

Insiders Say Taylor Swift Was “Really Bitter” That John Mayer Performed at the AMAs



By Meghan

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April 7th was the night of the Academy of Country Music Awards, and 22 year-old singer, Taylor Swift was spotted in a eye-capturing gold dress and was planning on performing with Keith Urban and Tim McGraw. UsMagazine.com reports that Swift's ex, John Mayer took the stage first at the event in Las Vegas. According to PerezHilton, a source revealed, “She said she had to go on earlier than him. John just being there irked her.” Apparently Swift put a “stink” on about her ex-boyfriend’s performance.

What are some ways to let go of a past relationship?

Cupid's Advice:

Letting go of a past relationship isn't easy to do. You most likely still cling on to text messages, *what ifs*, old clothes, every minute thing about them. This is not the ideal situation to be in, however, it's realistic. There are numerous ways to let go of this relationship. Although it is hard to do, it's possible. Cupid has some more advice:

- 1. Closure:** To completely let go of a past relationship, you will need closure. You may not wish to speak to your ex whatsoever but you need to. It is essential that you discover what went wrong and why you officially let things end. Give your ex any belongings you may have of theirs. It will make you feel better by not seeing them. If you must, delete them from social media sites, your phone. Any thing you have to do to not see them in your life.
- 2. Forgiveness:** A key component of letting go is to forgive not only yourself, but your ex. If you think there is no forgiveness to be had, think again. The countless nights you spent obsessing about your relationship, the amount of Ben & Jerry's consumed, the fights you may have got into. Forgive yourself for all of them, you are human and are allowed to feel. Even if you don't wish to forgive your ex, do it. It makes the moving on process quicker.
- 3. Focus on yourself:** You need a time period after your breakup to focus solely on yourself. It is essential for letting go. Take a day off of work and your daily responsibilities to go to the spa, or walk around the park. Treat yourself to a new gift. Call your parents. Figure out what you want here on out relationship wise. Make sure you are ready to get into a relationship before you hop onto a new mate.

How have you let go of relationships? Share your experiences below.