

Celebrity News: Nick Cannon Reacts to Ex Mariah Carey's Take on #BottleCapChallenge



By [Katie Sotack](#)

The #BottleCapChallenge has taken over the celebrity world, and Mariah Carey accepted the challenge. Normally, the participant performs a roundhouse kick to the bottle cap and sends it flying away. However, according to *UsMagazine.com*, Carey added her own twist when she hit her legendary high note to pop the bottle open. [Nick Cannon](#), who was once part of a married [celebrity couple](#) with Carey, commented on the video, saying "hilarious".

In [celebrity news](#), Nick Cannon still supports his celebrity ex, Mariah Carey. What are some ways to keep the peace with your ex?

Cupid's Advice:

Nick and Mariah seem to be making divorce work. Their public displays of support and peaceful co-parenting of their twins would suggest a good post-separation relationship. Here are tips to maintain the peace with your ex:

- 1. Remember why you loved them:** Just because things didn't work out doesn't make your ex is a demon. They're the same person you fell for many moons ago and relearning to see them in a positive light will be beneficial to your friendship.

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2. Ctrl, alt, delete them: Moving is hard to do, it's cliché for a reason. Part of keeping the peace is knowing when to go your own way. If seeing your ex's posts causes you to bubble up with rage and resentment, hit that unfollow button. You broke up for a reason and that means they're allowed to no longer be a part of your life.

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3. Focus on yourself: Put yourself first. Prioritizing your growth and other intimate relationships will naturally stray your mind from your ex. Suddenly, it'll be obvious that you didn't fit together, given the new paths you've taken, and it'll be easier to wish them well when you're thriving solo.

How do you deal with you ex? Share in the comments below!