

Celebrity Divorce: Julianne Hough Posts Cryptic Quote Amid Brooks Laich Divorce



By Carly Silva

In the [latest celebrity news](#), Julianne Hough took to Instagram to express her new definition of love last Sunday. According to *UsMagazine.com*, the actress, who moved forward with a [celebrity divorce](#) from Brooks Laich earlier this year, posted a Bianca Sparacino quote about love and the beauty of change.

In celebrity divorce news, Julianne

Hough is venting on social media using cryptic quotes. What are some ways to use social media to cope with a split?

Cupid's Advice

Getting over an ex and dealing with a break-up can be a difficult journey, but there are some tricks that can help you cope. If you're looking for ways to use social media to cope with a split, Cupid has some advice for you:

1. Unfollow or block your ex: One of the best things you can do for yourself when coping with a split is unfollowing, muting, or blocking your ex on social media. Even if you ended on good terms, cutting off contact on social media will help you to start moving on instead of constantly focusing on what they are posting.

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2. Post things for you: Using social media can be extremely empowering if you're using it for the right reasons. Instead of posting to impress others, gain approval, or show your ex how well you're doing without them, focus on using your accounts for your own self expression. Only post things you want and use social media to empower yourself.

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3. Follow accounts that make you feel good: Another great way to use social media during a break-up is to follow accounts that make you feel good. Whether that means following accounts that give relationship or break-up advice, or accounts with

inspirational quotes, paying attention to these types of users can help make your social media experience useful and beneficial.

What are some other ways to use social media to cope with a split? Start a conversation in the comments down below!

Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split





By Carly Silva

In the latest [celebrity break-up](#) news, Julianne Hough has officially filed for divorce from [celebrity ex](#) Brooks Laich. According to *UsMagazine.com*, the pair, who tied the knot in 2017, announced their split five months before officially filing for divorce earlier this week.

In celebrity break-up news, it's officially over between Julianne Hough and Brooks Laich. How do you know when your relationship is irreparable?

Cupid's Advice:

Trying to salvage a relationship can be tricky, so it's important to know when to call it quits. If you're looking for signs that your relationship is irreparable, Cupid has some

advice for you:

1. You've already tried everything: If you're trying to decide if your relationship is able to be fixed, it's important to assess what you've already tried. If you and your partner have tried to fix things for quite a long time, or even tried therapy, and you find yourself exhausted because things still aren't working, it may be time to call it quits.

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2. Your relationship has become harmful to one or both of you: Another sign that may help you know that your relationship is irreparable is if you find the relationship to be doing more harm than good to one or both of you. Once your relationship makes you and your partner unhappy often or has caused damage or harm to you, that is definitely a major sign that it may not be salvageable anymore.

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3. You no longer trust each other: Another sign of an unfixable relationship is a lack of trust. Continuing in a relationship without trusting your partner will only cause more problems down the road, so if you have tried everything to rebuild trust, and you still can't rely on each other, your relationship may not be repairable at that point.

What are some other ways to tell that your relationship is irreparable? Start a conversation in the comments down below!

Celebrity Exes: Brooks Laich Steps Out Without Wedding Ring After Julianne Hough Split



By Ellie Rice

In the latest [celebrity news](#), Brooks Laich was spotted out in Los Angeles without his wedding ring. The sighting comes after his recent split from Julianne Hough. The pair wed in mid-2017 and had been the source of multiple breakup rumors in recent months. We wish these two nothing but the best on their separate journeys!

This celebrity ex is letting his newly found single-dom be known. What are some small steps you can take to move on right after a split?

Cupid's Advice:

Break-ups are tough and moving on can feel impossible. If you're looking for ways to get that train rolling, Cupid has some advice for you:

1. Unfollow them: If you know you'll be itching to stalk their social media profiles and constantly check-up on what they are doing, unfollow them. During this process, it's important that you are focusing on yourself and doing what's right for you. Wasting your time on their socials will only make moving on more difficult and longer. Try taking a break from social media all together! Detox from your screen and work on your self-care routine instead.

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2. Cut the communication: While you may be thinking reaching out and continuing to seek closure is a beneficial thing, it will only hurt you in the long run. Once you break up make sure you understand what went wrong and why. After you receive this closure, don't continue asking to talk, it will only sour the split. By cutting off the communication, you will be able to completely focus on yourself and spend time working on your personal growth. Use this time to better who you are whether that's in your career or with your loved ones.

Related Link: [Celebrity News: Brooks Laich Still Wants Kids](#)

[After Split from Julianne Hough](#)

3. Turn to your support network: Nothing heals a wounded heart better than spending time with your friends and family. Tell them what's happening with your split and allow yourself to be vulnerable around them. Try planning a wine night with your girlfriends or a dinner with your family! Surround yourself with love and people who care about you and it will be a step in the right direction.

What steps would you take when moving on from an ex? Start a conversation in the comments below!

Celebrity Break-Ups: Julianne Hough Is 'Super Upset' Amid Brooks Laich Split





By Diana Iscenko

In the latest [celebrity news](#), Julianne Hough is having a hard time with her recent separation from ex-NHL player Brooks Laich. The [celebrity couple](#) split in May after almost three years of marriage. A source told *UsMagazine.com* that the *Dancing with the Stars* alum is “super upset” about the pair’s upcoming [celebrity divorce](#) saying, “Julianne and Brooks’ split was a long time coming... There’s still a love there, but not in a romantic sense.”

In celebrity break-up news, Julianne is having a tough time dealing with her recent split. What are some happy things you can do while coping with a split to boost

your mood?

Cupid's Advice:

The end of a relationship is always hard. You need time to grieve no matter how it ended. It's also important not to let the grief be the only thing you feel. If you're having a hard time feeling positive after your breakup, Cupid has some advice for you:

1. Reconnect with friends: It's easy to distance yourself from your friends during your relationship, but it's important to spend time with them after a breakup. Your close friends are there for you and this is when you need them most. If they're long-distance friends, schedule times to call them!

Related Link: [Celebrity News: Brooks Laich Still Wants Kids After Split from Julianne Hough](#)

2. Fall in love with your hobbies: Some of your free time will be spent being upset about your breakup and that's okay. Try spending more of that time getting back into hobbies you may have stopped doing during your relationship. This is your time to experiment with new activities, too!

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3. Say yes to new experiences: Accept every social invitation you have. Spend a night out with friends or have lunch with your family. Even if it doesn't feel genuine at the beginning, you'll be glad you spent time with people you care about instead of holing up and watching Netflix again.

What are some ways you pick yourself up after a breakup? Start a conversation in the comments below!

Celebrity News: Brooks Laich Still Wants Kids After Split from Julianne Hough



By Alycia Williams

In latest [celebrity news](#), Brooks Laich expressed his desire for kids following his recent split from Julianne Hough. According to *UsMagazine.com*, the former professional hockey player was discussing his “journey” to learn more about racism on a “How Men Think With Brooks Laich and Gavin DeGraw” podcast episode when he said, “It’s important to me. I hope to be a father one day.” The [celebrity exes](#) split in May, but

that doesn't change the way he feels about one day having children.

In celebrity news, Brooks Laich isn't letting his split from Julianne Hough keep him from having kids in the future. What do you do if your partner isn't interested in having kids, and you are?

Cupid's Advice:

Figuring out if you want to be a parent is such a big decision and even though you may have found who you think is "the one" they might not have the same plans as you to become a parent. If your partner isn't interested in having kids and you are, Cupid has some advice for you:

1. Figure out if there's an underlying issue: A lot of the time if someone doesn't want to have kids, it's not necessarily because they don't want to be a parent, but because of something that they think may prevent them from being the best parent they can be. For instance, lack of time, lack of money, or lack of space could be factors. Talk to your partner and see if this is an issue that can be resolved before starting a family.

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2. Be patient: Rushing into a big decision like becoming a parent isn't a good idea. If you are ready to have kids and your partner isn't, give them some time. They may change their mind over the course of time and when they do then you'll both

be ready to have a baby.

Related Link: [Parenting Trend: The Science Behind Baby Fever](#)

3. Keep and open mind: Try not to be stuck on exactly what you want. Hear your partner out and see if you can come to a compromise and agree on something that you both are happy with.

What are some other things to do if your partner isn't interested in having kids, and you are? Start a conversation in comments below!