

# Celebrity Exes: 'Bachelor' Nation's Kendall Long Reveals What Future Holds with Ex Joe Amabile



By Carly Silva

In the [latest celebrity news](#), *Bachelor* Nation's Kendall Long recently opened up about her split from Joe Amabile. According to *EOnline*, the [reality TV star](#), who has been promoting the upcoming launch of her new book, said she and Amabile are still good friends and that they still want the best for each other.

# These celebrity exes may not see sparks again in the future, but they're still good friends and potential confidants. What are some ways to build a lasting friendship with your ex?

## Cupid's Advice:

Trying to stay friends with an ex can be tricky territory, but there are a few tips to help you do it right. If you're looking for some ways to build a lasting friendship with your ex, Cupid has some advice for you:

**1. Be clear about expectations:** When you first start the process of being friends with your ex, you need to be open and clear about where your friendship is going. Make sure both of your intentions are understood, and that friendship is what you both really want.

**Related Link:** [Celebrity News: Bachelorette Alum Tyler Cameron Says He and Hannah Brown Have Struggled to Figure Out Relationship](#)

**2. Establish boundaries:** It's also important to make sure both of you know where the boundaries are. Establish what types of behaviors are okay and which ones aren't. Make it clear that flirting and hooking up are off limits so that you don't fall into old habits.

**Related Link:** [Celebrity Baby News: Vanderpump Rules Stars Brittany Cartwright & Jax Taylor Are Expecting First Child Together](#)

**3. Learn to be happy for them:** One of the biggest parts of

starting a friendship with your ex is the ability to be happy for them. Make sure you're in a place where you won't be jealous of their new love life. Try your best to accept that your relationship has ended and support them through their new endeavors.

What are some other ways to build a lasting friendship with your ex? Start a conversation in the comments down below!

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## Celebrity Break-Up: 'Bachelor in Paradise' Couple Kendall Long & Joe Amabile Split





By Ellie Rice

In the latest [celebrity news](#), *Bachelor in Paradise*'s beloved Grocery Store Joe Amabile and Kendall Long have split. The pair released a lengthy statement citing distance as the reason behind the breakup. According to *UsMagazine.com*, the decision was mutual as they both still hold a lot of love for each other. It's sad to see a fan favorite couple turn into [celebrity exes](#), but we hope they find love and happiness on their own journeys!

**In celebrity break-up news, this *BIP* couple is no more. What are some ways to know your relationship is over and can't be fixed?**

**Cupid's Advice:**

Acknowledging that your relationship is over can be difficult, but moving on to something healthier and happier is worth it.

Cupid has some advice for you on when to know when its really over:

**1. Your mental health is suffering:** If you aren't feeling like yourself anymore, and the relationship is the root cause, it's time to move on. Letting your mental health suffer for the sake of another person isn't healthy or positive. Love the life you live, with confidence and strength!

**Related Link:** [Celebrity Break-Up: 'Bachelor in Paradise' Couple Demi Burnett & Kristian Haggerty Split](#)

**2. The spark is gone:** When your relationship feels more like a friendship, then maybe it's become just that. Relationships evolve over time, sometimes deepening that initial romantic connection and other times shifting into a platonic partnership of comfortability. Recognize this shift and have an honest conversation with your partner. It's not fair to either of you, staying in a romantic relationship that you aren't 100% invested in.

**Related Link:** [Expert Dating Advice: How To Have Tough Talks With Your Partner](#)

**3. The cons outweighs the pros:** If you feel like you're fighting about minor or meaningless issues and everything has become a challenge, it's time to analyze your relationship. When you're both unhappy, it can lead to small things becoming big things. Once the bad times start to overpower the good, it's time to go.

**What are some healthy ways to move on from a partner? Start a conversation in the comments below!**