

Celebrity News: Katie Holmes Says She Has No Regrets



By Abbi Compel

In latest [celebrity news](#), [Katie Holmes](#) opened up about her past and how she has no regrets. From 2006 to 2012, she was married to her celebrity ex Tom Cruise. According to [UsMagazine.com](#), Holmes states that she doesn't regret anything that she has done. She is very happy nowadays. She and Cruise share their celebrity baby-no-more, Suri. Holmes loves being a mom.

This celebrity news is surprising

given her history with Tom Cruise. What are some ways to avoid dwelling on a past relationship?

Cupid's Advice:

Old relationships can find a way to come back and haunt you. Cupid has some relationship advice on ways to avoid dwelling on the past:

1. Look towards the future: Think about your future and all the things you have going for you. Don't let past relationships spoil what you will have in the future. Always find something that will make you happy.

Related Link: [Former Celebrity Couple Gwyneth Paltrow and Chris Martin Spend Thanksgiving Together](#)

2. Me time: Find time for yourself. If you can be happy with yourself and who you are, then there is no reason to dwell on the past. Treat yourself to a nice dinner or to the movies.

Related Link: [Celebrity News: Harry Styles Has Awkward Run-In with Celebrity Ex Taylor Swift's BFF](#)

3. No regrets: Remember that everything happens for a reason. These are not regrets, just lessons learned. You now know what works and what does not.

What do you think are some good ways to avoid dwelling on a relationship? Comment below!