

Celebrity Break-Ups: Kelly Clarkson & Usher Connect Over Divorce Difficulties



By

Nicole Maher

In the latest [celebrity news](#), Kelly Clarkson and Usher opened up about the pains they both experienced as they were going through [celebrity divorces](#). According to *UsMagazine.com*, the two discussed some of the challenges that follow a divorce in the spotlight on Clarkson's talk-show, the *Kelly Clarkson Show*. Clarkson had recently announced her [celebrity break-up](#) from Brandon Blackstock in July of this year after nearly seven years of marriage, while Usher has gone through divorces with both Tameka Foster in 2009 and Grace Miguel in 2017.

Kelly Clarkson and Usher connected over their celebrity break-up struggles. What are some ways to support someone who is going through a rough split?

Cupid's Advice:

Watching someone we care about go through an emotional break-up can be almost as painful as going through a break-up ourselves. If you are looking for ways to support a friend or family member through a rough split, Cupid has some advice for you:

1. Listen to them: The best way to show your support for someone in any situation, especially someone going through a rough split, is to simply listen to them. While it is great to offer advice and insight into similar situations you have been through, it is also important to make sure you are simply listening as the other person expresses their feelings. The last thing you want is for someone to falsely think you are trying to make the situation about yourself.

Related Link: [Celebrity Break-Up: Kelly Clarkson Says Life Has Been a 'Dumpster' Amid Divorce from Brandon Blackstock](#)

2. Spend time together: One of the most difficult things that follows a break-up is filling the time that you used to spend with your significant other. If you know someone who is going through a painful break-up, a great way to support them is to offer them your time. Make plans to go out to lunch or watch a movie and allow them to escape from thinking about their break-up for a few hours.

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3. Reserve your opinions: Right after a break-up, many people turn to talking poorly about their new ex as a way of processing what they are going through. While you may have opinions about this person's ex or their relationship in general, it is better to reserve these opinions in the beginning. Whether you have been waiting for the couple to break-up or shocked that their relationship didn't work, waiting until all emotions have subsided to express your opinions can prevent any confusion or ill feelings between you and the person you are supporting.

What are some other ways to support someone you is going through a rough split? Start a conversation in the comments below!