

Celebrity News: Gwen Stefani Drops New Song 'Misery' – Is It About Gavin or Blake?



By [Brooke Crawford](#)

[Taylor Swift](#) is not the only one belting out tunes about her lovers. In the latest [celebrity news](#), [UsMagazine.com](#) shares that singer, Gwen Stefani, has written an album focusing on her [celebrity divorce](#) from Gavin Rossdale and current boyfriend, Blake Shelton. The No Doubt singer's new single, *Misery*, is said to be about her experiences with her new beau. Famous [celebrity couples](#) are not the only ones who share their experiences creatively.

This celebrity news has us curious. What are some non-traditional ways to vent about your past or current relationships?

Cupid's Advice:

Bottling things up inside just isn't healthy, but it can be tough to know the best ways to vent your frustrations and feelings. Cupid has some tips:

1. Paint splatter: Art has been a creative way for many people to vent about life's experiences. Why not use it to vent about a relationship? Whether it be a glue stick, a pencil, or balloons filled with paint, grab the supplies and start creating. Art has a calming effect that allows you to take a situation and create something beautiful or meaningful. The best part is that you don't have to be a professional artist to do it.

Related Link: [Celebrity News: Is One Direction's New Song 'Perfect' About Celebrity Ex Taylor Swift?](#)

2. Kickboxing: A frustrating day can turn out to be a very productive day in the gym. Not only are you whipping your body into shape, but you are also giving all the pent up energy a way to release. Exercise releases endorphins, which can significantly alter your mood into a more positive one. Kickboxing is a great way to take out aggression on the equipment, and at the end you will feel less tense and ready to take on the world.

Related Link: [Celebrity Couple Gwen Stefani & Blake Shelton Expected to Release Duet Together](#)

2. Put pen to paper: Telling someone how you feel is not the

easiest task. There are so many thoughts and emotions that overwhelm us when it comes time to share what is in our hearts. When all else fails, write down the thoughts as they come to you. This is a really great way to gain some clarity and prepare you for what you want to profess. Some find it helpful to tear up the pages once they are written to exert any negative energy that may have spewed out. Find a way that writing can help you express yourself.

What are some abnormal ways that you have vented about your relationships? Share your thoughts below.