

Celebrity Exes: JLo and Diddy Reunite for a Good Cause



By Ellie Rice

In the latest [celebrity news](#), friendly celebrity exes JLo and Diddy reunited 20 years after their split! The pair were seen dancing and chatting on Instagram Live for Diddy's Dance-a-Thon Fundraiser that ended up raising over \$3 million dollars. According to *UsMagazine.com*, the money was being donated to an organization called Direct Relief, which supports healthcare workers in poverty stricken areas. We love to see this pair reunite for such an awesome cause!

In celebrity news, celebrity exes JLo and Diddy reunited on social media for his dance-a-thon fundraiser. What are some ways to know you're ready to be friends with an ex?

Cupid's Advice:

Rekindling any sort of relationship with an ex is tricky, whether getting back together or developing a friendship. If you think you're ready and want to be friends with an ex, Cupid has some advice for you:

1. Your feelings are platonic: If you feel as though you have completely moved on from any lingering emotions and heartache that one was, a friendship could be your next step. Understand yourself and your heart first and foremost and only embark on this path if you are truly ready for it. You don't want to fall right back into romantic love and wind up heartbroken again, so take it slow!

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2. You've set boundaries: Understand that even though you are developing a friendship with this person, they are still your ex. The history that you share with this former partner was once very intimate so make sure you are setting boundaries for yourself and them. Sit down with your ex and establish the do's and don'ts of this newfound platonic union.

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3. You've moved on romantically: If you've been with or at least thought about being with other people since the split, this is a sign you are ready for the path of friendship. Feeling yourself move on romantically from your previous relationship is a wonderful and freeing experience so be sure that you're ready for this interesting step. Many people won't develop a friendship after a breakup because they still have lingering feelings for their former partner, but if you miss this person in a platonic way, go for it!

Would you begin a friendship with an ex? Start a conversation in the comments below!

Celebrity Exes Ben Affleck and Jennifer Garner Have 'Underlying Tension' Coparenting





By [Hope Ankney](#)

In the latest [celebrity news](#), [celebrity exes Ben Affleck](#) and [Jennifer Garner](#) have kept an amicable coparenting relationship amidst “underlying tension.” According to *UsWeekly.com*, Garner has high expectations for Ben, and it’s difficult for him to live up to it, sometimes. However, the couple has agreed to keep their three children out of their “former problems.”

These celebrity exes work at a civil relationship, but they still have tension when it comes to coparenting. What are some ways to work together on parenting?

Cupid’s Advice:

Whatever brought about the divorce, coparenting can be an absolute nightmare if not fleshed out correctly. You’re trying

to keep the peace with the kids, but it's hard when you and your ex are not seeing eye-to-eye. If you're having trouble keeping the conflict down and putting the children first, don't worry! Cupid has some [parenting advice](#) for those struggling to work together:

1. Communicate when you're in a good emotional place: When it comes to tension with an ex, it's important to take time to cool off. Keep calm, and put your emotions by the door. Keep the conversation about coparenting duties brief, informative, and respectful. You don't need more fuel for the fire.

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2. Focus on the children: At the end of the day, it's what's best for the kids that should take priority over the divorce. Creating a new life and keeping a healthy family dynamic is way more important than outwardly battling with an ex. Find time, together, to figure out what would be best for your children before moving forward.

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3. Find a support network for difficult times: Coparenting after a divorce can revolve around tensions after tensions. It's important for both of you to have someone to talk with when things have become more difficult in this department. Whether that be a friend, a religious leader, or even family, finding someone who helps you see clearly about both sides make such a difference in how you handle situations going forward.

How have you led a successful coparenting relationship? Let us know down below!

Celebrity Exes: Jon Gosselin Says Kate Gosselin is 'Warped' By Fame



By [Hope Ankney](#)

In the [latest celebrity news](#), Jon Gosselin has stated he thinks [celebrity ex](#)-wife, Kate Gosselin, has changed for the worse after the couple's fame skyrocketed from *Jon and Kate Plus 8*. According to *UsMagazine.com*, Jon expressed his concerns on an upcoming episode of *Dr. Oz*. Preview clips of the interview feature him stating, "I believe that her belief system is skewed. I believe her intentions, in the beginning,

were good intentions. Bringing kids into the world that she fought to have, these kids. But I think once fame and money got involved, it twisted her belief system. On my end, I've been fighting to get my kids off TV forever."

These celebrity exes are still taking digs at each other. What are some ways to keep negativity about your ex out of your life?

Cupid's Advice:

Sometimes, when it comes to exes, it's hard to stay on friendly terms. The split is messy. The friend circle is too small. The wounds aren't easy to heal. If you're struggling with keeping yourself out of the drama with an ex, don't worry. Cupid has some [relationship advice](#) to help you keep their negativity out of your life:

1. Give a disclaimer to friends: If you and your ex share a friend group, make sure you have a conversation with the friends about how you feel. If you tell them that you'd rather not hear anything about your ex, they'll more than likely accommodate your request than if you didn't communicate with them beforehand. It also keeps the peace between the friend circle.

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2. Unfollow them on social media: Negativity seems to follow exes who stalk each other on social media. If you really want to distance yourself from the drama and pessimism that is triggered by an ex, unfollow them or even block them on your social sites. This helps you not be tempted to check their page and sour your mood.

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3. Don't fan the fire: Most times when an ex is causing negativity in your life, they're expecting a reaction. Ignoring someone might sound like an obvious piece of advice, but it is important to not allow yourself to give in and snap back. This only causes more drama and makes your ex susceptible to acting out again.

How do you keep the negativity about an ex out of your life? Let us know down below!

'Bachelorette' Hannah Brown Runs Into Celebrity Ex Tyler Cameron at People's Choice Awards





By [Hope Ankney](#)

In the latest [celebrity news](#), [Bachelorette](#) star Hannah Brown bumped into her [celebrity ex](#), Tyler Cameron, at Sunday's People's Choice Awards. According to *UsMagazine.com*, Brown commented on their interaction before the show started, saying there was no bad blood. She discussed how sweet it was that Cameron brought his mother as his date. When asked if she was nervous about seeing him, she replied positively, "I think I have so much going on right now. I mean, I came straight from practice for the show tomorrow, so there's no place for nerves and honestly, I'm just really focused on myself right now and I'm just really glad that I am able to be here and to celebrate the nomination of the award."

These celebrity exes crossed paths at the People's Choice Awards. What are some tips for keeping your cool

in the presence of an ex?

Cupid's Advice:

A break-up is never easy. It's even harder when you know you're going to have to see your ex again whether you plan on it or not. Standing in the presence of someone that you have a history with would make anyone sweat bullets, but it doesn't have to be an interaction you dread. Instead, if you're worried about keeping your blood pressure down the next time you see your ex, don't worry. Cupid has some [relationship advice](#) on how to stay as cool, calm, and collected as possible in their presence:

1. Think about the positives: If you know you're going to have to be around an ex in a public setting, make sure you don't focus on the negatives of your relationship. Associating their presence with hurt will only hinder you from having a cordial interaction with them. Try to keep your mind on the positives of your guys' time together. Then, when the time comes, you'll be level-headed enough to have a friendly passing conversation.

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2. Be surrounded by friends: Being around an ex, alone, can be a daunting task. But, if you know there might be a possibility that you'll run into your ex somewhere, bring a couple of your friends to cushion the blow. You'll feel much more confident and positive being around them. And, you won't have to worry about suffering through any awkward silences that might occur.

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3. Focus on yourself: The best advice to keeping your cool when you're around an ex is to do what Hannah Brown did and

focus on yourself. Don't allow yourself to think too much about their presence. Keep doing what you're doing, and don't worry about them being there. This helps in alleviating the stress of seeing your ex and acting kindly towards them when you do bump into them.

What are some ways you keep your cool around an ex? Sound off in the comments below!

Celebrity Exes: Selena Gomez Opens Up About Justin Bieber in New Song





By [Meghan Khameraj](#)

In [celebrity news](#), [Selena Gomez](#) is back with a new song! According to *UsMagazine.com*, many speculate the track “Lose You to Love Me” is about her ex-boyfriend, [Justin Bieber](#). The pair began their drama-filled relationship in 2010. Although the [celebrity couple](#) was on and off for a few years, Bieber recently tied the knot with model Hailey Baldwin. In her latest track, Gomez sings, “In two months, you replaced us / Like it was easy.” The couple officially ended their [celebrity relationship](#) in March of 2018, just two months before rumors began circulating of Bieber’s relationship with Baldwin. Gomez, however, isn’t letting this heartbreak bring her down any longer, as she sings, “And now the chapter is closed and done...and now it’s goodbye, it’s goodbye for us,” as the closing line of the new track.

Selena Gomez’s new song reveals her

difficult journey to healing after her split from celebrity ex Justin Bieber. What are some ways to cope with an ex who has moved on?

Cupid's Advice:

Selena Gomez dropped a new song that seemingly called out her famous ex, Justin Bieber, for the pain he caused her during their celebrity relationship. Cupid has some [relationship advice](#) to help you cope with an ex who has moved on:

1. Speak to a therapist: Break-ups can cause a lot of emotional stress, and seeing your ex with someone new can intensify what you're already feeling. If you're feeling overwhelmed with emotion you should seek the guidance of a therapist. They will help you discover healthy mechanisms to cope with the pain you're feeling.

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2. Spend time with family and friends: Surrounding yourself with people who make you happy and lift you up is a positive way to distract yourself from what your ex-partner is doing. Gomez spent a lot of time with pal [Taylor Swift](#) and her close family to help her find herself again post-Bieber break-up. Avoid isolating yourself and try to get out and be social with people you like.

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3. Write down your feelings: Gomez turned to songwriting to express the immense emotions she was feeling after the break-up with Bieber. Her latest track "Lose You to Love Me," is a

cathartic anthem that fully airs out her emotions while also officially closing the chapter on her and Bieber's relationship.

What are your go-to ways to deal with a break-up? Let us know in the comments below!

Celebrity Exes: Tyler Cameron Sets the Record Straight on Feelings for 'Bachelorette' Hannah Brown





By Hope Ankney

In [celebrity news](#), [The Bachelorette](#) runner-up, Tyler Cameron, has officially set the record straight about where he stands with Hannah Brown. According to *EOnline.com*, the star popped on Twitter Wednesday to dismiss claims that he had been shading *The Bachelorette* star. What started with an accidental liking of a tweet shading Brown ended with Cameron writing a series of tweets defending her. Sharing how much respect he had for Brown, he stated “...that girl deserves no shade and nothing but success. She empowers women and deserves all the accolades. She empowers women and created so much conversation on how women should be treated. I am grateful for our time together and all that I learned from her.”

These [celebrity exes](#) are keeping their feelings positive all the way around. What do you do if your ex

is throwing shade at you?

Cupid's Advice:

When an ex decides to throw shade your way, it triggers an almost immediate emotional reaction. It's hard to ignore the issue and not let it affect you or your behavior. It's even worse if this ex has thrown something like this at you before. But, is it worth giving them the satisfaction of visibly showing how upset it made you? Not at all. Take a look at a few of Cupid's suggestions for [relationship advice](#) on how to deal with an ex that is trying to shade you:

1. Delete their social media from your accounts: A big mistake people make is keeping their exes on their social media as friends, followers, etc. It not only keeps a break-up fresh, but it's easy to go on their pages and keep up with their every move. Deleting them as friends or unfollowing their accounts will help you deal with an ex that might cryptically tweet about you or like shady tweets that could be indirectly addressed towards you. In fact, after wiping them away, you might not even know they're doing it anymore.

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2. Take a breath: Taking a long, deep breath can do wonders for how you react towards an ex throwing shade. It'll help you balance your composure by trying to keep your mind and body calm. And, if you feel like you need to respond, taking a moment to collect yourself and your thoughts before you reply can do wonders for how the entire situation will go.

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3. Surround yourself with positivity: There's nothing worse

than being alone or around negativity when an ex decides to throw something your way. The isolation and negative energy will only fuel you to respond with something you'll regret later. When an ex is exhibiting this behavior, try and find friends full of positivity to surround yourself with. They'll bring your mood up while further encouraging you and keeping you motivated to be above the nonsense.

How have you dealt with an ex that's thrown shade at you? Tell us down below!