

Find Out How Robert Pattinson is Coping with Kristen Stewart's Betrayal



Yes, we're also still shocked that someone could actually cheat on a man-god like Robert Pattinson, but hey, that means he might be on the market, right? Unfortunately, it's hard to be happy that the Twilight stud is single because sad just isn't a good look for him. According to [People](#), Rob is "heartbroken and angry, and sources tell the magazine that he's been drinking and relying on friends to deal with the pain." Kristen Stewart may have shattered his heart but she did publicly apologize and is not in the best shape after the split either.

What are some ways to cope when your partner cheats?

Cupid's Advice:

You may be feeling like you were drop-kicked in the stomach after your partner cheats on you, but in time that will pass. Here are some ways you can help that change along:

1. Don't blame yourself: It's human nature to ask "what did I do wrong?" or "how could I have prevented this?" But, in reality, it probably has very little to do with you. Your partner's actions are something only they have control over, not you.

2. Surround yourself with friends: You may think that you want to be alone when your relationship is struggling, but keeping good company around you will help you feel better. Whether it's a smile or a small laugh, it's progress that will make it easier to get back to being yourself.

3. Let your anger out: Whether you take a kickboxing class or do some meditation, it's important to let go of any anger and stress that you're holding onto in order to heal. Once you're able to accept and release those_bad feelings, you will be on track to feeling better and moving on.

Have you ever had to heal after someone cheated on you? Tell us below.