

# Celebrity Exes Demi Lovato & Wilmer Valderrama Haven't Ruled Out Reconciliation



By [Karley Kemble](#)

Demi Lovato has always been vocal about her feelings toward her ex boyfriend Wilmer Valderrama. The [celebrity exes](#) previously dated for six years before their celebrity break-up in 2016. However, the pair made [celebrity news](#) a couple days ago, after they were spotted grabbing lunch together. Now, a source close to the former couple tells [People.com](#) that there is a chance they could become exclusive again. For now, though, the source says Valderrama and Lovato are “extremely close friends” though “there’s always potential they could give a romantic relationship another try.” Guess it is

possible to be friends with an ex, after all!

## **These celebrity exes are on good terms, and may end up back together. What are some reasons getting back together may actually work out?**

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

Regardless what others may say, getting back with an ex is not always a bad idea. Sometimes time apart is what's needed to grow stronger. Cupid weighs in:

**1. It's all on the table:** If you're thinking about getting back together with an ex, the most important thing you must do is talk with each other. If there is any unfinished business or unresolved resentment, you must lay it all on the line. Once all the feelings are accounted for, be sure to set clear guidelines before jumping back in.

**Related Link:** [Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date](#)

**2. You've forgiven:** Forgiveness isn't easy, but it is possible! Contrary to popular belief, forgiveness does not weaken your character: it shows you have the strength to accept the past, look beyond the mistakes, and move on. If you have come to terms with an ex who may have hurt you, but genuinely want to give them another chance, that shows a maturity toward both parties involved.

**Related Link:** [Celebrity News: Demi Lovato Has Dating Advice For Fans](#)

**3. You're both in better headspaces:** Break-ups usually happen

because two people are unable to be on the same page. The time spent as a single person is pivotal in personal development. If you and your ex have given each other enough time and space apart, allowing each other to grow, then getting back together might be worth a shot. Though you already know each other, and the relationship is by no means “new,” it is exciting to begin a new chapter and get to know each other’s newfound headspaces.

**Have you gotten back together with an ex? We want to hear about it: share your comments below.**