

# Celebrity Divorce: Kaley Cuoco Tears Up Talking About 'Difficult Year'



By

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Kaley Cuoco's [celebrity divorce](#) has given her a difficult year, as reported by [UsMagazine.com](#). The [celebrity news](#) was revealed when Cuoco hosted Stand Up for Pits 2015, a charity for pitbulls. Cuoco shared that she has two pitbulls at home that helped her during her difficult time going through her split as a celebrity couple with Ryan Sweeting. Dogs truly are a man's, or in this case, a woman's best friend.

# Celebrity divorce is never fun. What are some ways to move on romantically after a difficult time in your life?

## Cupid's Advice:

Whether it's celebrity divorce or commoner divorce, it's not fun to deal with. To help, Cupid has three tips to help you move on romantically after such a difficult time in your life:

**1. Forgive yourself and your ex:** Odds are you're reflecting on your entire relationship during your split, trying to figure out where things went wrong. Even if you figure it out, the past is past. Forgive yourself and your ex. It'll help you move forward and be at peace with yourself.

**Related Link:** [Celebrity News: Source Says Miranda Lambert 'Doesn't Care' Who Blake Shelton Dates](#)

**2. Focus on yourself:** This difficult time is going to be a growing period for you. Use this time to focus on yourself and your wants and needs. Try something you've been wanting to do and take care of yourself. That way when it's time to get back out there, you're ready to go with someone else.

**Related Link:** [Halle Berry Walks First Red Carpet Since Celebrity Divorce Announcement](#)

**3. Be open to opportunity:** You never know what might come your way! Though one door has closed, many more have just opened. You could get a promotion, or a chance to move, or you could have a chance encounter with someone new, be it friend or possible partner.

**Have you gone through a rather difficult split? How did you**

**cope? Comment below.**