

Celebrity News: Jennifer Lawrence Gets Emotional About Ex Nicholas Hoult



 By Katie Gray

In latest [celebrity news](#), movie star Jennifer Lawrence opens up about her past celebrity relationship with ex Nicholas Hoult. The former [celebrity couple](#) were once very serious, and now Lawrence is getting emotional thinking back on it. According to [UsMagazine.com](#), Lawrence and Hoult split in January 2013 and called things off for good in August 2014. JLaw told Diane Sawyer in an interview, "Being 24 was this whole year of, 'Who am I without these movies? Who am I without this man?'"

This celebrity news is a story of lost love. What are some ways to get over your ex?

Cupid's Advice:

They say when a heart breaks, it doesn't break even. Going through the experience of lost love can be very difficult. However, it's important to remember to keep looking on the sunny side of life. Whether you focus on your career or hang out with loved ones, there are plenty of ways to move on. Cupid has some relationship advice to help you get over your ex:

- 1. Work hard:** When you're dealing with a break-up and are feeling bad about your lost love, you need to take your mind

off of it. Put your focus on your career and/or education. Throwing yourself into your job, a class or a new hobby is the perfect way to keep busy. Work, work, work!

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2. Play hard: People live life the best when they work hard and play hard. Just because you're feeling down does not mean that you shouldn't enjoy yourself. Go out with your loved ones, and have fun! It's important to see there is still enjoyment in life.

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3. Love hard: Although it's best not to rush into anything right away after a break-up, you should put yourself back out there. Get to know people, and maybe even go out on a date. Nobody says you have to marry the person, but make sure to let yourself love again.

How have you gotten over your ex? Comment your stories below!