

Celebrity Break-Up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split from Robby Hayes



By [Melissa Lee](#)

Looks like there's trouble in paradise! [Bachelor in Paradise](#) star Amanda Stanton recently spilled details about her celebrity break-up from Robby Hayes. [EOnline.com](#) reported that, following their brief reality TV romance, the former [celebrity couple](#) attempted to make their relationship work in the real world. Hayes asked Stanton to be his girlfriend but continued to go out with his friends and go MIA for multiple days at a time. Stanton has taken a mature position following

their [celebrity break-up](#), saying that she doesn't blame him for anything and wishes him the best.

Amanda Stanton is staying positive after her latest celebrity break-up. How can you keep a good attitude following a split?

Cupid's Advice:

Break-ups can be super tough, so props to this reality TV star for staying positive and moving on! If you find yourself struggling to keep a good attitude after a split, check out Cupid's advice below:

1. Be nice: Although you may want to talk badly about your ex, it's better to be nice and keep a positive mindset. Wish them the best and move forward instead of focusing on the past and starting drama. The cliché "fake it 'til you make it" is true: If you think only good things about your ex and your former relationship, you'll eventually begin to believe them!

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2. Focus on yourself: Instead of wondering what your ex is doing or being sad about the break-up, use it as ammunition to better yourself. You have the power to make any situation better, and if you do things to positively impact your own life, you won't be as concerned with the split. Start a new workout routine, focus on your career, or make an effort to spend more time with your friends.

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3. Unfollow your ex: Unfollowing your former lover on social media can be extremely cleansing. If you're less concerned with who they're with or what they're doing, it'll be easier for you to stay positive. Out of sight, out of mind, right?

What are some of your tips for staying positive after a break-up? Share your thoughts below.