

Celebrity News: Lea Michele Splits from Matthew Paetz After 2 Years of Dating



 By Myesha Cobb

Unfortunately, after two years of dating, [celebrity couple Lea Michele](#) and Matthew Paetz have ended their [celebrity relationship](#). The latest [celebrity news](#) was confirmed by [UsMagazine.com](#) and apparently came as a surprise to the 29-year-old actress. “He had enough,” a source said. “She was completely crushed.” But will they ever get back together? The odds aren’t looking good. “He won’t take her back,” the same source mentioned.

This celebrity news is definitely unfortunate. What are some things you can do to reclaim your independence post-split?

Cupid’s Advice:

It breaks your heart when you are completely blindsided by a break-up! You feel like you are at a loss for words and don’t know how you are ever going to recover from it. But don’t worry! Here are some suggestions for how to reclaim your independence during those “after break up blues”:

1. Take some time for yourself: Sometimes not being in a relationship is a good thing! Don’t always think not being in a relationship anymore is the end of the road. There is

nothing wrong with taking time out for yourself and not looking for a relationship for a while.

Related Link: [Justin Bieber Says He Isn't Looking for a Romantic Relationship Right Now](#)

2. Do something to make you feel like “you” again: Reclaiming your independence can make you feel like a brand new person. Do things that you know that only YOU like and that maybe your past partner wasn't a fan of. You'll be feeling “brand new” and independent in no time!

Related Link: [Paula Patton Says She's a 'Real Woman Now' Post-Split from Celebrity Ex Robin Thicke](#)

3. Date yourself: Yes, you read correctly! Date yourself. Nothing says I'm reclaiming my independence like taking yourself out on dates. Go see a movie or treat yourself to some dinner!

What are some ways that you have reclaimed your independence after a break-up? Share your love advice below!