



by the news, with “There goes our hero” memes going viral and fans calling Grohl out online for not being the dedicated family man he appeared to be. The passive tone of his Instagram announcement — which read in part: “I have recently become the father of a new baby daughter, born outside of my marriage” — also drew criticism.

Taking It Slow

Blum initially wanted a divorce. (Grohl reportedly retained a divorce lawyer before news of his baby broke but was no longer working with one by November.) “Jordyn planned to divorce Dave right after she found out,” said the source in March. “She needed space to understand what was happening.”

Ultimately, they want to keep their family intact.

They’ve been spotted out twice together in recent months; once in their car near their Encino, Calif., home in mid-February and again on March 16, grabbing lunch with a friend in Glendale. “Jordyn wants to be strong for their kids,” says the source, “and neither of them wants the family broken.”

They’ve been working through things together in counseling. “There’s a lot of therapy involved for the whole family,” says the source, adding, “Dave’s kids are deeply upset and haven’t fully processed his



“cheating rockstar” odds. Two months before the scandal broke, they were seen smiling and laughing together at Wimbledon.

The source says Grohl and Blum had issues over the years. (Shortly after Grohl’s announcement, reports surfaced claiming his flirty behavior had been causing tension for some time.) But nothing had prepared Blum for Grohl getting another woman pregnant. “Dave and Jordyn have had many ups and downs over the years, but this was a huge bomb in their marriage,” the source

SURVIVING AN AFFAIR 101

Infidelity doesn’t always mean the end: Experts weigh in on how couples can recover from the ultimate betrayal

1 Be Patient It’s going to take time to re-establish trust, explains renowned clinical psychologist Dr. Karen Stewart, who specializes in sex and couples therapy. “It will not happen overnight,” she tells *Us*, “and it might get messy before it gets better. Be patient with each other, knowing your common goal is to rebuild the relationship.”

2 Do Regular Check-Ins Stewart suggests setting aside 10 minutes every day to connect. “Check in with your partner, not just about their emotions, but how they’re doing and what their day was like. What do they need and want? Do they need help with anything? Make them feel seen and heard.”

3 Skip the Intimate Details While it’s understandable to want to ask questions, Stewart says to stick to broader ones (like how long the relationship was, when it ended, etc.) vs the nitty gritty. “Going down this rabbit hole can cause both partners physical and mental exhaustion, and the inquisitive partner [can’t unhear] what a partner did with someone else.”

4 Find the Root Issue Affairs don’t happen in a vacuum. “There’s always a reason that causes one to be unfaithful,” clinical psychologist and marriage counselor Dr. Talal Alsalem tells *Us*. “The only way to rebuild trust is by [exploring] the reasons.”

5 Don’t Involve Everyone It’s tempting to talk through relationship issues with friends and family members, but Alsalem says it’s wise to “minimize the number of people who know” about a cheating incident. “The more people involved, the more stakeholders you’re going to have. And then the decision that people make about the future of their relationship is going to be influenced by those external factors.”

6 Find the Good When possible, try to focus on the love between you and your partner. “This is the time to go back to the foundation of why you love each other and want to make this work and what’s worked in the past to keep you united,” says Stewart. “Be gentle with each other and lead with love and respect.”

Violet, a budding musician, sang the Nirvana song “All Apologies” with Grohl and the remaining members of the band at the FireAid benefit concert.) “Dave has been

It hasn’t been easy, but Blum is standing by his side. “She still has resentment and trust issues but is trying to move past it all,” says the source. “She’s