

Rihanna Says the 'Slightest Things' Remind Her of Chris Brown



We all remember the tragic ending to Rihanna and Chris Brown's relationship in February 2009 after he physically assaulted her. But, recently on *Oprah's Next Chapter*, the pop star confessed that her ex will always have a special place in her heart. Rihanna continued to tell Oprah Winfrey, "I am reminded by a lot of things. A lot of memories we had. By the slightest things: hotel rooms, tour venues. Any little things: music, songs." Not only is Rihanna still reminded of the singer, but she felt protective of him when he was being charged for assault. She felt he needed help rather than to be locked up. Rihanna revealed a lot of mixed feelings in this interview, which could ultimately lead her back into the arms of Brown.

How do you keep thoughts of your ex from preventing you from

moving on?

Cupid's Advice:

Usually when a couple has a dramatic break up, there's a lot of baggage that comes along with it. Here are some ways to prevent that from helping you move on:

1. Accept it as the past: A big problem of past relationships, is that you continue to dwell on things that already happened. You have to accept them as things that you cannot change and just learn from any past mistakes. Accept it and move on.

2. Become friends with your ex: You don't necessarily have to become best friends with your ex, but if you have friendly conversation from time to time, you're most likely to get any thoughts about them out of your system. Hopefully by having a friendly relationship you can learn to be happy for them in the present, and having their support will help you move on.

3. Go out and meet people: The best distraction from an ex, is someone else in your life. Go out and meet new people. Go on dates and allow yourself to be distracted from any thoughts you may have about a past relationship.

How would you keep yourself from thinking about an ex? Share your thoughts below.