

Denise Richards Says She Had a Beautiful Love Story With Charlie Sheen



Break ups are never easy, especially when your ex is someone like Charlie Sheen. But Denise Richards wants us all to know her relationship wasn't completely bad. When discussing her marriage to the former *Two and a Half Men* star with UsMagazine.com, she says, "people have only gotten the rotten stuff. There was a beautiful love story between he and I and I know that it went the way it went, but I talk more about how I felt during that time because I feel like a lot of women can relate to that."

How do you keep your breakup in a positive light?

Cupid's Advice:

Maintaining a relationship with your ex is never easy. After all the pain that comes with a split, we often find ourselves

bad mouthing one another and continuing to fight. Here are some helpful tips on how to stay positive about a breakup:

1. Take time: It's impossible to part from someone and instantly go back to being 'just friends' after a serious relationship. Take some time to get back to your old self before seeking a friendship with your ex. Blow off some steam with your close friends and get back into the swing of being single.

2. Don't talk about new relationships: Talking about your new love lives without your ex is uncomfortable. No good can come of it. Avoid the topic as much as possible.

3. Focus on the good: The best way to keep your breakup positive is to remember all of the good times that the two of you had. You were happy once. Cherish those memories and keep them close to your heart, but realize the breakup was for the best, just as Denise Richards feels about the end of her marriage with Charlie Sheen.

What some ways you have mantained a friendly relationship with your ex? Share your comments below.