

MIND of a LAWYER... HEART of a THERAPIST...



Dr. Sheila Forman

Clinical Psychologist,
Attorney-At-Law,
Best-Selling Author—
Forman's Philosophy Is To Promote
Mental Health Not By Just Treating
Illness, But Helping People Achieve
High Levels of Emotional,
Psychological and Social Well-Being.

DrSheilaForman@msn.com
www.DrSheilaForman.com

BIG Blasts from the Past—No Can Do—No Longer



Michael & Juanita



Marcia & Neil



Melissa & Harrison



Amy & Steven

How to Avoid A NASTY Celebrity-Style Divorce

Kobe and Vanessa, Arnold and Maria, Tiger and Elin, Heidi and Seal, Sandra and Jesse, Demi and Ashton, Jennifer and Marc, Charlie and Denise—the list is endless. We don't even need a last name as the shocking antics of these VIPS, along with the more than we can handle scoop on their marriages and ugly details of their dramatic break-ups and divorces are splashed across headlines every where. The past years have been a parade of bitter divorces and over-the-top settlements so outrageous that normal, hard-working people can't fathom the money these couples have to burn. According to Forbes magazine some whoppers are:

1. Michael Jordan and his wife, Juanita estimated at \$168 million.
2. Neil Diamond and Marcia came in around \$150 million.
3. Steven Spielberg and Amy Irving settled at \$100 million.
4. Madonna and Guy Ritchie found freedom in the area of \$76 to \$92 million.
5. Harrison Ford and Melissa Mathison settled on \$85 million.
6. Kevin Costner and Cindy Silva's divorce went for \$80 million.
7. James Cameron and Linda Hamilton split hairs at about \$50 million.
8. Paul McCartney and Heather Mills' parted at around \$49 million.

9. Phil Collins and Orianne Cevey came in around \$47 million.
10. Michael and Diandra Douglas found peace at \$45 million.

Today, some of these sums look like peanuts compared to the multi-million dollar price tags celebrities pay for freedom. Tiger reportedly paid Elin over \$110 million; Arnold is set to give Maria well over that amount, and Kobe and Vanessa have come up with the sum of \$75 million—reportedly half of the NBA star's fortune—there was no pre-nup!

Don't have the dough? Then create a marriage that won't end in divorce? Tips to make your marriage work.

- Recognize you are different people; the more you respect and appreciate your differences the less to fight about.
- Be nice to each other, seriously! Kindness helps keeps a marriage together.
- Value friendship and respect. Spend time together; really enjoy each other.
- Don't nitpick. Who cares if he squeezes the toothpaste from the center?
- See your partner's point of view: this is key and opens a new way of broadening and enhancing your marriage.
- Nothing's perfect, fix what you can and leave the rest; marriage gets easier!
- What makes or breaks a relationship is how a couple fights. Express anger constructively; it's OK to disagree but don't attack the other's personality; stick to the issues; don't drag up the past; be

focused; don't walk out; maybe rest the discussion for later; acknowledge your partner's point of view if you disagree!

- It takes two to make a great marriage. Compromise so each gets some of what they want, then life feels balanced.
- Focus on positives; there's ALWAYS something good—just look for it!

• Be empathic. Try to see your partner's position even if you disagree. Empathy can lead to understanding. And understanding can lead to happiness and happiness can lead to love.

Who knows? With these tips and a little luck your nuptials could last a lifetime!



Jesse & Sandra



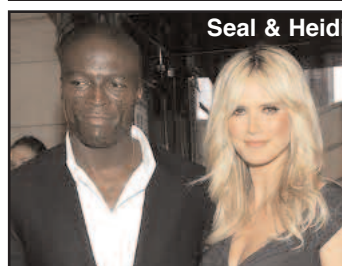
Kobe & Vanessa



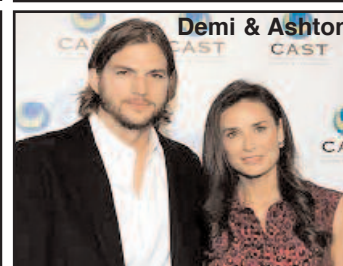
Jennifer & Marc



Arnold & Maria



Seal & Heidi



Demi & Ashton



Elin & Tiger



Denise & Charlie

What makes or breaks a relationship is how a couple fights. Express anger constructively; it is OK to disagree but don't attack the other's personality; stick to the issues; don't drag up the past; stay focused; don't walk out; maybe rest the discussion for later; acknowledge your partner's point of view when you disagree.