

# Celebrity News: Nikki Bella Offered to Take a Break in Relationship with Artem Chigvintsev



By Diana Iscenko

In the latest [celebrity news](#), *Total Bellas* star Nikki Bella reveals she offered to take a break with fiancé Artem Chigvintsev at the beginning of their relationship. The [celebrity couple](#) started dating only six months after Bella called off her engagement and ended her six-year relationship with John Cena. According to *UsMagazine.com*, Bella divulged she was initially worried about falling into a new relationship so quickly. “I was still in the process of

healing, but yet I was falling in love so fast with [Chigvintsev]," Bella said on the latest episode of "The Bellas Podcast."

**In celebrity news, Nikki offered to take a pause on her relationship with Artem early on as she was healing from her past celebrity break-up. How do you know you're ready to move on from a past relationship?**

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

Finding a new partner is exciting, but it can be hard to tell if you're ready to take the jump into a new relationship. If you're unsure if you're ready to put yourself out there again, Cupid has some advice for you:

**1. You've learned from the past:** You need to learn from your past relationships to have healthy ones moving forward. It's important to acknowledge what didn't work in your last relationship (yes—even in your own actions!), but it's even more important to learn from it and prevent yourself from falling into those same patterns in your new relationship.

**Related Link:** [Celebrity News: Pregnant Nikki Bella Shares Sweet Note to Fiancé Artem Chigvintsev](#)

**2. You're content with life being single:** Finding happiness outside of relationships shows you've moved past your ex. Once you've figured out what you want from life, it's much easier to know if a new partner would fit into that, or if you should wait a little longer.

**Related Link:** [Celebrity Exes: Nikki Bella Prays for John Cena to Find Happiness](#)

**3. You're open to a new experience:** It's easy to tell yourself you're ready for love again, but still shut down any opportunities that come your way. If you've met someone you like without pushing them away, that's your gut telling you you're ready.

**What do you do to heal after a relationship? Start a conversation in the comments below!**