

# Celebrity Exes Kendra Wilkinson & Hank Baskett Are in a 'Really Good Spot' After Split



By Alycia Williams

In latest [celebrity news](#), Kendra Wilkinson and Hank Baskett are in a good place after their [celebrity break-up](#). According to *UsMagazine.com*, Wilkinson and Baskett have been very cordial and are in a really good spot with coparenting. Hank is out of the picture in terms of a romantic relationship, but they have a good thing going when it comes to the kids. They switch off week to week with them.

# Celebrity exes Kendra and Hank are making the best of things after their break-up. What are some ways to keep things positive in the face of a split?

## Cupid's Advice:

A break-up can be a hard thing to get over and keeping it cordial with your ex can be just as hard. If you're looking for ways to keep things positive in the face of a split, Cupid has some advice for you:

**1. Don't fight your feelings:** Trying to make yourself seem better than you actually are is only going to make things worse. Allow yourself to cry it out if you need to and get that emotion out. That way once all of that is done, you can easily move on.

**Related Link:** [Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split](#)

**2. Take the high road:** Try to stay away from anything that might seem petty or uncalled for. In order for things to stay positive with your ex, you can't do or say negative things about them.

**Related Link:** [Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split](#)

**3. Follow your own path:** Stay focused on yourself and what you have going for you. Worrying too much about your ex will only create negative feelings and thoughts about them.

**What are some other ways to keep things positive in the face of a split? start a conversation in the comments below!**