

Celebrity Exes: Brooks Laich Steps Out Without Wedding Ring After Julianne Hough Split



By Ellie Rice

In the latest [celebrity news](#), Brooks Laich was spotted out in Los Angeles without his wedding ring. The sighting comes after his recent split from Julianne Hough. The pair wed in mid-2017 and had been the source of multiple breakup rumors in recent months. We wish these two nothing but the best on their separate journeys!

This celebrity ex is letting his newly found single-dom be known. What are some small steps you can take to move on right after a split?

Cupid's Advice:

Break-ups are tough and moving on can feel impossible. If you're looking for ways to get that train rolling, Cupid has some advice for you:

1. Unfollow them: If you know you'll be itching to stalk their social media profiles and constantly check-up on what they are doing, unfollow them. During this process, it's important that you are focusing on yourself and doing what's right for you. Wasting your time on their socials will only make moving on more difficult and longer. Try taking a break from social media all together! Detox from your screen and work on your self-care routine instead.

Related Link: [Celebrity Break-Ups: Julianne Hough Is 'Super Upset' Amid Brooks Laich Split](#)

2. Cut the communication: While you may thinking reaching out and continuing to seek closure is a beneficial thing, it will only hurt you in the long run. Once you break up make sure you understand what went wrong and why. After you receive this closure, don't continue asking to talk, it will only sour the split. By cutting off the communication, you will be able to completely focus on yourself and spend time working on your personal growth. Use this time to better who you are whether that's in your career or with your loved ones.

Related Link: [Celebrity News: Brooks Laich Still Wants Kids](#)

[After Split from Julianne Hough](#)

3. Turn to your support network: Nothing heals a wounded heart better than spending time with your friends and family. Tell them what's happening with your split and allow yourself to be vulnerable around them. Try planning a wine night with your girlfriends or a dinner with your family! Surround yourself with love and people who care about you and it will be a step in the right direction.

What steps would you take when moving on from an ex? Start a conversation in the comments below!