

# Miranda Lambert Says 'I Needed a Bright Spot This Year' at CMA's Post-Celebrity Divorce



By Abbi Comphel

People are still talking about one of the most heartbreaking [celebrity divorces](#), between Miranda Lambert and Blake Shelton. The former celebrity couple both showed up to the Country Music Association Awards and performed. But not only that, [People.com](#) reports that Lambert won an award for Female Vocalist of the Year and she recognized the fact that it has not been the best year for her. She told the audience and her fans, "I needed a bright spot this year." Hopefully these

celebrity exes can move on and be friends again one day!

## **This celebrity divorce was one of the saddest all year. What are some ways to move on after a divorce?**

### **Cupid's Advice:**

It is always sad when someone you once loved just becomes somebody in your past. Moving on can be rough, but cupid has some advice on how to move on after a divorce:

**1. Time away:** Take time away from the world. Go do things you enjoy and spend time making yourself happy. If you want to take a vacation, then go take one. Go find the things that made you once happy.

Related Link: [Former Celebrity Couple Mariah Carey and Nick Cannon Reunite to Celebrate Halloween with Kids](#)

**2. Family and friends:** When or if you start to feel alone, reach out to your family and friends. They may not know what to say, but they will always be there for you because they love you and want to make sure you are doing ok.

Related Link: [Miranda Lambert Shares Sad Photo Post-Celebrity Divorce from Blake Shelton](#)

**3. Find Closure:** Get rid of everything that reminds you of your ex. Don't let their stuff haunt you or the things you shared get to you. It is time to dispose of everything and start over. It is ok to move on and find joy in your life.

**What do you think are the best ways to move on after a divorce? Share below!**