

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



## How to Avoid A Celebrity-Style Divorce

Sandra Bullock is making headlines. Not only because of her recent Oscar win, but also because of her upcoming divorce from her estranged husband Jesse James. In a recent interview with Bonnie Fuller, the powerhouse behind the celebrity news website [www.HollywoodLife.com](http://www.HollywoodLife.com), on Let's Talk with Dr. Sheila on [www.HealthyLife.net](http://www.HealthyLife.net), Bonnie revealed the latest news on Sandra's plight and the upcoming changes in her life. But Sandra's impending dissolution is not the only celebrity split drawing attention. Celebrity divorces tend to make the news because of the staggering dollars amounts involved. According to Forbes magazine, the 10 most expensive celebrity divorces to date have been:

1. Michael Jordan and his estranged wife, Juanita Vanoy Jordan's topping the list was a divorce settlement estimated to be a whopping \$168 million dollars!
2. Neil Diamond and Marcia Murphey at an estimated settlement: \$150 million.
3. Steven Spielberg and Amy Irving settling at: \$100 million
4. Madonna and Guy Ritchie settlement ranged from \$76 million to \$92 million.
5. Harrison Ford and Melissa Mathison settled at \$85 million.

### 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.

6. Kevin Costner and Cindy Silva's divorce went for \$80 million.
7. James Cameron and Linda Hamilton settled at approximately \$50 million.
8. Paul McCartney and Heather Mills' estimated settlement was \$49 million.
9. Phil Collins and Orianne Cevey came in at an estimated settlement of \$47 million.
10. Michael and Diandra Douglas ranked tenth at a \$45 million settlement.

**Can't come up with that much dough? Then, how about creating a marriage that doesn't end in divorce? Here are simple tips on how to make your marriage work:**

1. Recognize that you are different people — the more that you can respect and appreciate your differences the less there will be to fight about!
2. Be nice to each other — seriously! A little bit of kindness can go a long way in keeping a marriage together.
3. Base your marriage on friendship and respect — when you like each other, spend time with each other and enjoy each others' company, your marriage can stay fresh and interesting.
4. Don't nitpick—enough with the criticism! Who cares if he squeezes the toothpaste from the center! Life is too short to bother with the small stuff!
5. See partner's point of view— this tip is key. Being able to see your partner's perspective can open up a whole new

## No Can Do—Any Longer—Marriages!



Michael & Juanita



Marcia & Neil



Melissa & Harrison



Amy & Steven

way of seeing things can broaden your world and enhance your marriage.

**6. Fix what is fixable — nothing is perfect. But if you fix what you can and learn to leave the rest life and marriage get easier!**



Jesse & Sandra

**7. Fight fair—there will be disagreements in all marriages. What can make or break a relationship is how a couple fights. To fight fair be sure to: express your anger constructively; know that it is Ok to disagree; never attack each other's personality; stick to the issues; don't bring up the past; stay focused; don't walk out; if necessary table the rest of the discussion for later; and, always acknowledge partner's point of view especially if you disagree!**

**8. Learn to compromise — it takes two people to make a great marriage. Compromise so that each of you gets some of what you want and life feels balanced.**



Paul & Heather

**9. Focus on the positive—there is ALWAYS something good in every situation—look for it!**

**10. Be empathic— this means be able to see your partner's position even if you disagree. Empathy can lead to understanding. Understanding can lead to happiness and happiness can lead to love.**



Guy & Madonna

Who knows? Maybe with these tips and a little luck your nuptials can last a lifetime!

**Dr. Sheila Forman is both a clinical psychologist and attorney who comments on the psychological and legal issues affecting our society today. To hear more of Dr. Sheila's interview with Bonnie Fuller go to the archives page for Let's Talk w/Dr. Sheila on [www.HealthyLife.net](http://www.HealthyLife.net).**