

Dating Advice Video: 5 Ways Women Sabotage Themselves with Men



By [Whitney Johnson](#)

On this week's Single in Stilettos [dating advice video](#), founder and relationship expert Suzanne Oshima talks to relationship author Robert Manni to discuss how women sabotage themselves with men and offer their best [relationship advice](#). Here are five ways that women sabotage themselves when looking for love.

Relationship Author Gives Dating Advice

1. You're not in it to win it: You may say you want to find love, but instead of going out to a new spot where you can actually meet someone, you find yourself in a routine of dinner at home and TV time. "You have to put yourself out there. You have to be willing to fail to be able to succeed," Manni explains.

Related Link: [Dating Advice Video: 4 Ways To Make Your Man Happy!](#)

2. You're always plugged in: Put your phone down! If you're walking around New York City with your earbuds in and music blaring, you're presenting yourself as closed off and unavailable. It's hard for a guy to ask an open-ended question or chat you up when you're walled off through technology. Oshima adds, "Those are barriers to meeting someone organically."

3. You're not fishing where the fish are: "Go where the guys are!" the relationship author says. You can find guys are at sporting events, at the football field, at a tech store, at a whiskey tasting, or at the gym. Think about your brother and his friends – where do they often go?

4. You're always with a group of girlfriends: It's no secret that a pack of women can be overwhelming! Guys are wondering how to handle the group dynamics and just focus on the woman they're truly interested in. Instead, make it easier for them and single yourself out.

Related Link: [Dating Advice: 5 Signs He's Taking the Relationship Seriously](#)

5. You're too attached to your list: This is one of the most important ways that women sabotage themselves. "If you stick too closely to your list, you're going to narrow down your opportunities," Manni explains. "And the longer you're single, the longer your list grows." Make sure your list only includes a few core qualities that are value-oriented and be

flexible about your physical type.

A bonus way that women sabotage themselves with men: **You throw someone back in the dating pool too quickly.** One bad coffee date does not mean the relationship is doomed! “Love grows if you keep an open heart,” the relationship author says. “It can turn into something spectacular if you give love a chance.”

For more dating advice videos and additional information about the Single in Stilettos shows, click [here](#).

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Expert Dating Advice: Flirting for Fun





By [Whitney Johnson](#)

On this week's episode of Single in Stilettos, founder and matchmaker Suzanne Oshima talks to relationship expert PJ Dixon to offer their best [dating advice](#) on flirting for fun. Find out how you can flirt as a women over 40 with the two dating tips below!

Expert Dating Advice to Help Women Flirt for Fun

1. Follow the “yes and” rule: Here, we’re taking a cue from improv comedy classes. Men like to banter and play, so by following the “yes and” rule, you accept what he’s doing (yes) and add to it (and). “Take his joking and continue to roll with it,” Dixon says. “This playfulness creates a sense of equality. In essence, you’re becoming partners with play.”

Related Link: [Expert Dating Advice: The 5 Stages of Love](#)

2. Use your senses: Focus on your five senses: sight, smell, touch, taste, and sound. For example, use your eyes to stare at someone a little longer than normal and get their

attention. If a man comments on your perfume, take his hand, spray a bit on his wrist, and say something like, “Now, you can think of me all day.” Touch him on his chest as a flirty way to tell him you like him. To use your sense of taste, share an appetizer or even feed each other. If you’re planning on kissing him, use a lipgloss with a subtle flavor. Lastly, soften your voice and slow down in your speaking to draw him in. “All of these senses are beautiful,” adds Dixon.

Related Link: [Expert Dating Advice: 5 Things Men Find Beautiful in a Woman](#)

Most importantly, as Dixon says, “There are all kinds of ways that you can flirt and tease and be playful.” Have fun with it!

For more relationship advice videos and additional information Single in Stilettos show, click [here](#).

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Celebrity News: Bella Thorne Says Cannes Isn't for Her After Scott Disick Hookup





By [Whitney Johnson](#)

And just like that, it's over. According to [UsMagazine.com](#), Bella Thorne is over Cannes, France after [Scott Disick](#) was spotted kissing his celebrity ex Chloe Bartoli. The actress tweeted, "Yo this #cannes fancy life isn't for me." As previously reported in [celebrity news](#), Thorne and Disick were first seen at dinner in Los Angeles before they took their budding celebrity relationship to Cannes. There, they packed on the PDA and got cozy poolside. Interestingly, according to past celebrity news, Bartoli is the same [celebrity ex](#) that led to Disick's split from Kourtney Kardashian in July 2015.

In celebrity news, that was certainly a short celebrity relationship! What are some ways to know quickly that a relationship is not for you?

Cupid's Advice:

Some relationships aren't meant to last forever; instead, they're just casual hookups, like Thorne and Disick's fling. So how can you quickly know that a relationship isn't for you? Consider this dating advice below:

1. There's only physical attraction: Sure, physical attraction is important in a relationship, but it can't be *all* that the two of you share. As Thorne and Disick showed us, making out will only get you so far! You need to connect intellectually too.

Related Link: [Find Out What's Going On with Former Celebrity Couple Kourtney Kardashian & Scott Disick](#)

2. You don't want the same things: If you and your partner don't want similar things for the future, chances are, your relationship will amount to nothing more than a short-lived fling. In this celebrity relationship, it was rumored that Thorne was just in it for the media attention.

Related Link: [5 Celebrity Couples Who Look Hot At The Beach](#)

3. You have a feeling something isn't right: Listen to your gut! Deep down, you'll know if someone isn't right for you. If you have a feeling that your relationship won't last, pay attention to it, and move on.

What are some other ways to know that a relationship isn't for you? Tell us in the comments below!

Celebrity Relationship:

Jessica Simpson Celebrates 7-Year Anniversary with Eric Johnson



By [Whitney Johnson](#)

Congratulations are in order! As originally reported by [UsMagazine.com](#), [Jessica Simpson](#) and her husband Eric Johnson just celebrated the seven-year anniversary of their [celebrity relationship](#). The fashion designer marked the special occasion by posting a sweet family picture on Instagram, captioning it, "7 years, 2 kids, and a whole lotta love later." The [celebrity couple](#) are proud parents to Maxwell Drew, 5, and Ace Knute, 3 – and they don't plan on having any more kids. As Simpson recently shared on *The Ellen DeGeneres Show*, "I have two beautiful children and I'm not having a third. They're too cute! You can't top that."

This celebrity relationship has lasted for seven blissful years. What are some ways to work on your relationship on a daily basis?

Cupid's Advice:

Strong relationships don't always come easy, and you have to make an effort to make your partnership last. Here are three ways to work on your relationship on a daily basis:

1. Communicate: Communication is important in every relationship. No matter how busy or stressful your day is, make sure to sit down with your partner and free yourselves for any distractions, like television or cell phones. Spend some quality time together and talk about how you're feeling, what you're working on, etc.

Related Link: [Jessica Simpson Says Her Celebrity Husband 'Is Hotter Than Yours!'](#)

2. Rely on your support system: Having friends and family who love both you and your partner is so important to a strong and happy relationship. In fact, Simpson previously wrote in *Glamour* that the "support system" of family and friends that she's "nurtured and cherished" helps strengthen herself and her [celebrity marriage](#) daily.

Related Link: [Jessica Simpson and Eric Johnson Include Their Kids in Lavish Celebrity Wedding](#)

3. Invest in me time: You can't be a good partner without focusing on yourself too. Make sure you have something that you truly love outside of your relationship. You never want to depend on someone else for your own happiness.

Cupid wants to know: What's another way to work on your partnership on a regular basis? Share your best relationship advice below!

New Celebrity Couple: Gavin Rossdale Is Dating German Model Sophia Thomalla



By [Whitney Johnson](#)

There's a new [celebrity couple](#) in town! Following his divorce from [Gwen Stefani](#), Gavin Rossdale is moving on with German model Sophia Thomalla. According to [UsMagazine.com](#), the celebrity couple shared a romantic meal together earlier this

month at Indianapolis' Iozzo's Garden of Italy. The Bush frontman and No Doubt singer announced their [celebrity divorce](#) in November 2015 after Stefani discovered Rossdale's longtime affair with their former nanny. "There's been a lot of pain and sadness. It really teaches you perspective on life. It's really health, happiness and safety," the rocker said of his divorce, which was finalized in April 2016.

There's a new celebrity couple following Gavin Rossdale's divorce from Gwen Stefani. How do you know when it's time to move on after a split?

Cupid's Advice:

This celebrity relationship is the first one for Rossdale since his split from Stefani. So how do you know when it's time to date again following a break-up? Consider this love advice below:

1. You've allowed yourself to heal: There's no right time to jump into a new relationship after a split. Don't rush things. Instead, do whatever feels right for *you*. It's important to heal your broken heart first. After all, no one wants to be part of a rebound relationship.

Related Link: [Celebrity Divorce News: Gwen Stefani & Gavin Rossdale Finalize Divorce](#)

2. You've spent some time alone: Self-reflection is always a good thing. Take your newly-found freedom to rediscover who you are. Allow yourself to grieve your loss and then focus on whatever makes you happy. Figure out what you want in your next relationship – and then, go after it!

Related Link: [5 Times the Nanny Has Been the Catalyst for Celebrity Divorce](#)

3. You're truly over your ex: It's normal to have lingering feelings after a break-up. Before you start dating again, do a self-check: How would you react if your ex called you? What if you saw them out with someone new? How do you feel when you see old pictures of the two of you together? If you can handle these situations with grace, you're ready to move on.

What's another way to know you're ready to move on after a split? Tell us in the comments below!

Celebrity Break-Up: Amy Schumer & Ben Hanisch Split After One Year Together





By [Whitney Johnson](#)

Amy Schumer and longtime boyfriend Ben Hanisch have called it quits after dating for over a year, according to [UsMagazine.com](#). “Amy and Ben have ended their relationship after thoughtful consideration and remain friends,” Schumer’s rep shared of the recent [celebrity break-up](#). In November, the [celebrity couple](#) celebrated their first anniversary with sweet Instagram posts. Along with a photo of the duo, Hanisch gushed, “A year ago, I met the love of my life. We both weren’t looking for a relationship at the time, but something felt right from the very first night we met.”

This celebrity break-up is definitely unfortunate. What are some ways to know you’re not right for each other?

Cupid’s Advice:

We can’t help but be surprised – and disappointed – by the news of this celebrity break-up. But sometimes, you just know

when you and your partner aren't right for each other. If you're trying to figure out whether or not you've found The One, consider the dating advice below:

1. You don't feel like yourself: Your partner should make you feel like the best version of yourself. If, instead, you don't even feel like yourself around them, it may be time to call it quits. Remember that you *will* find someone who makes you proud to be you.

Related Link: [Celebrity News: Amy Schumer Slams 'Bachelor' Host Chris Harrison for Calling Jubilee 'Complicated'](#)

2. You're always fighting: This piece of dating advice is a no-brainer. If you're constantly arguing about the little things, how will you ever build a life together? Nobody wants to spend every day feeling unsettled and unsure of the future.

Related Link: [Celebrity Couple News: Amy Schumer Denies She Met Her New Boyfriend on Bumble](#)

3. You want different things: Speaking of the future, it's important that you and your partner are on the same page. If you want different things for your lives – for instance, you want to live in the South, while he wants to be near the mountains – it's time to take an honest look at your relationship and decide if it'll work long-term.

How did you know that you and your ex weren't a good fit? Tell us in the comments below!

Celebrity Couple Kylie Jenner

& Travis Scott Take Romance to Miami



By [Whitney Johnson](#)

[Kylie Jenner](#) is wasting no time! Just weeks after her celebrity break-up from longtime boyfriend Tyga, the [reality TV](#) star was spotted getting cozy with rapper Travis Scott at Coachella. And now, according to [UsMagazine.com](#), the [celebrity couple's](#) romance is heating up with a trip to Miami. The duo were spotted walking arm-in-arm in the beachfront city where Scott was performing at the Rolling Loud Festival. "Travis is telling friends that he and Kylie are the real deal," an insider revealed. Looks like this celebrity couple may last!

Sources are saying that this

celebrity couple is “the real deal.” What are some ways to know you’ve found something special?

Cupid’s Advice:

All signs point to “yes” if you’re wondering if this celebrity couple is going to last! But how do you know if you’ve found the real thing in your own love life? Consider this dating advice below:

1. It feels natural: Some relationships are filled with tension and constant fighting, but if it’s meant to be, your love should come easy. If the phrase “When you know, you know” rings true, then hang on to what you’ve got – it’s something special!

Related Link: [Celebrity News: Kylie Jenner & Tyga Step Out on Dinner Date After Thanksgiving Festivities](#)

2. You make each other better: You never want to settle in a relationship. Instead, it’s important to challenge each other and inspire one another to always be better. You want someone who makes you the best version of yourself – and you want to do the same for your partner.

Related Link: [Back On! Celebrity Couple Kylie Jenner & Tyga Smooch in 4th of July Snapchat](#)

3. You share the same values: Your partnership will never last if you want different things for your future. You should be on the same page – or at least open to your significant other’s viewpoint – about issues like marriage, kids, and religion if you want to have longterm potential.

Cupids want to know: What are some other ways to know if you’ve found the real deal?

Celebrity Break-Ups: Taylor Swift's Ex Calvin Harris is Collaborating with Her Nemesis Katy Perry



By [Whitney Johnson](#)

Looks like there may be more bad blood in this [celebrity break-up](#)! As reported by [UsMagazine.com](#), [Taylor Swift's](#) ex [Calvin Harris](#) collaborated with her nemesis [Katy Perry](#) for his upcoming album, and the "Bad Blood" singer's fans are already calling out the Scottish DJ for being petty and trying to get back at Swift. The drama between the two female superstars first began when Swift called out an unnamed mean

girl during a *Rolling Stone* interview in 2014. Perry later confirmed their issues when she told a fan that she was still waiting for Swift to apologize. Asked if she would ever agree to a duet with Swift, Perry responded, "If she says sorry, sure!" With Harris's recent announcement, it looks like there's no chance of reconciliation for this [celebrity relationship](#) – or friendship.

Sometimes, celebrity break-ups don't exactly lead to smooth interactions down the line. What are some ways to deal with an ex who is purposely trying to hurt you post-break-up?

Cupid's Advice:

This celebrity break-up just took a turn for the worse! If you, like Swift, are dealing with an ex who may be purposely trying to hurt you post-break-up, consider the [love advice](#) below as you figure out how best to handle their behavior:

1. Remove yourself from the situation: Avoid your ex at all costs. Spend some time alone, or invite your friends over instead of going out. Delete your ex on social media – or if it's easier, just stay off Facebook, Twitter, and Instagram for a few days. Remember that your former partner can't hurt you if you're not in their line of fire.

Related Link: [Celebrity News: Calvin Harris Hangs with Tinashe After Split from Taylor Swift](#)

2. Focus on you: After any break-up, it's important to take care of yourself. Start a new exercise routine. Learn how to

cook. Reconnect with old friends. Clean your house. Read a good book. Do whatever makes you feel better and try to forget about your ex!

Related Link: [Celebrity News: Calvin Harris Goes Off on Ex Taylor Swift on Twitter](#)

3. Be the bigger person: It's time to rise above their petty behavior, no matter how difficult it may be. Whatever you do, don't bash your ex or give into their taunts. If friends ask how you're handling your split, tell them you're moving on. And if your former partner reaches out, ignore them until they can play nice.

Do you have any other ways to deal with an ex who's purposely trying to hurt you post-split? Tell us in the comments below!

Celebrity Interview: Courtney Paige Talks About 'The Arrangement' and If It's Really About Tom Cruise and Katie Holmes





Interview by [Lori Bizzoco](#). Written by [Whitney Johnson](#) and [Miriana Rexrode](#).

If you're as hooked on E!'s hit scripted series *The Arrangement* as we are, then there's no doubt that Courtney Paige has made a lasting impression on you as the mysterious (and up-to-no-good) Annika. In our exclusive [celebrity interview](#) with the star, she opens up about her role on the show and what fans can expect in tomorrow night's finale. Plus, she talks to us about her film company Crazy Sunshine Films as well as her love life.

Celebrity Interview: Courtney Paige Talks About *The Arrangement*

As fans know, *The Arrangement* is a 10-episode series that follows the journey of up-and-coming actress Megan Morrison, who receives a lucrative offer to enter a staged marriage with movie star Kyle West. Paige's character Annika is working behind-the-scenes as hired help to ensure that their [celebrity relationship](#) lasts. Of playing the scandalous and manipulative villain of the show, Paige says, "Annika is so different from anyone I've played before because she has so many layers. It's

quite a challenge for me.”

Related Link: [Celebrity Interview: ‘The Arrangement’ Star Lexa Doig Says Viewers Can ‘Expect a Bit of Everything’](#)

Of course, playing the bad girl can be fun. “It’s such a treat,” she adds. “You never know what she’s going to do next.”

We’ve read that Annika has a “big secret” to reveal in this season’s finale episode. When asked about what’s next for her character, the Canadian native reveals, “I think all of the characters on *The Arrangement* have some sort of big secret. The viewers are really left on the edge of their seats until the end. It’s really well written.”

It’s been rumored that the show’s storyline is based on a celebrity couple that we’re all familiar with: [Tom Cruise](#) and [Katie Holmes](#). Luckily, the actress clears up any suspicions and says, “I think arranged relationships have been going on since before our time – long before Tom and Katie. So if anyone thinks it’s deliberately about them, it’s really not.”

Related Link: [Celebrity News: Jamie Foxx Celebrates 48th Birthday with Katie Holmes](#)

The actress is lucky to share the small screen with a number of famous faces, including Michael Vartan. “Michael is so lovely and so talented,” she shares in our celebrity interview. “It’s amazing how humble everyone is on set. Everyone is so nice to each other, and it’s a great cast to be apart of.” Thanks to the show’s addicting storyline and great cast, we were excited to learn that writers are already working on the second season.

Not only is Paige an actress, but she’s also an up-and-coming writer and film director. She started her own film company called Crazy Sunshine Films and has a feature film in the works called *Neon Candy*, set to premiere in September.

She, of course, shares her thoughts on the potential strike of the Writers Guild of America (WGA). Although she is not part of the WGA, she believes that if anyone is not feeling valued or being underpaid, then they should take a stand. We couldn't agree more!

Courtney Paige on Her Love Life

The Arrangement may be filled with romantic drama, but off-screen, Paige's love life is much more low-key. While she's not currently looking for a celebrity relationship, she's not opposed to finding someone special. "I'm still single, and I'm really focusing on my career, but if you know any single guys..., " she says with a laugh.

When it comes to her dream date, she likes to keep things simple. "I'm a pretty big country girl. I love to get out of the city and do anything outdoorsy. Fishing, hiking, watching the stars, or something else in nature is right up my alley," she shares.

Related Link: [Date Idea: Get Close with Nature](#)

Every man's dream girl, right? Not according to Paige. "I'm a lot to handle," she adds. "Actresses are emotional, and they wear their hearts on their sleeve."

Of course, Paige's first love is acting, dating back to her early years in the theatre. To young girls watching *The Arrangement* and hoping to become actresses, she advises, "Make sure that you start in the theatre. I think it's important to not get caught up in all of the Hollywood glitz and fluffiness and to really stay true to your roots. Always remember what's important about the craft."

Catch Courtney Paige on the season finale of The Arrangement on E! on Sunday, May 7th at 10 p.m. EST. You can follow her on [Twitter](#) and [Instagram](#).

‘The Bachelorette’ Stars Kaitlyn Bristowe & Shawn Booth Celebrate “Longest Celebrity Engagement Ever”



By [Whitney Johnson](#)

It's hard to believe it's been two years since Shawn Booth got down on one knee and proposed to *The Bachelorette* star [Kaitlyn Bristowe](#)! As reported by [People.com](#), the [reality TV](#) stars recently celebrated their celebrity engagement anniversary with two sweet Instagram posts. Bristowe posted a number of photos of the celebrity couple with the caption, "I like that we don't feel pressure, I like that we have taken our time, I

like that we still don't have a date set, and I kind of like you." Similarly, Booth gave a shout-out to his fiancée and wrote, "Thank you for the greatest 2 years, thank you for being you." Since they first announced their [celebrity engagement](#), the adorable reality TV couple have settled down in Nashville, Tennessee.

We love that this celebrity engagement is still going so well! What are some reasons to postpone wedding planning and just enjoy a long engagement?

Cupid's Advice:

This celebrity couple isn't feeling any pressure to walk down the aisle – despite being engaged for two years already. What are some reasons to postpone planning your big day? Consider this love advice:

1. You can truly enjoy being engaged: For many couples, after the excitement of the proposal dies down, it's go-time as wedding planning begins. However, if you opt for a longer engagement, you can really enjoy this time as an engaged couple – without the pressure of picking out your dream dress or venue.

Related Link: [Celebrity News: 'Bachelorette' Star Shawn Booth Hangs with Fiancé Kaitlyn Bristowe's 3 Ex-Boyfriends](#)

2. You can book the best vendors: Trying to plan a wedding in six months or less means you may have to sacrifice some of your top choices for caterers, flower designers, and more. If you're planning a wedding two years out, though, chances are, you'll be able to hire all of the best vendors. Plus, you can

lock in their rates before they're bound to rise the following year.

Related Link: [Celebrity Couple Kaitlyn Bristowe & Shawn Booth Talk Wedding Plans & Mile High Club](#)

3. There's less stress: Most importantly, if there's no pressure to get hitched right away, there's less stress. Planning your wedding should be a special, memorable time. Why rush it?

What are some other reasons to enjoy a long engagement? Share your thoughts in the comments below!

Celebrity News: Kristen Stewart Moves In with Girlfriend Stella Maxwell





By [Whitney Johnson](#)

Looks like things are getting serious! According to the latest [celebrity news](#) on [UsMagazine.com](#), actress [Kristen Stewart](#) and Victoria's Secret model Stella Maxwell are moving in together after five months of dating. They're sharing the *Twilight* star's four-bedroom house in L.A.'s Los Feliz neighborhood. Of course, given their hectic schedules, the [celebrity couple](#) may not often be home at the same time. "They're both so busy with work," says a source who knows Maxwell, "but try to be together when they can." Currently, Stewart is filming the 2018 thriller *Underwater* in New Orleans, where Maxwell recently paid a visit.

This celebrity news has us happy for the next step in this relationship! What are some ways to know you're ready for the next step in your relationship?

Cupid's Advice:

If you're taking a cue from this celebrity news and considering moving in with your partner, it's important to make sure you're both ready to take such a big step in your relationship. Consider this dating advice below:

1. You don't feel any pressure: If you're taking such a big step in your relationship, it's important that you're doing it for *yourself* and no one else. Focus on what you and your significant other want, and if you're both ready to move forward, then go for it!

Related Link: [Celebrity Couple News: Kristen Stewart & Girlfriend Stella Maxwell Attend Chanel Pre-Oscar Dinner](#)

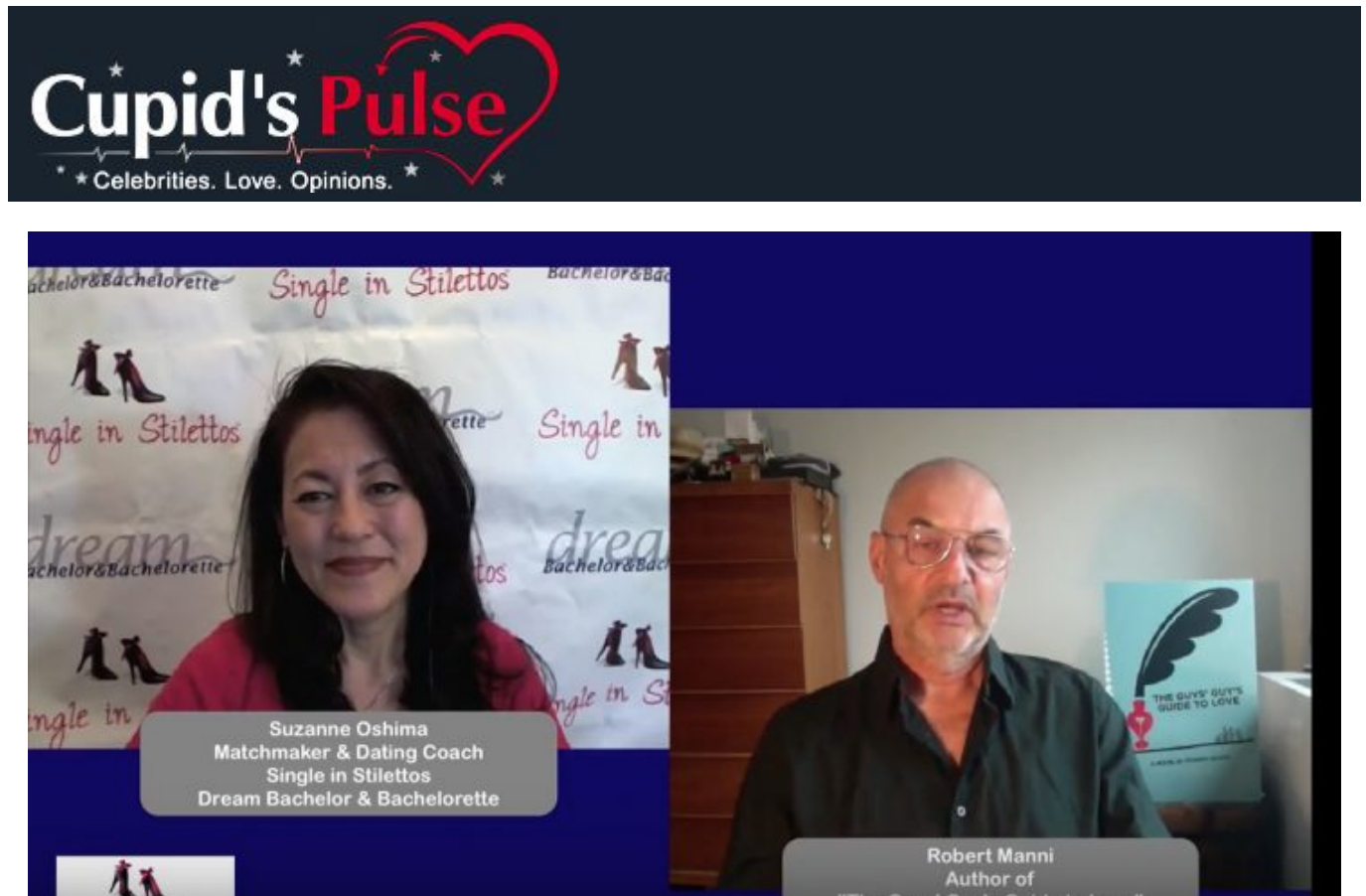
2. You don't think of "the next step" as more than it is: Moving in together is a big deal; it's important that you don't see it as more than it is though. Be honest with yourself: If you're looking at it as a replacement for an engagement or marriage, your expectations won't be met.

Related Link: [Kristen Stewart's Mom Denies Speaking About Her Daughter's Celebrity Love Life](#)

3. You've vacationed together: It's one thing to spend an evening or two every week together. It's completely different to share a home and be with each other 24/7. A vacation is a great way to test the waters. Sharing a hotel room for a long weekend will teach you a lot about each other and give you an idea of what living together will be like.

What's another way to know you're ready to take the next step in your relationship? Tell us in the comments below!

Celebrity Exes: Harry Styles Talks Past Romance with Taylor Swift



By [Whitney Johnson](#)

According to [UsMagazine.com](#), Harry Styles recently opened up to *Rolling Stone* about his romance with [Taylor Swift](#) – and he had nothing but nice things to say about his [celebrity ex](#). Addressing the photos of them together in Central Park on their second date, he shares, “When I see photos from that day, I think: Relationships are hard, at any age. And adding in that you don’t really understand exactly how it works when you’re 18, trying to navigate all that stuff didn’t make it easier. He elaborates further by saying, “I mean, you’re a little bit awkward to begin with. You’re on a date with someone you really like. It should be that simple, right? It was a learning experience for sure. But at the heart of it – I

just wanted it to be a normal date.” He even appreciates that Swift penned numerous songs about their former [celebrity relationship](#) and says, “I like tipping a hat to the time together.”

Harry Styles thinks his romance with celebrity ex Taylor Swift was a learning experience. What are some ways past relationships can help you with future relationships?

Cupid's Advice:

Taking a cue from these celebrity exes, every failed relationship can teach us something when it comes to future love. So what can you learn from your former partners? Consider this dating advice below:

1. You realize what you want: When you're single, it's hard to know what you want and need from a partner. However, a relationship – even one that ultimately doesn't last – will show you just what you're looking for when it comes to love. Look at what worked and what didn't and apply those insights to your next relationship.

Related Link: [Celebrity Break-Up: Olivia Munn & Aaron Rodgers Split After 3 Years of Dating](#)

2. You understand the importance of compromise: Being in a relationship means sharing your life with someone, and sharing your life with someone requires a lot of compromise – a hard lesson to learn when you're single and your world revolves around you.

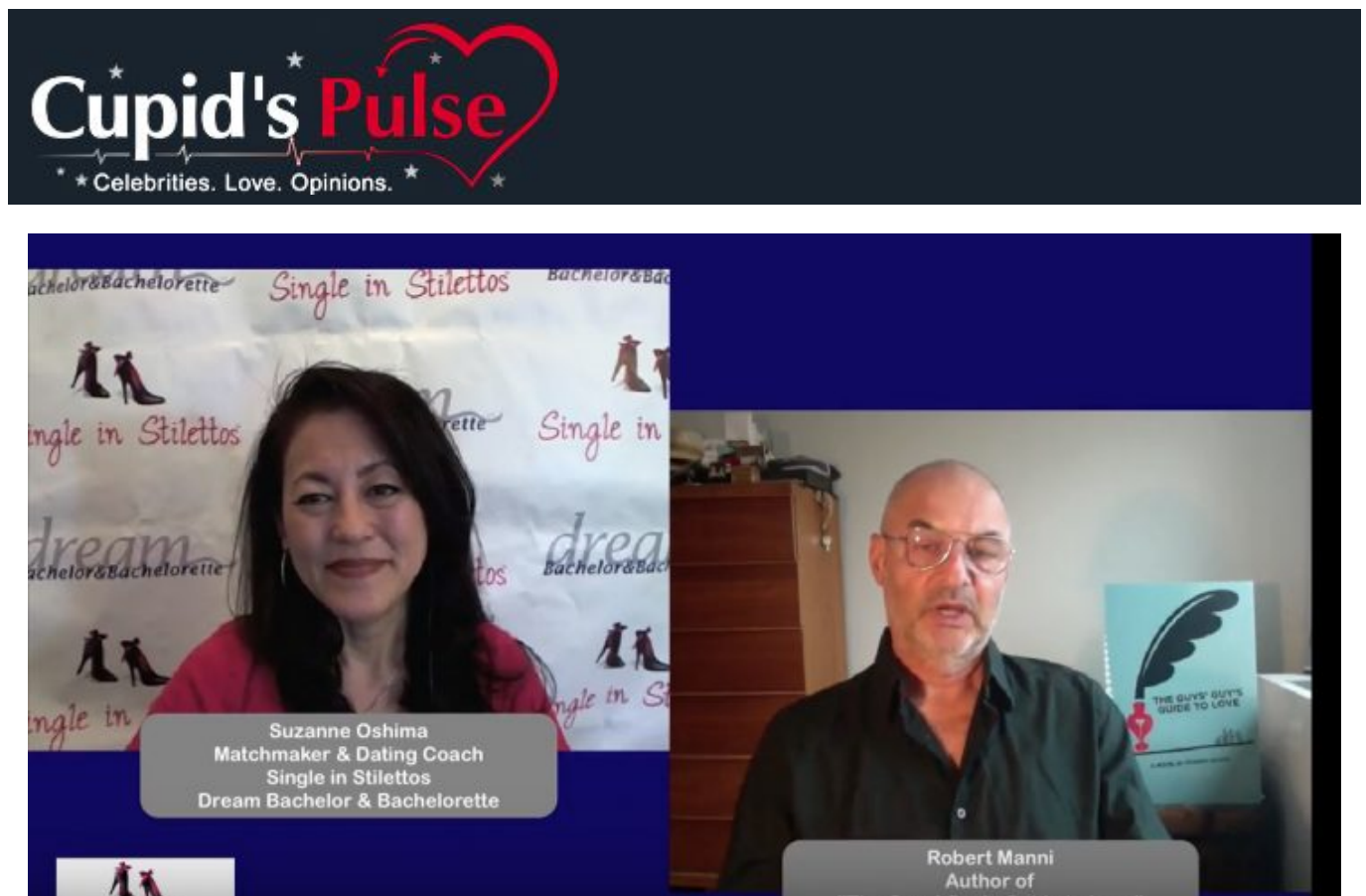
Related Link: [Celebrity Break-Up: Amanda Stanton Gets](#)

Emotional Talking Josh Murray Split & Drama

3. You learn to trust: Trusting your heart with someone is no easy task. This relationship may have failed, but it was still an exercise in giving your heart away – and surviving the heartache. Next time around, you'll know more quickly if someone is right for you and if they deserve your trust and love.

What are some other ways a past love can help a future relationship? Tell us in the comments below!

Serena Williams Is Expecting a Celebrity Baby



By [Whitney Johnson](#)

Serena Williams shared some exciting news via Snapchat: She's expecting a [celebrity baby](#) with fiancé Alexis Ohanian! As reported by [EOnline.com](#), the sports queen posted a picture of herself in a yellow one-piece bathing suit with the caption, "20 weeks." The [celebrity couple](#), who announced their engagement in late December, recently vacationed together in Tulum, Mexico – a babymoon, perhaps? Offering another hint about her celebrity pregnancy over the weekend, Williams posted a photo to Instagram and wrote, "Fighting to get up this morning." It's no surprise that this celebrity baby has already attended his or her first major sporting events: The tennis star was two months pregnant when she beat her sister at the 2017 Australian Open in January.

There's a sporty celebrity baby on the way! What are some factors to consider about your fitness routine while you're pregnant?

Cupid's Advice:

Pregnancy changes a lot of things: what you can eat, what you can wear, and how you can exercise, just to name a few. If you have a baby on the way, here are some factors to consider about your fitness routine:

1. Listen to your body: Most importantly, pay attention to what your body's telling you. Pre-pregnancy, you may have pushed yourself to run that half-marathon as fast as you can. Now that there's a little one on the way, listen to how you feel: Are you uncomfortable? Do you feel faint? Are you drinking enough water? Do you need to take a break?

Related Link: [Serena Williams Talks Celebrity Engagement to Boyfriend Alexis Ohanian](#)

2. Drink plenty of water: Make sure you stay hydrated before, during, and after exercise. Dehydration during pregnancy can lead to a number of problems, including decreased blood flow to the placenta, early contractions, and increased risk of overheating.

Related Link: [New Celebrity Couple: Serena Williams is Dating Reddit Co-Founder Alexis Ohanian](#)

3. Skip dangerous sports: Continue with your swimming or yoga practice for as long as you feel comfortable, but avoid sports that involve a lot of contact, like basketball or soccer, or that involve rapid movements and balance, like raquet ball, gymnastics, and water skiing.

Do you have any other advice about exercise during pregnancy? Tell us in the comments below!

Note: We are not medical professionals. Please consult with your doctor about your fitness routine during pregnancy.

How Kate Middleton Has Been Helping Pippa Middleton Plan Her Celebrity Wedding





By [Whitney Johnson](#)

Do we hear [celebrity wedding](#) bells? According to the latest [celebrity news](#) on [EOnline.com](#), [Kate Middleton](#) has been helping sister Pippa Middleton as she plans her dream wedding to fiancé James Matthews. Mark your calendars: The bride-to-be recently announced that her celebrity wedding will take place on May 20th at St. Mark's Church in Englefield. The royal family, including sister Kate, her husband [Prince William](#), and Prince Harry, will all be in attendance. Of course, the two littlest royals may steal the show: Prince George will serve as page boy, while Princess Charlotte will be a bridesmaid. The famous sisters recently celebrated Pippa's bachelorette weekend with a celebrity vacation to Meribel, France.

Mark your calendars for this celebrity wedding! What are some ways to help a loved one plan their special day?

Cupid's Advice:

We can't wait to see pictures from this celebrity couple's wedding day – especially knowing the Duchess of Cambridge is playing a hand behind the scenes! If you want to help a close friend or family member plan their dream wedding, consider the love advice below:

1. Take a trip: No wedding prep is complete without a quick getaway to celebrate the lady of the hour and unwind a bit! If the bride-to-be is a beach girl at heart, jet away to somewhere sunny and spoil her with pina coladas while the waves roll in. If she, like Pippa, prefers to travel to snowy destinations, book a cabin in the mountains and hit the slopes. Either way, make the weekend all about her.

Related Link: [The 7 Most Hyped Celebrity Weddings of the Last Decade](#)

2. Offer your services: Whatever the bride wants, the bride gets! If she needs help addressing the invitations, break out your nicest calligraphy pen. If she wants you there as she tries on her wedding dress, go out of your way to make the event special. If she needs help picking her bridal party, flower girl, or ring bearer, brainstorm ideas with her.

Related Link: [Prince William and Kate Middleton Celebrate 4th Celebrity Wedding Anniversary While Awaiting Royal Baby](#)

3. Be supportive: Most importantly, just give her all of the love and support you can. The days leading up to her wedding may be stressful, but if she knows she's got you in her corner, then she can do anything!

Cupid wants to know: How did you help your loved one plan their dream wedding?

Celebrity Couple News: 'The Bachelor' Stars Nick Viall & Vanessa Grimaldi Defend 'After the Final Rose' Interview



By [Whitney Johnson](#)

[The Bachelor](#) star Nick Viall may have moved on to his next reality TV adventure – he's appearing in season 24 of *Dancing with the Stars* with pro partner (and new celebrity mom to baby Shai!) Peta Murgatroyd – but that doesn't mean fans have forgotten about his awkward *After the Rose* interview with fiancée Vanessa Grimaldi. According to [UsMagazine.com](#), during a recent interview for *The Ellen DeGeneres Show*, DeGeneres commented, "I didn't see the *After the Rose* because I could

not commit to four hours of television” and then added, “I heard that some people thought it was awkward, that y’all were awkward together.” Grimaldi jumped in and replied, “I think we both went in it wanting to be honest and open about couples, you know, sometimes things can get tough. But we’re very committed to each other, we love each other, and that’s what we’re focusing on.” The [celebrity couple](#) has recently relocated to Los Angeles for Viall’s current gig.

There’s no denying that this celebrity couple came across as awkward in this season of *The Bachelor’s After the Final Rose*. What are some things to keep in mind when introducing your new love to your friends?

Cupid’s Advice:

This celebrity couple’s love story was in the public eye from the very beginning, but they still had to introduce each other to their loved ones – on national television, no less! If you’re ready to introduce your new partner to your friends and family, consider the dating advice below:

1. Keep it casual: There’s already enough pressure on the first meeting of your boyfriend and your loved ones; don’t add to it by planning a fancy dinner or letting your friends interrogate your man with an intense game of 20 questions. Instead, keep it simple with coffee or cocktails and encourage your pals *not* to grill your beau. They can ask you for all the intimate details afterwards!

Related Link: [Celebrity Engagement: ‘The Bachelor’ Star Nick](#)

[Viall Proposes to Vanessa Grimaldi](#)

2. Be yourself: Don't let your nerves get the best of you. Remember that everyone at the table is there because of *you*. Just be yourself! Show your friends why you and your partner are such a good fit, and show your beau why your pals are so special.

Related Link: [Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

3. Don't expect too much: Sure, you want your favorite people to all get along, but if they don't hit it off right away, that's okay! Introducing them to one another is the first step. As long as your love lasts, they'll have plenty of time to get to know each other.

What's your best dating advice for introducing your love to your family and friends? Tell us in the comments below!

Reality TV Star & Cookbook Author Kathy Wakile Hosts Book Signing at Cabo in Rockville Centre





By [Whitney Johnson](#)

On Thursday, March 23rd, *The Real Housewives of New Jersey* star Kathy Wakile will be doing an exclusive book signing of her best-selling dessert cookbook *Indulge: Delicious Little Desserts That Keep Life Real Sweet*. You can meet the [reality TV](#) star at Cabo – A Taste of Mexico in Rockville Centre, New York, at 7 p.m. EST.

Dessert Cookbook Signing with Reality TV Star Kathy Wakile

We had the pleasure of interviewing Wakile when her cookbook was first released, and she opened up about her favorite sweet treat for date night. She recommends baking her Chocolate Volcanoes. As she mentioned after our [celebrity interview](#), “It should be served hot – and it’ll make your man feel hot too!” It’s no surprise that it’s her husband Richard’s favorite dessert.

Related Link: [‘RHONJ’ Star Kathy Wakile Talks Desserts in Celebrity Video Interview: “Indulge. It’s Not Going to Kill You!”](#)

The reality TV star also opened up about the inspiration for the name of her cookbook. As fans may know, the title of her cookbook came from something she said on *RHONJ*: “We were talking about my desserts, and I mentioned how I see really, really skinny girls who deprive themselves of everything and who aren’t happy. So I said, “Honey, have a cupcake. Indulge. It’s not going to kill you!’” With that thought in mind, Wakile focused on mini desserts, so people can enjoy something sweet without feeling guilty afterwards. Happy baking!

For more details about the book signing event, check out Cabo on [Facebook](#), Twitter [@caborvc](#), and Instagram [@caborvc](#).

Casper Smart Says Celebrity Ex Jennifer Lopez Is ‘Phenomenal’ and Still a Friend





By [Whitney Johnson](#)

Talk about staying close with your ex! According to [UsMagazine.com](#), former [celebrity couple](#) Casper Smart and [Jennifer Lopez](#) have reminded friends since their split in 2016. Calling his [celebrity ex](#) "phenomenal, phenomenal, phenomenal," Smart opened a bit more about their friendship. The choreographer is set to appear in the made-for-TV remake of *Dirty Dancing* later this year and turned to Lopez for some advice. "She would absolutely give me advice when it came to acting, for sure. Coaching on certain auditions and stuff I had coming up or just advice," he says. "I would do creative direction for her shows and such, and I would bring my ideas and creativity to her world and to her music side and her performance side, and she would definitely help me with the acting side as far as the training facility more."

We can't help but be inspired by these celebrity exes and their lasting friendship. What are some

benefits to staying close to an ex?

Cupid's Advice:

A break-up didn't stop these celebrity exes from being a part of each other's lives – and it doesn't have to stop you and your ex either! Here are three benefits to maintaining a friendship with your former love:

1. You can be each other's sounding boards: Chances are, you shared common hobbies or passions with your ex. If so, they may be a great person for you to turn to for guidance as you embark on a new project – just like Smart reached out to Lopez for acting advice.

Related Link: [Celebrity Couple Jennifer Lopez and Alex Rodriguez Enjoy a Romantic Vacation for Two](#)

2. It's convenient: If you shared the same group of friends when you were dating or even worked for the same company, the importance of maintaining a friendship may just come down to convenience. After all, it's a lot easier to be cordial to each other than to “divide up” friends, favorite restaurants, and office events.

Related Link: [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

3. It'll help you move on: There's no point in being bitter and angry after a failed relationship. By embarking on a new friendship with your ex, you'll more easily put your relationship and subsequent break-up in the past, allowing yourself to focus on the future. It won't always be easy, but it *will* help you open your heart up to another love.

What's another benefit to staying friends with an ex? Share your best love advice below!

Selena Gomez and The Weeknd Show Off Their Celebrity Relationship During Toronto Getaway



By [Whitney Johnson](#)

Lucky lady! [Selena Gomez](#) and new boyfriend The Weeknd are looking awfully cozy lately. According to [EOnline.com](#), the duo were spotted on a [celebrity vacation](#) in his hometown of Toronto during a quick break in his sold-out tour. The pair wasn't shy about their love and blossoming celebrity relationship: They were spotted strolling hand-in-hand and sneaking in kisses for one another. They also grabbed a bite

to eat at the diner inside of the Thompson Hotel and attended a screening of *Get Out*. In the wake of the Disney's darling revealing *Vogue* interview, we love seeing how happy she is with her [celebrity relationship](#)!

These singers both seem so happy with their celebrity relationship. What are some ways to show off your love for your partner?

Cupid's Advice:

After a tumultuous time, Gomez is reveling in her new romance – and we couldn't be happier for her. Her recent PDA-filled trip with The Weeknd got us thinking: What are some other ways to show off your love? Consider the dating advice below:

1. Talk about them: Don't be shy about your relationship! Whether you're with your significant other and a group of pals or just out with your buddies, talk about your partner and how happy they make you. Not only will they feel special (if they're there), but you may even inspire a friend to start looking for their own special someone.

Related Link: [New Celebrity Couple Selena Gomez & The Weeknd Look Affectionate on Latest Dinner Date](#)

2. Write a love letter: ...Or a simple Post-It note that says you're thinking about them. Hide it in their car, in their purse, or in their wallet, so they'll find it when they're least expecting it. You can even set a reminder on their phone with a sweet message for them. This idea is a great way to tell them just how much you care, even if you aren't together! Plus, they won't be able to resist showing off your sweet gesture to their friends.

Related Link: [Celebrity Vacation: Selena Gomez & The Weeknd Spend Alone Time in Italy](#)

3. Plan a date night: Thanks to the hustle and bustle of life, it's easy to lose track of time and suddenly wonder when you last enjoyed a romantic evening together. Plan a special date at your favorite restaurant or the coffee shop where you first met. Tell the waiter or barista that you're celebrating your relationship, and they'll likely offer you a free dessert or special table. In this case, a little effort goes a long way!

What's your favorite way to show off your feelings for your significant other? Tell us in the comments below!

Celebrity Baby: Mary-Kate Olsen & Husband Olivier Sarkozy 'Really Want a Baby'





By [Whitney Johnson](#)

It looks like Mary-Kate Olsen may be adding another job to her resume soon: celebrity mom! According to [UsMagazine.com](#), the fashion designer and husband Olivier Sarkozy are ready for a [celebrity baby](#). A new addition will fit seamlessly into the [celebrity couple's](#) low-key life. After all, Olsen is already a stepmom to Sarkozy's two teenage children, and she "absolutely loves" them, says an insider.

Mary-Kate Olsen's home may be a *Full House* with the addition of a celebrity baby! What are some ways to know you're ready to welcome a child into your relationship?

Cupid's Advice:

It sounds like this former *Full House* star is ready for a celebrity baby! Are you in the same boat? If so, here are three ways to know if you're truly ready to welcome a child

into your relationship:

1. You can take care of yourself: Before you become responsible for another human being, it's important that you can take care of yourself. Starting healthy habits now, like cooking at home and exercising regularly, will help you keep them up after you become a parent.

Related Link: [Celebrity News: Mary-Kate Olsen's Transformation From Tabloid Queen to Happy Homebody](#)

2. You have a support system: Taking care of a newborn is a lot of work...especially after a sleepless night (or three!). Make sure you have friends and family nearby who can pitch in when needed. An extra set of hands is more helpful than ever before. Plus, knowing a frozen casserole is in your freezer will go a long way after a stressful day!

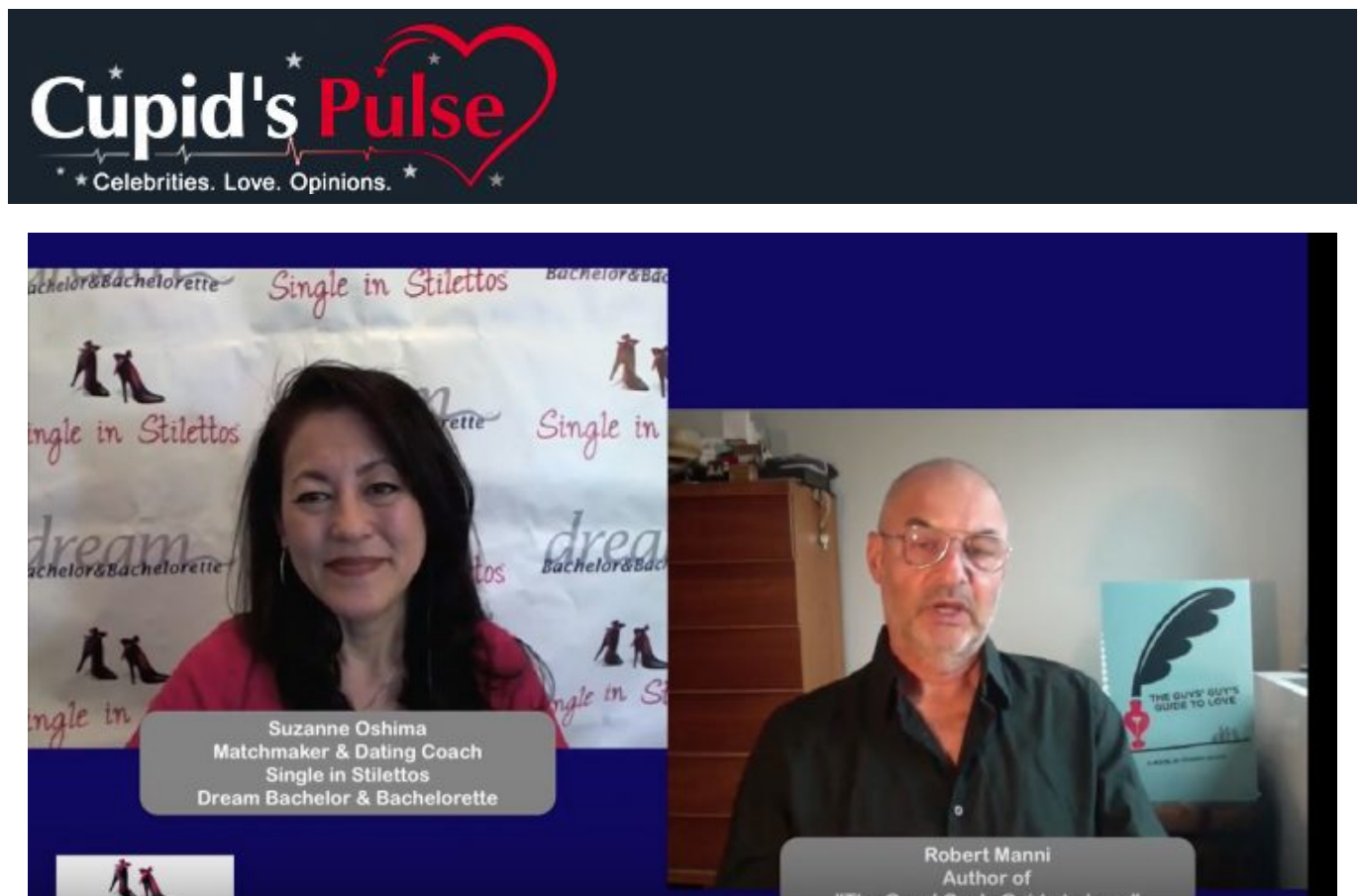
Related Link: [Mary-Kate Olsen Talks Designing Her Wedding Dress](#)

3. You're open to change: A little one brings a lot of happiness and love into your life, but it also brings a lot of change – something that's scary to many people. Are you ready for your life to never be the same again? If so, bring on the baby!

Cupid wants to know: How do you know if you're ready for a baby?

Celebrity News: Find Out

About Sandra Bullock's Life After Jesse James



By [Whitney Johnson](#)

Sandra Bullock is living her best life: She's got a full line-up of movies in the works, including the highly-anticipated *Ocean's 8*, two adorable children, and a happy [celebrity relationship](#) with Bryan Randall. However, according to the latest [celebrity news](#) on [EOnline.com](#), it wasn't always so easy for the actress, especially following her celebrity divorce. "Life after Jesse James was really tough. She was embarrassed by what he did and in ways blamed herself at the time," an insider tells E! News. "She now knows she is much better off and everything happens for a reason." Living a more private life has helped Bullock open up her heart and find love again. Of her celebrity relationship with Randall, the source adds, "They are perfect. He is a great guy and makes Sandra really happy."

In celebrity news, this actress is thriving after her brutal split. What are some ways to turn your life around after a trying break-up?

Cupid's Advice:

It's not always easy to find happiness after a tough break-up, but if you take a cue from this celebrity news and follow in Bullock's footsteps, you can do it too! Consider the relationship advice below if you're hoping to turn your life around after heartbreak:

1. Spoil yourself: Now that you're single, use this free time to focus on what's important: *you*. Go get a pedicure. Watch *La La Land*. Take a cooking class. Head to Starbucks for your favorite latte and a doughnut. Buy a special bottle of wine just because. Whatever it is, take this opportunity to make yourself feel happy again.

Related Link: [Celebrity News: Find Out Why Sandra Bullock & Bryan Randall Aren't Getting Engaged Anytime Soon](#)

2. Stay active: It's tempting to wallow on your couch, wearing the same pajamas for three days in a row and falling into a Netflix binge. Instead, get outside and soak up some sunshine! Vitamin D is just what the doctor ordered. A little exercise will not only distract you from your heartbreak, but it'll also make you feel better. Thank you, endorphins!

Related Link: [Celebrity Couple Sandra Bullock and Bryan Randall Share Cozy Moment in New Photo](#)

3. Be positive: After your heart has time to heal, it's time to start thinking about the future. Know that there is someone

special out there for you – someone who is an even better fit for you than your ex. Always have hope, no matter how hard it may be.

What's your best piece of relationship advice following a break-up? Tell us in the comments below!

Celebrity Engagement: 'The Bachelor' Star Nick Viall Proposes to Vanessa Grimaldi



By [Whitney Johnson](#)

Fourth time's a charm for [The Bachelor](#) alum Nick Viall! After two rounds on *The Bachelorette* and one trip to *Bachelor in*

Paradise, the reality TV star finally found The One on *The Bachelor* season 21 finale, which aired on Monday, March 13th. According to UsMagazine.com, Viall proposed to Montreal native Vanessa Grimaldi. After breaking up with runner-up Raven Gates, he began his heartfelt proposal. “So much about me being here has to do with the past, but when I look at you, all I see is my future,” he said through tears to a beaming Grimaldi. He then got down on one knee before asking Grimaldi to marry him. This will be the first [celebrity engagement](#) for both reality TV stars.

We can't wait to see if this celebrity engagement lasts. How do you know if you're ready to pop the question?

Cupid's Advice:

For Viall, this celebrity engagement was a long time coming – after all, he thought he found his future wife in both Andi Dorfman and Kaitlyn Bristowe! So how do you know if you're ready to propose? Consider this relationship advice:

1. You want the same things: Before you're ready to walk down the aisle, it's important to know if you both envision a similar future together. How many kids do you want? Do you want to live in the city or suburbs? Will you both always work? Marriage is a big deal, but talking about what comes with it should be easy.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

2. Your friends and family approve: If you're ready to say “yes” to forever with someone, make sure your loved ones support your decision. Their opinions matter, so give them the

chance to get to know your partner and hear them out if they have concerns or worries about your relationship.

Related Link: [Celebrity News: Nick Viall Faces Exes on 'Bachelor Women Tell All' Episode](#)

3. You bring out the best in each other: Your significant other should make you the best version of yourself, and you should do the same for them. Forever is a long time to spend together, so it's important that you complement one another and make a good team.

What's another way to know if you're ready to get engaged? Share with us below!

Celebrity Couple Jennifer Lopez and Alex Rodriguez Enjoy a Romantic Vacation for Two





By [Whitney Johnson](#)

Only a week ago, news broke that [Jennifer Lopez](#) and Alex Rodriguez were a [celebrity couple](#)...and now, after a romantic getaway to the Bahamas, they're turning into the real deal. As reported by [EOnline.com](#), "Jennifer and Alex are heating up big time," a source shared with E! News exclusively. "They went from zero to 100 really quick." Over the weekend, photographers captured the celebrity couple at the ultra-exclusive Bakers Bay Golf & Ocean Club in the Abaco Islands. On their [celebrity vacation](#), they were spotted relaxing at a private ocean villa, where the pop star took a photo with her new man for Instagram stories. "Jennifer likes the idea of dating a man closer to her age," the source added. "Jennifer is really into Alex but still just going with it and learning about him."

This celebrity couple recently took things to the next level with a romantic getaway. What are three

things to consider before vacationing with your partner?

Cupid's Advice:

It's fun to daydream about a getaway with your love (especially if it's as romantic as this celebrity vacation!), but in reality, it's important to make sure that your relationship is stable before you take it on the road. Here are three things to consider before planning a trip with your beau:

1. You're over the first date jitters: Vacationing as a couple is a serious step to take! You'll be together 24/7, so there's very little chance to make sure your lipstick is perfect and your hair is curled before he wakes up. Make sure you're ready to show your man who you are beneath your perfect facade and warm up with a few overnight sleepovers.

Related Link: [New Celebrity Couple: Jennifer Lopez is Dating Alex 'A-Rod' Rodriguez](#)

2. You can handle a little stress: Let's be honest: Traveling is stressful. Are you ready to see your partner in a cranky mood after a day full of delayed flights, lost luggage, and hot airports? Similar to showing your man who you are beneath a face full of make-up, you'll also see who he is when obstacles get in his way.

Related Link: [Celebrity News: Jennifer Lopez Opens Up About Dating Younger Men](#)

3. You have similar vacation styles: Before you hop on that flight, talk to your significant other about your upcoming trip. Do you enjoy packing your itinerary full of outdoor activities, leaving little time for relaxing? Or do you tend to use your vacations as a chance to catch up on your reading

list? Make sure you have similar expectations about your trip so you *both* have a good time.

What's the most important piece of love advice to consider before vacationing together for the first time? Tell us in the comments below!

Celebrity News: 'The Bachelor' Alum Juan Pablo Galavis Is Close to Getting Engaged



By [Whitney Johnson](#)

According to the latest celebrity news in [UsMagazine.com](https://www.usmagazine.com), former *Bachelor* Juan Pablo Galavis may be off the market soon! Multiple sources confirm that the reality TV star is ready to propose to his girlfriend, Venezuelan beauty queen Osmariel Villalobos. "She'll definitely say yes," the insider reveals. "They spend all their time together, and she gets along amazingly with his 8-year-old daughter, Camila. All of Juan's family and friends love her. They have talked about marriage, and both know it's what they want." The [celebrity couple](#) has been dating since last summer and are "perfect" for each other. Despite this happy [celebrity news](#), we can't ignore Galavis's shaky relationship history: The ex-soccer star is known for his inability to commit, infamously giving his final rose to Nikki Ferrell on the season 18 finale of *The Bachelor* but refusing to propose or even say "I love you."

This celebrity news has us skeptical. What are some ways to know you're ready to get married?

Cupid's Advice:

Only time will tell if this celebrity couple makes it down the aisle! If you think you're ready to tie the knot with your partner, consider the relationship advice below:

1. You no longer want to change him: In the beginning of a relationship, it's tempting to want your beau to be the type of guy who surprises you with a dozen roses, always picks up after himself, and can make a new friend anywhere, but as time passes, you may realize that's just not who he is. Before you get hitched, you need to accept him as he is.

Related Link: [Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

2. You're willing to compromise: Sure, happy relationships are all about compromise, but marriage gives the word a whole new meaning. If your families live in different states, you can't spend Christmas with both of them, so you need to be willing to come up with a solution that works for both of you. Once you truly understand what it means to compromise – and you're *willing* to do so – you're one step closer to be ready for marriage.

Related Link: [Celebrity News: Former 'Bachelorette' Andi Dorfman Calls Juan Pablo Season 'Stupidest Thing I've Ever Been a Part Of'](#)

3. You bring out the best in each other: When it comes to forever, you want to be with someone who makes you the best version of yourself – and you want to do the same for him. Do you feel like you're glowing when you're together? Do people ask you why you're so happy? If so, he may just be The One!

What are some ways to know if you're ready to get married? Tell us in the comments below!

Are 'Bachelor' Nation's Josh Murray & Amanda Stanton a Celebrity Couple Again?





By [Whitney Johnson](#)

Back together again? According to [UsMagazine.com](#), *The Bachelorette* alum Josh Murray opened up about his recent date with celebrity ex Amanda Stanton. “There’s a lot of things that we need to talk about, a lot of things that we need to get off our chest and everything like that, but we’re trying to work on things in more of a private manner this time, especially taking into consideration Kins and Char, the girls,” the [reality TV](#) star revealed during a radio show interview. “So we don’t want to rush anything or say anything that’s not going to happen. But we are talking a little bit right now, and we are going to see what happens.” The [celebrity couple](#) got engaged during *Bachelor in Paradise* last summer but confirmed their break-up this past December. As they work to figure out their celebrity relationship, they’re both currently in Murray’s hometown of Atlanta.

This celebrity couple has gone through some hard times lately.

What are some ways to grow from hard times with your partner?

Cupid's Advice:

Every relationship goes through rough patches, but that doesn't mean your love is doomed. If you and your partner, like this celebrity couple, can use the tough times to your advantage and grow from them, you may have a bright future ahead of you. Consider this dating advice:

1. Be patient: Conflicts don't get resolved over night. It's hard to practice patience when you're in a heated argument, but if you find yourself getting worked up, stop and take a few deep breaths. Patience is a quality that will help you get through so much more than a fight with your boyfriend!

Related Link: [Former Celebrity Couple Josh Murray and Amanda Stanton Spark Reconciliation Rumors](#)

2. Don't forget to listen: In long-term relationships, it's easy to forget the importance of your partner's feelings. As you work through your argument, take the time to truly listen to them, and you may just learn something new about them. By doing so, your relationship may become stronger because of the hard times.

Related Link: [Celebrity News: 'Bachelor' Villain Corinne Olympios Parties in Miami After Nick Viall Split](#)

3. Let go of the past: We all have a tendency to hang on to the past and bring it up during heated moments. Instead, once you come to a resolution, agree to leave the past in the past and let go of your conflict. Focusing on your future as a couple will ensure that you find happiness together.

What's your best dating advice for growing as a couple during tough times? Tell us in the comments below!