

Celebrity News: Rob Kardashian's Ex Adrienne Bailon Says 'He's a Great Guy'



By Mackenzie Scibetta

At an event for *Latina* magazine, Adrienne Bailon kept the tabloids on their toes when she didn't technically deny recent [celebrity news](#) that she was back with her past love Rob Kardashian. According to [UsMagazine.com](#), when confronted with fans asking about their rekindled romance, Bailon replied, "It is what it is". The celebrity dating rumors continue as she added, "He's a great guy and I always wish him well". The famous couple dated for two years in 2007, but had a rough

celebrity break-up after Bailon got into a social media fight with his sisters Kim and [Khloe Kardashian](#).

This celebrity news is a good thing in the wake of rumors surrounding Rob Kardashian. What are some ways to keep rumors from affecting your self-confidence?

Cupid's Advice:

While gossip can often seem trivial and childlike, it can actually do serious damage to a person's mindset. Once you realize that rumors are simply designed out of boredom, confusion, and jealousy then you can move on and focus on yourself. Overcoming and ignoring rumors is a step towards mental peace. Cupid has developed a few ways to keep your confidence high while dealing with distracting rumors:

1. Get to the heart of why the rumor exists: If you can have a basic understanding of where the rumor came from and how it developed then you will see it is just one big misunderstanding. In our minds rumors are thrown out of proportion to seem like the end of the world. Putting your mind at ease to realize that gossip is nonsense talk will help you disregard its message. A clear head equals a happy mind.

Related Link: [Celebrity News: Kim Kardashian Is Sick to Her Stomach when Khloe Flirts with Lamar](#)

2. Look at the situation positively: Not letting a rumor hurt or degrade you is an accomplishment that should be celebrated. Relish in the fact that you are mightier than a combination of reckless words. You can gain something from every hard situation, especially from conquering, or even destroying,

gossip.

Related Link: [Kim Kardashian 'Secretly Loved' Rumors She Was Faking Celebrity Pregnancy](#)

3. Smile: The easiest and most over-looked way to achieve self-confidence is to literally fake it until you make it. Psychology shows by smiling more often and thinking positively you can trick your brain into being happier. Not only does smiling reduce stress levels, but it will make you look great too.

Has a rumor ever affected your self-confidence? Let us know how you overcame it in the comments below.