

# Celebrity News: Did 'Bachelor' Alum Amanda Stanton Just Call Out Ex Josh Murray on Twitter?



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It seems that celebrity exes and *Bachelor* Nation alums, Amanda Stanton and [Josh Murray](#), may still be experiencing some fall-out from their [celebrity break-up](#). According to [UsMagazine.com](#), Stanton was on Twitter commenting on the current season of *The Bachelor*, when she said, "Poor Nick! That slap looked like it hurt haha I could definitely think of someone more deserving of that... #thebachelor." This [celebrity news](#) has us believing that the comment was directed at her recently single ex, Josh Murray. The duo met on *Bachelor in Paradise*, and Murray moved to California to be with Stanton. Recently, the news came out that the two couldn't make it work, and Murray moved back to Atlanta, Georgia.

# In celebrity news, this pair is still experiencing some fall-out from their break-up. What are some ways to keep the fall-out after a break-up to a minimum?

## Cupid's Advice:

Breaking up is never easy, and there are always at least some residual effects. That being said, you don't have to experience major negative fall-out. Cupid has some tips:

**1. Make sure there's closure:** Sometimes when break-ups happen, there's no closure. Whoever has done the breaking up simply runs away without an explanation. This isn't good when it comes to fall-out afterward, as the other person is no doubt going to want some answers. Make sure you leave everything on the table when you're going through a split.

**Related Link:** [Celebrity Break-Up: 'Bachelor in Paradise' Couple Josh Murray & Amanda Stanton Split](#)

**2. Keep the gossip to a minimum:** It can be tempting to gossip about your ex to your friends and family right after a break-up, but try to refrain from doing that. It will no doubt get back to your ex, and may cause him or her to retaliate.

**Related Link:** ['The Bachelorette' Winner Josh Murray Gets Out of Town with His Mom Following Split](#)

**3. Tell your friends and family to play it cool:** Your close friends and family are no doubt on your side after your split, and they may want to stir things up with your ex on your behalf. Make sure to communicate with your friends and family and let them know that you'd simply like everyone to move on instead of causing any issues.

**What are some other ways to keep from experience negative fall-out after a split? Share your thoughts below.**