

# Celebrity News: Lala Kent Says Life is a 'Mess' & Deletes Pics of Fiance Randall Emmett



By Alycia Williams

In latest [celebrity news](#), [reality TV star](#) Lala Kent posted a mysterious message about making “mistakes” on Sunday, July 26, after deleting photos of fiancé Randall Emmett from Instagram. According to *UsMagazine.com*, Kent’s message said “Dear God, it is I who has made my life a mess. I have done it, but I cannot undo it. My mistakes are mine & I will begin a searching & fearless moral inventory. I will write down my wrongs but I will also include that which is good. I pray for the strength

to complete the task.” The message came after she deleted all photos with Emmett and unfollowed him from Instagram.

## **In celebrity news, Lala Kent and her fiancé Randall Emmett’s relationship may be on the rocks. What are some ways to use social media to cope with a rocky relationship?**

### **Cupid’s Advice:**

When any relationship is on the rocks, it’s really hard to determine which way the boat will tip. Either way, you’ll need to manage your rocky relationship and ride it out. If you are looking for new ways to cope with a rocky relationship via social media, Cupid has some advice for you:

**1. Stay connected with friends:** Social media provides an amazing way for you to stay connected to people that may actually be far away. Liking pictures, leaving comments, viewing stories, and talking in dm’s is a great way to keep your mind off of your rocky relationship.

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**2. Archive photos:** On social media you have the option to archive photos, which means the photos won’t be seen on your page, but you’ll always have the option to display them back on your page. This works best for rocky relationships because if you both work things out you can display the pictures back on your page, if it doesn’t then you can delete them for good.

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**3. Explore new things:** Social media is not just for liking your friends picture, there is countless amount of things for you to learn and become interested in. Whether it's cooking a new recipe, learning a new workout routine, or figuring out how to do a new hairstyle. You can find it all on social media.

**What are some other ways to use social media to cope with a rocky relationship? Start a conversation in the comments below!**