

Jude Law's Ex Speaks Out!



Jude Law tried to put a stop to it, but ex-wife Sadie Frost is about to let it all hang out in a tell-all memoir focusing on the deterioration of their marriage, her post-natal depression, and dealing with fame, [E! Online](#) reported this week. The former couple, whose marriage ended in 2003 following Law's affair with their nanny, battled about the production of the book in court before reaching a settlement. The autobiography, titled *Crazy Days*, will be published next month.

What should you do when your ex talks negatively about your relationship in public?

Cupid's Advice:

After a breakup, it's tough to know how to act or what to say when you hear about your ex speaking badly to other people about your past relationship. Cupid has some suggestions to

help you cope:

1. Play it cool: It may be your natural reaction to take revenge, but you'll feel better in the end by taking the high road. There's most likely a good reason your relationship is over, so it's best to focus on moving forward.

2. Keep things in perspective: Try to remind yourself that it's human nature to combat insecurity with negativity. By learning how to stay confident during life's toughest times, you have a better chance of achieving much-needed independence after a relationship ends.

3. Ignore the situation completely: Sometimes the best idea is to leave it alone. Although what your ex is doing is hurtful, nothing positive can come from reacting to a situation, so not addressing it in the first place may be the right answer.