

Celebrity Exes: 'Bachelor' Nation's Kendall Long Reveals What Future Holds with Ex Joe Amabile



By Carly Silva

In the [latest celebrity news](#), *Bachelor* Nation's Kendall Long recently opened up about her split from Joe Amabile. According to *EOnline*, the [reality TV star](#), who has been promoting the upcoming launch of her new book, said she and Amabile are still good friends and that they still want the best for each other.

These celebrity exes may not see sparks again in the future, but they're still good friends and potential confidants. What are some ways to build a lasting friendship with your ex?

Cupid's Advice:

Trying to stay friends with an ex can be tricky territory, but there are a few tips to help you do it right. If you're looking for some ways to build a lasting friendship with your ex, Cupid has some advice for you:

1. Be clear about expectations: When you first start the process of being friends with your ex, you need to be open and clear about where your friendship is going. Make sure both of your intentions are understood, and that friendship is what you both really want.

Related Link: [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out Relationship](#)

2. Establish boundaries: It's also important to make sure both of you know where the boundaries are. Establish what types of behaviors are okay and which ones aren't. Make it clear that flirting and hooking up are off limits so that you don't fall into old habits.

Related Link: [Celebrity Baby News: Vanderpump Rules Stars Brittany Cartwright & Jax Taylor Are Expecting First Child Together](#)

3. Learn to be happy for them: One of the biggest parts of

starting a friendship with your ex is the ability to be happy for them. Make sure you're in a place where you won't be jealous of their new love life. Try your best to accept that your relationship has ended and support them through their new endeavors.

What are some other ways to build a lasting friendship with your ex? Start a conversation in the comments down below!