

Justin Bieber Vaguely Speaks Out About Split with Selena Gomez



By Nic Baird

Pop star Justin Bieber and actress Selena Gomez split on Halloween, according to UsMagazine.com. "I don't know what to say," the tween idol said in an interview with Open House Party, Nov. 10. "I don't know what's going on in my life ... To even assess that it doesn't make sense 'cause I have not made any comment." Since their Oct. 31 breakup, Gomez has been keeping a low profile. However, a Gomez insider saying the couples' challenging schedules and trust issues were at the core of the breakup. The couple had been dating for two years.

What's the best way to begin coping with a recent breakup?

Cupid's Advice:

The sense of loss and [loneliness](#) that washes in post-breakup can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

1. Forget the past: While this person may have been important to you only days ago, it's hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is useless and painful. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and find someone better.

2. Focus on yourself: People always say this, but what does it mean? Basically 'be the person you want to be.' Your sense of worth and purpose are being challenged by this recent breakup, don't let it dominate your self image. Put more into your life, and that void will start to close up. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here's your chance to do the things you've always wanted to do without needing your partner's approval. Take advantage, especially if they were the bossy type.

3. Socialize: Olivia Wilde had this to tell *British GQ* about her divorce from Tao Ruspoli: "it's never easy... And anyway, you fall in love again. Oh God, to think that you only fall in love once in your entire life is such a depressing thought." Thanks, Olivia, for reminding us that whatever your feelings are for your ex, they'll soon be overshadowed by a fresh love. Go out and have fun! Rekindle old friendships! Explore your options thoroughly as a newly single bachelor/bachelorette. This doesn't mean start looking for a replacement, instead establish your power as a single individual.

How have you dealt with a recent breakup? Share your experiences below!