

Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split



By

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After only a week without [celebrity ex Selena Gomez](#), The Weeknd has been spotted out on the town with [Justin Bieber's](#) ex Yovanna Ventura. He was seen holding hands with Ventura while hanging out with French Montana, according to [EOnline.com](#). The Weeknd's partying is the [latest celebrity news](#). He's been photographed with other celebrities, such as [Leonardo DiCaprio](#), [Robert Pattinson](#), and Emily Ratajkoski as well.

Post-celebrity breakup from Selena Gomez, The Weeknd is definitely getting around. What are some ways to recover from a split **quickly?**

Cupid's Advice:

Post-split is a disorienting feeling. You've lost the person you spent all of your time, likely other friends, and common hobbies. For the sentimental, TV shows, music, video games, etc. that the two of you shared bring back painful memories. Figuring out what to do with yourself after a breakup is hard, but it starts with getting over your ex. Here's our [dating advice](#) for all of you who are newly single:

1. Actually feel your feelings: No one wants to feel lonely, guilty, hurt, or betrayed, but pushing all of those feelings aside will only prolong the process of moving on. Grab a friend and bawl your eyes out. Get to the gym and work-out your frustrations. Drink until feel your sorrows, purge them, and move on.

Related Link: [Relationship advice: How Do I Know If I'm Rebounding?](#)

2. Cut them off: The only way to really get over your ex is to ignore them. Sounds harsh? It's worse being that guy who is stuck in the past. Delete all contact information for your ex, get out of your shared group of friends, and find new hobbies if you shared any with your ex. Finding who you are on your own starts with actually being on your own.

Related Link: [Dating Advice for Dealing with the Breakup Blues](#)

3. Get back out there: Ok, so one-night stands, flings, and rebounds can happen if you get back in the saddle before

you're ready. Prolonging jumping back into the dating pool is just as harmful, though. Even if feel under confident, start flirting with other people until you're ready to start dating again. The fun of flirting, and how good you feel when you receive it, will help you get over your ex that much quicker.

How have you battled the breakup blues fast? Share your post-split advice below!