

# Celebrity Break-Up: Brad Pitt & Nicole Poturalski Split After Brief Romance



By Carly Silva

In the latest [celebrity break-up](#) news, Brad Pitt and Nicole Poturalski called it quits on their brief romance. The two exes dated for a little over two months, and their split was made public in late October. According to *EOnline.com*, the exes split several weeks ago and their [celebrity relationship](#) was never very serious.

# In celebrity break-up news, Brad Pitt is single once again. What are some ways to heal quickly after a split?

## Cupid's Advice:

Healing after a split can be a difficult task, but there are a few helpful tips that can speed up your post-breakup healing process. If you find yourself newly single and you're looking for some ways to heal quickly after a split, Cupid has some advice for you:

**1. Cut all contact:** A great way to heal quickly after a break-up is to cut all contact as soon as you can. Staying in touch with your ex or following them on social media will only instigate your feelings and prolong your healing process.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Do things you love:** Another tip for healing quickly after a split is to do things you love. Practicing your favorite hobbies or starting some new ones will help keep your mind distracted and stop you from overthinking about the break-up. Doing things you love can also help you to focus on the positive things in your life rather than wallowing in sad feelings about your split.

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**3. Be kind to yourself:** One of the most important things to remember when you are trying to heal after a break-up is to be kind to yourself. After a split, it is extremely easy to blame yourself and let your confidence sink down. Try practicing self-care, eat your favorite foods, exercise, or watch your

favorite TV show to help yourself relax and loved by yourself.

What are some other ways to heal quickly after a split? Start a conversation in the comments down below?

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## **Celebrity Break-Ups: Former 'Bachelor' Colton Underwood & Cassie Randolph Restraining Order Court Hearing Set for October**





By Carly Silva

In the [latest celebrity news](#), former *Bachelor* Colton Underwood will appear in court in October with ex Cassie Randolph after she was granted a restraining order against the [Reality TV star](#). The two ex-lovers went public about their split in May, and have had a messy fallout since. According to *UsMagazine.com*, Randolph claimed that Underwood has been “stalking and harassing” her, causing her to take legal action.

**In celebrity break-up news, Colton and Cassie seem to be going through the worst possible break-up scenario. What do you do if you're trying to cease contact with your**

# ex, but he or she won't take "no" for an answer?

## **Cupid's Advice:**

It can be really hard for some people to let go when going through a breakup. If you're trying to stop contact with your ex, but they won't take "no" for an answer, Cupid has some advice for you:

**1. Talk to them first:** Sometimes it can be awkward to tell your ex to stop contacting you, but you want to make sure they definitely receive the message. Ask for some privacy, and make sure it's extremely clear that you don't want them to reach out anymore.

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**2. Try blocking them:** If your ex still isn't taking "no" for an answer, it may be time to block them. You can block their number and their social media accounts to try to get back some privacy.

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**3. Take it even further if you need to:** If your ex is incessant and you have tried everything, it's okay to take it a step further if needed. Contacting the police or filing a restraining order is drastic, but it may be necessary if your ex still won't leave you alone.

**What do you do if you're trying to cease contact with your ex, but he or she won't take "no" for an answer? Start a conversation in the comments down below!**

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# Celebrity Exes Kendra Wilkinson & Hank Baskett Are in a 'Really Good Spot' After Split



By Alycia Williams

In latest [celebrity news](#), Kendra Wilkinson and Hank Baskett are in a good place after their [celebrity break-up](#). According to *UsMagazine.com*, Wilkinson and Baskett have been very cordial and are in a really good spot with coparenting. Hank is out of the picture in terms of a romantic relationship, but

they have a good thing going when it comes to the kids. They switch off week to week with them.

## **Celebrity exes Kendra and Hank are making the best of things after their break-up. What are some ways to keep things positive in the face of a split?**

### **Cupid's Advice:**

A break-up can be a hard thing to get over and keeping it cordial with your ex can be just as hard. If you're looking for ways to keep things positive in the face of a split, Cupid has some advice for you:

**1. Don't fight your feelings:** Trying to make yourself seem better than you actually are is only going to make things worse. Allow yourself to cry it out if you need to and get that emotion out. That way once all of that is done, you can easily move on.

**Related Link:** [Celebrity Break-Up: Danica Patrick Is Doing 'Emotional Therapy' After Aaron Rodgers Split](#)

**2. Take the high road:** Try to stay away from anything that might seem petty or uncalled for. In order for things to stay positive with your ex, you can't do or say negative things about them.

**Related Link:** [Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split](#)

**3. Follow your own path:** Stay focused on yourself and what you have going for you. Worrying too much about your ex will only create negative feelings and thoughts about them.



What are some other ways to keep things positive in the face of a split? start a conversation in the comments below!

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# Celebrity Break-Up: Liam Hemsworth Is 'Living a Different Life' After Split from Miley Cyrus



By Alycia Williams

In latest [celebrity news](#), Liam Hemsworth is living a different



life after his [celebrity break-up](#) from Miley Cyrus. According to *EOnline.com*, since their split a year ago, Hemsworth has put the relationship with Cyrus behind him. He's happy to have moved on and is living a completely different life now. The way things ended between them didn't sit well with him and he was saddened by it all. It took him time to come to terms with the end of their relationship and to process it all. Hemsworth and Gabriella Brooks were spotted on lunch date recently. They've proved that their relationship is stronger than ever and they enjoyed a fun day in Byron Bay.

## **In celebrity break-up news, Liam Hemsworth has moved on with his Aussie girlfriend, Gabriella Brooks. What are some ways to keep your relationship “easy and fun”?**

### **Cupid's Advice:**

When you're in a relationship for a long time, it can be hard to revive the fun times that you were both having in the beginning. If you're looking for ways to keep your relationship easy and fun, Cupid has some advice for you:

**1. Keep the element of surprise alive:** Surprise your partner from time to time in a variety of ways. Arrive home with a small gift, cook your partner's favorite meal or book a surprise weekend getaway. These types of surprises will keep the excitement alive and prevent you from getting stuck in a relationship rut.

**Related Link:** [Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding](#)

**2. Greet one another with excitement:** The way you greet one

another after being apart can set the tone for the rest of the day. Changing small habits, such as the way you greet your partner when they get home, can be key to a lasting relationship. Greet your partner at the door with a hug and a kiss and express your joy at being together again. This can start things off on the right foot and set you on the path to reconnect after being apart.

**Related Link:** [Celebrity Divorce: Why Liam Hemsworth Quickly Filed for Divorce from Miley Cyrus](#)

**3. Try something new together:** Participating in a new activity together can keep the relationship exciting. Take a Chinese cooking class, volunteer at a soup kitchen, or take golf lessons together. A willingness to learn something new can help you grow together as a couple.

**What are some other ways to keep your relationship “easy and fun”? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Danica Patrick Is Doing ‘Emotional Therapy’ After Aaron Rodgers Split**





By Alycia Williams

In latest [celebrity news](#), Danica Patrick posted about doing an “emotional therapy” workout just weeks after her [celebrity break-up](#) from NFL quarterback Aaron Rodgers. According to *UsMagazine.com*, Patrick posted a photo on Instagram that showed her posing beside a mountain lake. The photo was captioned “I got me, I always have.” Patrick explained that she started doing The Class workout a week ago after her friend Heather Nielsen said she was loving it. “Turns out, now I do too!” she wrote of the calisthenics and plyometrics routine.

**In celebrity break-up news, Danica Patrick is working on herself emotionally after her break-up from Aaron Rodgers. What are some ways**

# to cope during a hard time after a split?

## **Cupid's Advice:**

A break-up can be a hard time in life. Finding ways to get back to your old self is difficult. If you are looking for ways to cope during a hard time after a split, Cupid has some advice for you:

**1. Write it or talk it out:** Writing out your thoughts in a journal, having a good cry, or talking to a therapist can help you process and gain the clarity you need to see why the relationship didn't work and why you'll be better off without your former partner.

**Related Link:** [Celebrity Break-Up: Danica Patrick Posts About 'Pain' After Aaron Rodgers Split](#)

**2. Get active:** Going for a run or hitting the elliptical can lower your stress levels, improve cognitive functioning and boost your mood in addition to providing a healthy distraction from your worries. Even if exercising is the last thing you want to do, the act of simply getting out of your head and focusing your awareness on your body can be helpful.

**Related Link:** [Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage](#)

**3. Do things you love:** Treat yourself to something that makes you feel good, whether it's a cup of coffee with a friend or a massage. Self-care is essential to the healing process, and doing things that make you smile can help you heal.

**What are some other ways to cope during a hard time after a split? Start a conversation in the comments below!**

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# Celebrity Break-Up: 'Riverdale' Star Vanessa Morgan & Michael Kopech Split Days After Announcing Pregnancy



By Alycia Williams

In latest [celebrity news](#), *Riverdale* star Vanessa Morgan announced her [celebrity break-up](#) from Michael Kopech just days after she announced her [celebrity pregnancy](#). According to

*UsMagazine.com*, the couple exchanged vows in January and seven months later, she has announced that she'll be welcoming a baby boy along with the news that she will be divorcing Kopech.

## **In celebrity break-up news, Vanessa and Michael are calling it quits even though they're expecting a baby together. What are some ways to make your relationship work for the sake of your children?**

### **Cupid's Advice:**

Relationships can be difficult to manage, and you may break up or stay together for different reasons. Giving your relationship another shot for the sake of the kids isn't an unpopular decision, but how do you make the relationship work once you've decided to stay together? If you find yourself in this situation, Cupid has some advice for you:

**1. Kids come first:** You and your partner have at the very least one thing in common and that is the children you share. Devote your energy and time toward your kids for the best outcome.

**Related Link:** [Celebrity Break-Up: Jordana Brewster & Andrew Form 'Quietly Separated' Earlier This Year](#)

**2. Take care of each other:** Since you both are devoting a lot of your time to your children the extra time that you both get has to be spent taking care of each other. You two are a team so don't be afraid to be a team player.

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[Thompson Reunite at True's 1st Birthday Party](#)

**3. Don't forget about date night:** Try your best to have a set time where the babysitter comes and you and your partner have a night out on the town. Spend that quality time together to remind yourself why you got together in the first place.

**What are some other ways to make your relationship work for the sake of your children? Start a conversation in the comments below!**

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## **Celebrity Break-Up: Danica Patricks Posts About 'Pain' After Aaron Rodgers Split**







By Alycia Williams

In latest [celebrity news](#), Danica Patrick is focusing on her emotional well-being after her [celebrity break-up](#) from Aaron Rodgers. According to *UsMagazine.com*, Patrick shared that she watched a video on where trauma is stored in the body. She also shared a a few quotes to her Instagram. “You know the saying ‘gut feeling’? I have found it speaks to me before the mind. I take it as an invitation to stop and look within. I journal and ask what could be going on?” She later shared another quote: “The pain that we are given is the pain that we pass on.”

**In celebrity break-up news, Danica Patrick seems to be having a rough time after her split from Aaron Rodgers. What are some ways to**

# communicate your pain to family and friends?

## Cupid's Advice:

Feeling pain after a break-up is completely natural and expected, but holding onto that pain will only make it worse. If you are looking for ways to communicate your pain to your friends and family, Cupid has some advice for you:

**1. Find out who you're most comfortable with:** Telling all of your friends and all of your family about your pain won't be helpful because you'll just keep repeating yourself. Out of everyone find two or three people you feel the most comfortable talking to and anytime you feel like you need to talk you should call one of them.

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**2. Don't hold back:** The whole point of talking to your friends and family is to get what you need off your chest. That won't work if you leave stuff out. Be open and honest with them to really lay out all of the pain.

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**3. Find out what works best for you:** Since this is your time to release pain you should have control over every detail. Whether it's texting, calling, or meeting up in person, whatever makes you feel the most comfortable is what you should be doing.

**What are some other ways to communicate your pain to family and friends? Start a conversation in comments below!**

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# Celebrity Break-Up: Ryan Seacrest & Shayna Taylor Split for the Third Time



By Alycia Williams

In latest [celebrity news](#), Ryan Seacrest and Shayna Taylor called it quits for the third time in the past eight years.

According to *UsMagazine.com*, the [celebrity couple](#) are remaining good friends and will always be each others' biggest supporters. They will also cherish the time they spent together as a couple. Seacrest, who is in Mexico with some friends, was spotted a few times with another woman. They've

been pictured holding hands and relaxing on the beach together, very soon after his [celebrity break-up](#).

## **In celebrity break-up news, Ryan and Shayna called it quits, and it seems Ryan has already moved on. How do you know when you're ready to move on after a long-term relationship?**

### **Cupid's Advice:**

When you're in a relationship for a long time and things aren't going so well, it's hard to know when you should continue to work on your relationship or move on. If you are in a long-term relationship and you're not sure if you should move on, Cupid has some advice for you:

**1. You've lost interest:** In the beginning of the relationship, you two were inseparable. Late night phone calls, endless text conversations, and spontaneous dates were the norm, and it seemed like you would be together forever. If you've lost that same spark that you had when you first got together completely, then chances are it's not coming back.

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**2. You fight constantly:** Disagreements within a relationship are perfectly normal, but if you find you and your partner fighting a lot more than usual, then it's time to take a broader scope to the relationship. If fights outweigh the good times that you have, then it's time to call it quits.

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**3. You avoid future plans:** If you're in a long-term relationship, then planning ahead should be natural, because you see a long-term future with each other. If you find yourself not planning a future with your partner, that just means you don't see this person in your future. In that case, it's time to move on.

**What are some other ways to know when you're ready to move on after a long-term relationship? Start a conversation in the comments below!**

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# **Celebrity Break-Up: Jordana Brewster & Andrew Form 'Quietly Separated' Earlier This Year**





By Alycia Williams

In latest [celebrity news](#), Jordana Brewster and her husband Andrew Form “quietly separated” earlier this year after 13 years of marriage. According to *People.com*, the [celebrity couple](#) have the utmost respect for each other and they remain committed to co-parenting their two sons, Rowan and Julian, as a team.

**In celebrity break-up news, Jordana and Andrew have separated, but are co-parenting their kids as a team. What are some tips for co-parenting successfully?**

**Cupid’s Advice:**

Co-parenting isn’t anyone’s ideal situation, but it’s a lot of people’s reality. It can be hard to maneuver the best way to

co-parent with your ex. Cupid has some advice for you:

**1. Always communicate:** It can be difficult to keep talking to your ex after you break-up, but if you have children together it's so important to keep communicating. You are both still parents whether you're together or not, and that means you still need to make decisions together pertaining to your kids. Keep your ex informed, and they should do the same with you.

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**2. Have a plan:** Once you and your partner break up, you need to create a plan when it comes to the kids. Sit down with your ex and figure out who the kids are going to live with, when the kids are going to visit the other parent, who's going to have the kids on which holidays, who's going to take the kids to school and all of the other little details. Agree on the details, and stick to them for consistency in your kids' lives.

**Related Link:** [Celebrity Exes Brad Pitt & Angelina Jolie Reach Child Custody Agreement](#)

**3. Try not to involve to kids:** You and your ex broke up for a reason. Whatever that reason may be, try not involve your kids in your adult business. Don't talk negatively about your ex to your children, because that's their parent and you wouldn't want that done to you. Try to portray you ex in the best light possible in front of your kids.

**What are some more tips for co-parenting successfully? Start a conversation in the comment below!**

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# Celebrity Break-Up: Mary-Kate Olsen Officially Files for Divorce from Olivier Sarkozy



By Alycia Williams

In latest [celebrity news](#), Mary-Kate Olsen filed for a [celebrity divorce](#) from Olivier Sarkozy. According to *EOnline.com*, Olsen requested an emergency divorce filing initially. The request was denied due to the COVID-19 pandemic. After a few weeks, Olsen was finally able to file for divorce now that New York courts began allowing lawsuits and divorces to be filed online again.

# In celebrity break-up news, Mary-Kate Olsen was finally able to file for divorce from her husband. What are some ways to handle the initial fall-out from a split?

## Cupid's Advice:

Break-ups can be very difficult thing to process, especially when you're married. Dealing with the those first steps of the break-up can be be really hard to navigate. If you are looking for ways to handle the initial fall-out from a split then, Cupid has some advice for you:

**1. Deal with the logistics:** When you're in a relationship that has lasted for a long time you both may share a lot of things. Whether it's you're belongings or you're home, you guys should decipher who's going to keep what and just come to a common ground.

**Related Link:** [Celebrity Break-Up: Kylie Jenner & Travis Scott Are Taking a Break](#)

**2. Make a plan for friends:** Couples love to hangout with other couples but, when you guys break up it's important to figure out what you're going to do about interacting with mutual friends. Break down together who will hang out with who, that way you both don't have to have an awkward moment hanging out with shared friends.

**Related Link:** [Celebrity Divorce: Adele Files for Divorce from Simon Konecki](#)

**3. Seek help to navigate your emotions:** Seeking help after a breakup can be extremely helpful. Having someone to talk to and rely on after a break-up can help you recover faster. This

help doesn't even have to be professional, it can be a family member or a friend. As long as they are willing to listen to you vent about the break-up.

What are some other ways to handle the initial fall-out from a split? Start a conversation in the comments below!

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## **Celebrity Break-up News: Brian Austin Green Confirms Split from Megan Fox After 10 Years of Marriage**





By Alycia Williams

In latest [celebrity news](#), pictures of Megan Fox and Machine Gun Kelly have surfaced, which has led many to suspect issues within Brian Austin Green and Fox's marriage. According to *UsMagazine.com*, Green shares in his podcast that he has split from his wife of ten years. Despite this [celebrity break-up](#), Green expresses that he will always love Fox, but that they've been trying to be apart since the end of 2019. He got choked up as he explains that he would rather be apart from Fox than be at odds, since they're best friends and have children together.

**In celebrity break-up news, Brian Austin Green and Megan Fox are calling it quits. How do you know your relationship is beyond saving?**

**Cupid's Advice:**

Relationships are bound to go through up and downs, which makes it hard to know when you should let go. For some clarity on when your relationship is beyond help, Cupid has some advice for you:

**1. Is your partner being faithful?:** If your partner truly loves you, they won't be unfaithful. If they are cheating on you or being dishonest, then they don't respect you enough to tell you that they don't want to be with you. And, in that case, there is no point trying to fix the relationship because you deserve someone that respects you enough to be faithful.

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**2. Are you happy?:** Your partner is supposed to make you happy. So, if you feel that that you've been unhappy lately, then that's a sign that something isn't working out. You should get to the bottom of your unhappiness, and if your partner is at the root of your unhappiness, then it's time to part ways.

**Related Link:** [Celebrity Divorce: Sarah Palin's Husband Files for Divorce After 31 Years of Marriage](#)

**3. Do you love being around your partner?** In a loving relationship you guys would never want to be apart and you'll always want to be around each other. If you find yourself trying to get as far as possible from your partner and not spending a lot of time together then you shouldn't try to save the relationship anymore.

**How else do you know your relationship is beyond saving? Start a conversation in the comment below!**