. While Cruise is constantly consulting with lawyers in an effort to deal with custody of the six-year-old and division of their properties, he tries to remain as private as possible because he “doesn’t want his entire life laid out for everyone to dissect anymore.”

**How do you remain private in the midst of a divorce?**

### **Cupid’s Advice:**

Celebrities may be used to the spotlight, but when it comes to divorce no one wants their failed marriage to be the center of attention. Famous or not, here are some ways to have control over your privacy in the midst of a divorce:

**1. Don’t make a scene:** If you want things to go as smoothly as

possible, it's important not to give people a reason to talk. Go about your business in the most mature manner, which means refraining from throwing your spouse's clothes and belongings all over the front lawn.

**2. Stay away from gossip:** Venting is healthy during a divorce, but make sure to only go to the people you trust for advice. Don't dish out the details to anyone who's willing to listen, because you never know who's going to repeat something you may have already regretted saying.

**3. Keep mutual friends out of it:** You and your husband probably have a lot of the same [friends](#), and if this is the case, don't make them pick sides. By making sure your friends don't find their way into the crossfire, it will give you and your husband more [control](#) over what you're both going through, instead of allowing others to meddle.

**How do you keep your divorce from being the talk of the town? Share your experiences below.**

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## Katie Holmes Removes Her Wedding Ring







Kat

ie Holmes is making her divorce from Tom Cruise public by removing her wedding ring. According to [People](#), the Hollywood Star was taping a segment for *Project Runway: All Stars* this week without it. A source says that although she appears to be handling the situation well, she has left Cruise “devastated and heartbroken.” The two had been married for five years and apparently Cruise “had no idea this was coming.”

**How do you announce your divorce to friends and family?**

### **Cupid’s Advice:**

Informing the people in your life of your divorce can be a difficult task. Cupid has some advice:

**1. Be honest with your children:** If you have kids, talk to them and explain the situation. Let them know why it’s not working out, and that it will be difficult, but that it has nothing to do with them. Remember, no matter why you’re divorcing your significant other, that person is still their

parent so the children still need to see him or her in a positive light.

**2. Decide beforehand how much you want to share:** Try to keep it simple when you're telling friends or co-workers with whom you're not very close. Everyone will want details on the situation, so before having the conversation, figure out how much you're willing to share.

**3. Make your close friends and family aware of why you are getting a divorce:** If the marriage was just not working, but your significant other did not necessarily do anything bad to you, let people know that. Be ready to face people judging you for the decision as well as people trying to side with you or him.

**Do you have advice on how to tell people of your divorce? Tell us below.**

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## **Katie Holmes Discusses 'New Phase' Pre-Split**





After news of Tom Cruise and Katie Holmes' divorce broke, there may have been subtle clues that their split was fast-approaching. [UsMagazine.com](http://UsMagazine.com) reports that in an interview Holmes conducted six weeks prior to the divorce file, she did not speak of Cruise in a lovey-dovey manner. When questioned about the stigma of being "Mrs. Tom Cruise," she defensively said "he has been Tom Cruise for 30 years. I know who I am and where I am and where I want to go, so I want to focus on that." She also denied the rumor that having married an A-lister helped her acting career. Holmes sounded independent throughout the interview and noticeably stated that she's entering "a new phase" of her life, a phase that we now know will include much less of Tom Cruise.

**How do you know when your partner is holding you back?**

**Cupid's Advice:**

You and your partner are supposed to support each other, not hold each other back. Here are some ways to know that enough

is enough when you are giving more than you are getting in a relationship:

**1. You make more sacrifices than your partner:** Every relationship comes with its sacrifices, but there should be an almost even balance of loss and gain between the two of you. If you are always sacrificing and your partner never does, it may be time to cut them off.

**2. You don't know who you are without them:** Identity is key in every relationship because in order to love another, you must first love yourself. If you rely heavily on your partner and do not feel any sense of independence, they are holding you back too much.

**3. You don't go after your dreams:** If your partner succeeds in their own dreams but doesn't support yours, they're holding back your sense of self. You may be in a relationship together, but you can succeed in aspects of your life on your own. Don't let your partners accomplishments hinder yours.

**In what way is your partner holding you back? Tell us below.**

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## **Find Out How Katie Holmes Felt in Her Marriage to Tom Cruise**





Now that Katie Holmes has filed for divorce from Tom Cruise, she is taking matters into her own hands after breaking free from what sources say was a 'Scientology-influenced marriage' to the actor. The *Kennedys* star is now pursuing sole legal custody of their 6-year old daughter, Suri Cruise. An insider tells [UsMagazine.com](http://UsMagazine.com), "This is about protecting her daughter. She wants to be in charge of how Suri is being raised and didn't want her to have an exclusively Scientology education." With that said, the divorce of TomKat is just beginning to unfold.

**What are some ways to get out of a controlling relationship?**

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

Ending a relationship is hard enough, but a controlling relationship proves to be an even bigger challenge. Here are some ways to help you take back control of your life:

**1. Seek professional help:** Searching for words of encouragement is a huge boost when it's time to take action in

your relationship. You may find the perspectives of others are wiser than your own.

**2. Make yourself your priority:** Make your relationship about you instead of your significant other. This will encourage you get out of a relationship that is not benefiting you.

**3. Take back your power:** Demand power in the relationship. Your significant other most likely will not allow it, which will help you find an escape.

**How have you gotten out of a controlling relationship? Share your stories with us.**

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**'Miss Advised' Star Amy Laurent Says, "I've Always Seen Katie Holmes With Somebody Who Is More Mellow and Chill"**





By

[Whitney Baker](#)

As a relationship expert and executive matchmaker for the past seven years, Amy Laurent has plenty of advice when it comes to navigating the dating world. And, now she's putting it out there publicly starring on Bravo's new reality series 'Miss Advised,' a show that features three single relationship experts as they attempt to follow their own dating advice in the search for love.

Given Laurent's background, we thought she'd be the perfect source to comment on the most talked about divorce of the week (and most likely the year), the infamous TomKat split. By now, we've all read the tabloids or heard the news that Tom's obsession with Scientology was a huge factor in their divorce (source), but how important is religion to a marriage?

"For some people, religion is an absolute deal-breaker, and you have to respect that when choosing a potential partner," Laurent explains. "I think it's a waste of time to try to put

two people together with different religious opinions.”

**Related:** [Katie Holmes Files for Divorce from Tom Cruise](#)

Although Laurent advises against coupling up if you have religious differences, many people do marry outside of their religion and go on to have happy and healthy relationships.

However, most of them aren't A-list celebrities who live a very public life while one of them is strong-arming the other about the beliefs of the secretive practice of Scientology. In this case, Cruise's religious beliefs and intention to have Suri attend a Scientology "boot camp," according to *The Sun*, may have been more important than the views of his catholic-raised wife, Katie.

"I encourage my clients to be very open and to not have a laundry list," Laurent says. "Ultimately, if you're going to find the right match and not waste your own time or the other person's time, you have to very honest about what's important to you."

With Katie now on the singles market, everyone is left guessing who she'll date next. It's definitely too early to tell, but Laurent says that she's always seen Katie with someone who is "more mellow and chill."

"I see her being with someone who has more of a laid back approach to their relationship because I feel like that will really let Katie shine." As for Tom, "Definitely a Scientologist," Laurent says with a laugh. "She needs to be very type-A and a perfectionist – someone with the same level of intensity as he has."

**Related:** [Heidi Klum and Seal: Marriages Don't End Overnight](#)

Of course, neither Holmes nor Cruise should dive back into the dating world any time soon. For the time being, their primary focus should be on their six-year-old daughter, Suri. "Anyone going through a divorce with children needs to be very



sensitive to figuring out how this new dynamic is going to work. No matter what happened, Katie and Tom still have to be a team for Suri's sake," Laurent explains.

When she's not setting up her clients or analyzing other people's relationships, Laurent has her own love life to sort out. As viewers will see on this season of 'Miss Advised,' she gives romance a shot for the first time in a long time. "I end up having a few great dates where I can finally relax and enjoy it without being totally type-A and trying to control everything. Maybe I should date Tom!," she chuckles.

"Obviously, there are things that I still struggle with throughout the show," Laurent adds. "But I will say that there is someone who I see a few times who is a really amazing guy. I'm kind of excited for my dating future – maybe there is hope for me." As fun as it may look, Laurent notes that this show provides a great opportunity for viewers to learn from her mistakes and improve their own love lives.

**Related:** [5 Ways Playing Hard to Get Can Damage Your Love Life](#)

Laurent is releasing her first book next month, '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.' "It's very easy for me to coach my clients and give them the rules that work. But it's very hard for me to follow my own guidance, and that's where I got the inspiration to write this handbook," she explains. "It's a girl's dating bible that really breaks down, step-by-step, the first eight weeks after meeting someone new."

She adds, "I started writing this book in the middle of shooting 'Miss Advised' because I recognized that no matter who you are – whether you're a matchmaker, a teacher, whoever – everybody needs a support system. It's been helpful for me – I realized that my rules really work!"

*Check out Laurent via her Web site, AmyLaurent.com Twitter or Facebook, and be sure to watch 'Miss*

*Advised' on Mondays at 10/9c on Bravo. Also, keep your eyes open for her new book '8 Weeks to Everlasting: A Step-By-Step Guide to Getting (and Keeping!) the Guy You Want.'*

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## **Katie Holmes Files for Divorce from Tom Cruise**



The survival of TomKat just may prove to be “mission impossible” for Tom Cruise after learning Katie Holmes filed for divorce on Thursday. Despite their never-ending rumors of a split, the soon-to-be separation of the couple is a shock to Hollywood,

especially after the actor told [People](#) just days ago that his perfect day is “the time with Kate.” The actor confirmed through his rep that it was indeed his wife who filed the papers, just five days before his 50th, and asked for privacy during this time. The end of TomKat marks divorce number three for Cruise.

**What are some ways to tell it's time to get a divorce?**

**Cupid's Advice:**

Choosing to get a divorce is the most heart-breaking decision you could possibly face in a marriage. Here are some signs it's time to call it quits:

**1. Cheating:** Unfaithfulness is completely unacceptable in any marriage or relationship. Cheating destroys trust and without that, a relationship cannot thrive.

**2. Physical or verbal abuse:** Abuse is a big no-no, being one of the biggest sign of an unhealthy relationship. The sooner the relationship ends, the better off everyone is in the long run.

**3. Become strangers:** People change over the course of their lives, even spouses. If you both no longer share the same important aspirations, such as having kids, it may be time to call it quits.

**How did you know it was time to get a divorce? Share your experiences below.**

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# Tom Cruise Is Spotted In Iceland After Katie Holmes' Divorce Filing



Earlier this week, Katie Holmes filed for divorce from Tom Cruise, a shocking split that neither Cruise nor observers saw coming. As a source told [UsMagazine.com](http://UsMagazine.com), the two seemed very happy just two weeks ago during a dinner together in Iceland. Though the terms of the divorce have not been settled, Holmes is seeking sole custody of their daughter, Suri. Two days after the divorce was filed, Cruise was spotted for the first time since the two split. He was flying in a helicopter away from Iceland. His destination is unknown, and he did not seem eager to appear to the paparazzi.

## How can you cope with day-to-day life after a split?

### Cupid's Advice:

It's never easy to get past a breakup, especially if it catches you by surprise. However, there are some things you can do that will help you get past your sadness. Here are some tips for getting through a split and moving on:

**1. Rely on your friends and family:** It can be difficult to be alone after spending so much time with your ex. Making time for friends and family will help keep your mind off of your breakup and show you that you are still loved by many people in your life.

**2. Find a hobby:** Being single is the perfect opportunity to learn a new hobby, perhaps one that you may have been considering for a long time but never had the time. Whether you take up yoga or scrapbooking, you'll not only find something new to love, but you'll also be doing something new for yourself.

**3. Don't rush it:** Even if your ex has moved on to a new partner, you shouldn't feel pressured to do the same. Everyone works through breakups at their own pace. Give yourself the time you need to heal before jumping back into the dating world.

What are some ways you cope after a breakup? Tell us below.

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## Stars Who Go Public With Love

# and Affection



By

Samantha Mucha

Finding the right person is a thrilling experience, but keeping your hands off of one another in public is often a challenge. A new relationship is filled with flirty kisses, not-so-secretive butt grabs and romantic handholding.

In some cases, a little PDA is cute and picture worthy. Finding the balance between over-the-top scandalous make-out sessions and a cute peck on the cheek is the key to being a favorite couple versus a hated couple. These celebrity couples are all successful at acting like a couple in the spotlight without going overboard with their PDA:

**1. Selena Gomez and Justin Bieber:** Every time a photo of this duo surfaces, they are usually smiling, [holding hands](#) or sharing a kiss. Since Gomez and Bieber are young and have a young fan base, acting appropriately in public is important for them not only in the relationship world, but for their careers as well. Nothing Bieber and Gomez do would be banned PG rated film.

**Related:** [Justin Bieber Proves Honesty Is the Best Policy](#)

**2. Khloe and Lamar Odom:** This celebrity couple is famous for their baby talk and goo-goo eyes, however they do it in a way that makes people fall in love with their love. These lovebirds share a special bond that's obvious to those who see them interact. Sweet kisses and giggles are all this couple allows the press to capture, making them appear innocent and sweet.

**3. Liam Hemsworth and Miley Cyrus:** This is another fairly young couple who shares their love for one another with linked arms, holding hands or gentle kisses. Each photo seen of Hemsworth and Cyrus appears happy and simple. Whether it be a giggle on the beach or a deep glance into each other's eyes at an award show, this couple is the epitome of happiness and love.

**Related:** [Liam Hemsworth Says Miley Cyrus Would Beat Him in 'Hunger Games'](#)

**4. Nick Cannon and Mariah Carey:** Smiling faces are an understatement with this celebrity pair, especially when pictured with their beautiful babies. The duo is usually spotted holding hands and placing kisses on each other's cheeks, creating a special glow about them whenever they are together.

**5. Katie Holmes and Tom Cruise:** Holmes and Cruise are another charming couple whose photos demonstrate their closeness and the way they deeply care about one another. Cruise always

wraps his arms around Holmes or has his hands poised on her face while he plants a kiss on her lips. Their long, trusting relationship is evident in the simple, but pleased way, this celebrity couple glances into one another's eyes.

**What couples do you think go public with love and affection? Share your stories below.**