

# The Real Reason So Many Celebs Split This Summer

3 Unusually Effective Ways to Avoid Their Fate

## **Loathe is in the Air:**

From Jen and Ben, to Gwen and Gavin, to Blake and Miranda, to Reba and Narvel--even Miss Piggy and Kermit, it was the Summer of Celebrity Divorce. What caused the rash of high-profile splits?

## **Real Reason #1: Relationships Thrive on Skill, not Luck**

Talking Point: **They didn't have Relationships 101 in school.**

If nobody ever taught you how to have a great relationship, and you just read Glamour and Cosmo Magazine, let's say you didn't have good modeling because your parents were miserable together or divorced, where were they supposed to learn? With 16 year-olds, we don't say okay, now you're old enough to drive, here are the keys. They have to take lessons and study for a written exam and then they get a license. But with love, we just get married and hope for the best and a lot of people crash. Celebs are no different that way. *We all need to learn the Intimacy Skills*

*Possible visuals: A bride and groom sitting at school desks with folders and books.*

Talking Point: **Jen and Ben are an Exception**

Studies show that women from broken homes have a higher divorce rate than their peers from homes with in-tact marriages. It makes sense because as wives we learned from our moms what to do. Jennifer Garner has spoken highly of her parents' relationship, and they are still married so Jen is unfortunately an exception to that rule. *We women are the keepers of the relationships*, which is why it makes no difference if the husband is from a broken home.

Possible visual: bar chart of increased divorce rate for women from broken homes vs. regular population.

## **Real Reason #2: Business Skills and Intimacy Skills are Opposites**

Talking Point: **Gwen may have managed her husband right out of the marriage.**

If you're managing a very big career, like Jen, Gwen, Miranda and Reba, it can be hard to turn that off when you get home. And when you're bigger than your husband, like Gwen Stefani, whose husband Gavin Rossdale has not been as well-received as a solo artist as he was in his band Bush, you might decide you're better off to manage his career too. And that can be deadly for intimacy, where *respect is vital for husbands*.

Possible visual: Charts for managing business showing profits up, and one for managing your husband showing intimacy down.

Talking Point: **The goals in business are completely different than the goals in love.** At work these stars were very good at increasing the bottom line and managing their projects and improving their performance. At home, you just want to have him make bedroom eyes at you or tell you you're beautiful or laugh together. Those goals are completely different, but if you leave your work hat on when you come home, which may be what Gwen did, that's deadly for your relationship. And that is typically where you see the husband is actually having less success because he knows his wife doesn't give him much credit for being smart, even though Gavin was just as famous as Gwen with his band Bush when they met. *The key is to change your work hat for your lover hat when work is over.*

### **Real Reason #3: Not Being Able to Talk About Your Relationship is Hard on Your Relationship**

Talking Point: **Celebrities have to pretend that things are good.**

They don't want to get dragged through the tabloids and start rumors. How many times did we hear there were problems with Blake Shelton and Miranda Lambert? And of course they had to deny it every time. But that's very tough on a relationship because your husband is going to get on your very last nerve at times and if you can't vent about that it's going to come out sideways at him. And that does a lot of damage. In my early marriage I tried to pretend things were good when they definitely weren't, and *it didn't get better until I started admitting the horrible things I'd said to him to other people.* But if that had been on the news, that would have had a chilling effect on me wanting to admit that out loud.

Talking Point: **Miranda Lambert didn't ever have the luxury of having girl-talk about her marriage.**

If she had said, "Between being a judge on the Voice and his touring schedule, Blake is never home and I'm tired of it," to a friend who later told it to a tabloid, she would have dug her own grave. Of course there were going to be times when she was unhappy with him but she had to keep that to herself because with two A-listers that would have been news. *Having a circle of other women who will support you in your marriage is critical,* and celebrities don't always have that. So next time you're telling your best friend that your husband walked across the new rug with fresh black shoe polish, count your lucky stars that she's not going to sell you out to the paparazzi.

Possible visual: Miranda Lambert surrounded by a wall to represent that she couldn't talk to anyone about her marriage.

#### **Audience Take-away:**

- \* That relationships are skill-based, not luck,
- That the skills for having a great relationship are the opposite of business skills
- That having a circle of women to support your marriage is vital.