

Katy Perry Says Her Heart Is 'Happy Again'

Katy Perry made it clear that the only opinions about her impending divorce, filed on December 30, that matter are her own. She tweeted about the gossip saying, "I want to be clear that NO ONE speaks for me. Not a blog, magazine, 'close sources' or my family." According to [People](#), the newly single Perry also thanked "supporters for their concern and well-wishes during a difficult time." She tweeted that she was "grateful for all the love and support" and that her fans had "made her heart happy again."

What are some ways to start to feel happy again after a split?

Cupid's Advice:

It can be hard to move beyond the negative emotions of a divorce or break-up. Cupid has some tips:

- 1. Make it a clean break:** It can be difficult not to contact your ex after having them in your life for so long. However, the only way to truly move on and find happiness in other things is to cut off contact for a while.
- 2. Refocus your energy:** Put the time and energy that would've gone towards the relationship into something positive in your life. For Katy Perry, she's focuses on her fans and her music to get over the ending of her marriage.
- 3. Acceptance:** Accept that he or she wasn't the one. Perhaps your ex was only meant to be around for a season or two. Understand that this experience will help you grow and that you will find someone new.

What are some ways you were able to find happiness after a split? Share your thoughts below.