

# ★ *Celebrity Relationships*

## Dr. Sheri's secrets to living *YOUR* LOVE STORY



Celebrity therapist, Dr. Sheri Meyers talks about Hollywood relationships: Who's Makin' It And Who's Breakin' it? She shows us what we can learn from celebrities' love stories and their heartbreaks.



**Faith Hill & Tim McGraw** express lots of gratitude and support for one another. They give each other the 3 A's: ATTENTION, APPRECIATION and AFFECTION.

**TIP:** By being present, aware, and attentive, you become sensitive and attuned to each other's needs and desires. Needs are more easily fulfilled when heard and responded to without stress. This builds safety and trust.



**Sarah Jessica Parker & Matthew Broderick** have an abiding regard for each other's well being and best interest at heart. They *make time* to be together.

**TIP:** Love flourishes in the steady stream of daily contact, loving attention, consideration, and feeling truly valued. *Set aside time* and create an oasis for intimacy in your busy life and guard it as sacred.



**Kyra Sedgwick & Kevin Bacon** have mutual respect and understanding of each other, even when discussing their differences. They also value their intimacy.

**TIP:** When disagreements arise, instead of choosing conflict, consider cooperation and collaboration. Take a breather. CALM down. Have a willingness to understand and see your partner's perspective. Find the love.



**Annette Bening & Warren Beatty** have a shared vision of what being together means to them. They both value family and are never divided about what that means.

**TIP:** Writing a CO-CREATED vision statement allows you and your partner to consciously determine the course of your relationship as you envision the partnership that you would like to live in.

Do celebrities cheat on their partners more than other people? "Celebrity affairs are just reflections of what we are dealing with in society...generally, people are having more affairs. Especially since the gratification and instant access of technology came on the scene. BUT a relationship CAN survive, and even thrive, after a partner cheats" - Sheri Meyers

## Dr. Sheri on Celebrity Affairs....



"Tiger admitted he was a sex addict. Sexual addiction is one of the most difficult addictions to get over, and especially for Tiger, because what triggers the addiction is all around him.. it's women."



"Maria and Arnold actually have a good chance at healing their marriage and even making it stronger. They are currently in couples therapy."



"A 16 year age difference, challenging work schedules, allegations of cheating and drug abuse. This couple had a lot of elements undermining their relationship."



"Sandra has lots of friends, she's got an Oscar under her belt, she's got a baby that she's wanted her whole life. She's well on the road to recovery from her experience with betrayal."

**FOR THE BETRAYED:** Betrayal smashes your world to the very core, throwing you into the depths of despair. Betrayal is tied into abandonment and loss. You may want to hurt your spouse or "get even". Your mind races with feelings of anger and shock, disappointment and hurt, confusion and despair, shame and disbelief. When feelings are strong they tend to drive our actions After some reflection **we might regret our behavior**. It's not unusual to be consumed by a sense of hurt and anger and even vengefulness. But if you are feeling those emotions, **NOW IS NOT THE TIME TO TAKE ANY ACTION** that you could regret in the future.

**FOR THE CHEATER:** Confession and an apology are the first steps of stopping the damage and starting the repair phase of your relationship. But there is a critical next step: asking for and receiving forgiveness from your partner. Seeking forgiveness after being unfaithful is truly the first step of the healing process. It is a step that cannot be skipped but may take the longest to receive. Be patient. You may not receive forgiveness right away, or it may come in stages. You will probably have to say "I am sorry, I want to rebuild our relationship" over and over again. Don't give up. To rebuild trust, you'll have to rebuild your credibility. This means your actions and words must match. The promises made are the promises kept. For awhile you're partner may want you to be an open book about your activities. Make sure that you abide by whatever remedies and restitution the two of you agreed to. Always keep in mind that if you had to forgive your partner, it would be hard when you feel so hurt, wouldn't it? So allow the healing process to take whatever time is necessary.

# How to confront your partner if you catch them being unfaithful...

Before you even consider confronting your partner, it is essential that you have proof – not a hunch, an idea or a fear, but REAL, TANGIBLE proof.

If you suspect your partner is having a cyber, emotional or physical affair, don't make accusations until you have concrete evidence to make your case and get a confession. After all, a confession is what you're after. Once you have a confession you can work at a solution.

To confront your partner, you must have proof of the infidelity, such as text, email, or voicemail messages; a private detective's report; a piece of clothing you found that doesn't belong to you; even a recorded phone call or photographs—something that you can produce as evidence of the infidelity, as a non-negotiable and undeniable 'check mate'. Without proof you will look like a distrusting fool at best and, at worst, you will ensure that your cheating

partner learns to better cover their tracks.

PROOF is your ally.

PROOF is the essential ingredient you must acquire before the CONFRONTATION.

Only when you have PROOF can you proceed.

Once you have proof and are ready to confront your partner, the most important thing to do is remain calm. Remaining calm, cool and collected will be the deciding factor in your success or failure in confronting your partner and getting to the truth. Do a personal check-in and make sure that you are emotionally prepared for the outcome of the conversation. When your answer is "Yes! I'm ready" make a plan to confront your partner and discuss



**CAUGHT!**

the affair without any interruption. Choose the time and place carefully.

Think conversation, not confrontation. Approach your partner in a rational, non-threatening way. Stay calm and remain focused on getting to the truth. At first, your partner may resist the wake up call. Listen carefully to your partner's answers so you can accurately assess the situation. Present your hard evidence to punch through any denial. Be prepared for escape clauses and dismissal of your accusations ( i.e. "We're just friends, that's all.", "We're not having sex." "You're crazy!" etc.). Keep remembering that your purpose is to get the truth. Keep telling yourself. "I am calm. I can handle this. I want to the secretive-ness to stop. I want to get to the truth." Your partner will probably be in shock and denial. But no matter what your partner says or does,

you must persevere. Limit the Questions - be diplomatic and non-combative. Studies show that cheaters shut down and lie when asked too many pointed questions such as.."Who were you with?" "Why did you lie?" "How could you do this to me?"

These are the kind of questions that will get your partner to withhold the truth, become defensive, and clam up because they feel scared, trapped and cornered. The more calmly you deal with the truth, the more your partner will tell you the truth. Although, it may feel immensely difficult to come from a place of love and understanding right now, LOVE is the MOST effective tool to use to get to the truth. Apply the OREO Cookie technique to stimulate conversation, get to the truth, and come together to a resolve your problems. Let's face it, to hear your partner admit that he or she has cheated on you hurts to the core. However, the truth can also be the doorway to a better and healthier relationship on the other side.

45-55% of married women and 50-60% of married men engage in extramarital sex at some time or another during their relationship

## Is *YOUR* partner CHEATING?

*Dr. Sheri's Detection Tips*



### 10 RED FLAG BEHAVIORS TO LOOK FOR:

- ▶ Work hours and *other* commitments seem to have expanded
- ▶ Odd behavior – i.e. coming home after work or an evening out and taking a shower before coming to bed.
- ▶ Your partner has email addresses and web site accounts that you don't have access to.
- ▶ Your partner gets edgy or defensive when you get near the computer or ask too many questions about what's going on.
- ▶ When you walk into the room, there is a sudden change in their behavior or activity such as clicking or closing of screens on their computer.
- ▶ Your partner is spending more time on the computer or phone – talking, texting, browsing and messaging.
- ▶ Your partner is running more and more errands away from the house.
- ▶ Your partner's sexual appetite and desire for you is changing.
- ▶ You are noticing inconsistencies between what is being said and how your partner's time and money is REALLY being shared and spent.
- ▶ You're suddenly finding yourself asking "Hey, where did the love go?"

**TIP: Your gut instinct was designed to protect you, LISTEN to it!**

### AFFAIR-PROOF YOUR MARRIAGE

The way to "affair-proof" your marriage is to make your marriage strong. It's about trust, it's about open communication, it's about intimacy and about sharing with each other who you are.

- **Take time to spend time together.**
- **Make love deposits into the bank account of your marriage.**
- **Look at what is positive, tell each other everyday what you are grateful for.**
- **Find some common things that you can do together.**
- **Change the formula: complain LESS... make love MORE.**
- **Come home every night.**
- **When it comes to traveling, bring your partner with you as much as you possibly can.**



*Friendship is at the core of a strong partnership. Respecting one another, opening up and telling each other everything—listening, really listening, playing and having fun, all foster love. When there's love at home that is strong, who needs more outside?*

**The chocolate (POSITIVE)** - Start with: "I love you. I'm devastated. I need to talk to you about this. I want to hear the truth. I want to understand and work this out."

**The filling (THE PROBLEM)** - Show your partner the evidence: "Th is what I believe. This is what I know. Th is what I'm concerned about. Th is how it makes me feel."

**The chocolate (POSITIVE)** - Complete the Oreo Cookie with the positive: "I want us to work this out. I want to save our relationship. I want to get to the truth, so we can work through this. I'm not sure how we're going to get through this, but that's what I want, and this is what I need from you to get there."



Try the OREO cookie technique!



Dr. Sheri Answers the Question:  
**WHAT IS *EMOTIONAL SEX*?**

**EMOTIONAL SEX** is a phrase I have coined over my years of practice as a licensed relationship therapist that describes how one or both partners are irresistibly drawn to people who they initially thought of as 'friends.'

**EMOTIONAL SEX** happens when you feel that someone else gives you what you are missing in your primary relationship, and because of this you channel the bulk of your emotions, hopes and desires onto the other person.

**EMOTIONAL SEX** is the unspoken attraction, the deeply rooted need to bond, attach, and feel loved that turns a friendship into an affair.

**EMOTIONAL SEX** is at the heart of what unconsciously draws us to make emotional choices and act in ways that are contrary to our ideals, values, and relationship goals.

**EMOTIONAL SEX** is an affair of the heart that feels the same as romantic love and can manifest itself in numerous ways - physically, chemically, romantically, emotionally, lustfully, verbally, even cyberly.

**EMOTIONAL SEX** involves a great deal of deception, lies, and betrayal, sometimes even more than a purely physical affair.

**EMOTIONAL SEX** involves a person's heart and feelings.

**EMOTIONAL SEX** is extremely damaging to a relationship.

**EMOTIONAL SEX** comes in so many disguises, often in the form of a seemingly innocent friendship. It can be so well-hidden, so unacknowledged, so denied, that when it unleashes its full force on your life and your relationship, it feels like you have been hit by a runaway train.

**EMOTIONAL SEX is  
 A NEW FORM OF INFIDELITY.**

Whether it starts with a seemingly meaningless cyber chat, or an innocent cup of coffee with a workmate, playmate or a best friend's partner, the seductive chemistry of **EMOTIONAL SEX** can take over. And before you know it, it can overrule your better judgment, consume your mind, steal your heart and then steadily destroy your primary relationship. Most of us think we'd NEVER cheat. **Think again.**



# STRESS SUPPRESS Rx QUICK TIPS

- DON'T!**
- Smoke
  - Procrastinate
  - Sleep too much
  - Overeat or eat too little
  - Self-medicate with alcohol or drugs
  - Use sleeping pills or tranquilizers to relax
  - Withdraw from friends, family, and activities
  - Fill up every minute of the day to avoid facing problems

**DO!!!**

- Go for a walk
- Play with a pet
- Get a massage
- Listen to music
- Take a long bath
- Watch a comedy
- Take a yoga class
- Write in your journal
- Work in your garden
- Spend time in nature
- Curl up with a good book
- Talk to a supportive friend
- Do something for someone else
- Sweat out tension with a good workout

**DID YOU KNOW?**  
 Noise raises stress levels  
 Studies show that loud noise raises the risk of heart attack in both men and women

**TIP:**  
 Lower the phone volume, the iPod volume, the volume of your life

