

# Celebrity News: Lauren Conrad Opens Up About Long Ago Split from Jason Wahler



By [Cortney Moore](#)

If you haven't kept up with *The Hills*' 10th anniversary special, here is the [celebrity news](#) you missed! On August 2, the former MTV reality cast got together to show what they've been up to since then and shed light on moments that fans were dying to know more about. In a surprising reveal, fans were shown a 2006 clip of [Lauren Conrad](#) and former boyfriend Jason Wahler meeting each other post-breakup. In an interview with [UsMagazine.com](#), Conrad opened up about her failed [celebrity relationship](#) with Wahler. "After we went on a break from filming, it was like a couple weeks in, I finally decided to

end things. We broke up,” Conrad said, “So when I saw Jason that day, it was the first time I had seen him since we had broken up. It was really hard. What made it harder was I could see he wasn’t sober.” Wahler, who has publicly struggled with alcoholism, acknowledges that he was out of control and responsible for the [celebrity break-up](#). However, the 29-year-old television personality is now sober, and has a successful celebrity relationship with wife Ashley Slack, while Conrad married William Tell in 2014.

## **This celebrity news was a long time coming! How do you know whether to go public with the details of your split?**

### **Cupid’s Advice:**

Some couples breakup and get back together, break up and get back together. For this reason, many are unsure of whether to go public with their splits in fear of being labeled “on-again-off-again.” If you’ve decided that your breakup is a done deal, Cupid is here to help you in revealing details of your split:

**1. Time has passed:** The best and most level headed way to reveal details of your split is to allow some time to pass. This will help you determine how final your breakup is. After some time has passed, you’ll hopefully be less upset and able to speak on why you and your partner split in a calmer manner.

**Related Link:** [Lauren Conrad Says She Felt Married Before She Was Actually Married](#)

**2. Ready to move on:** Another aspect you should consider before opening up about your breakup woes, is whether or not you’re ready to move on. You may want to share details about your

split, but you don't want to sound bitter or hung up on the person you ended things with. Being able to talk about your breakup without malice is also a good sign that you're ready to move on with someone new!

**Related Link:** [Lauren Conrad Talks Celebrity Babies with Husband William Tell](#)

**3. Severity of the split:** Before going public with your split, you may also need to think of how bad your breakup was. If you find yourself in a situation similar to Lauren Conrad's, you may want to stay a little more private. Be careful in the details you reveal for more sensitive topics. However, if your breakup was free of this drama you can probably talk about the split with little issue.

**How have you told people about your breakups? Tell us in the comments below.**