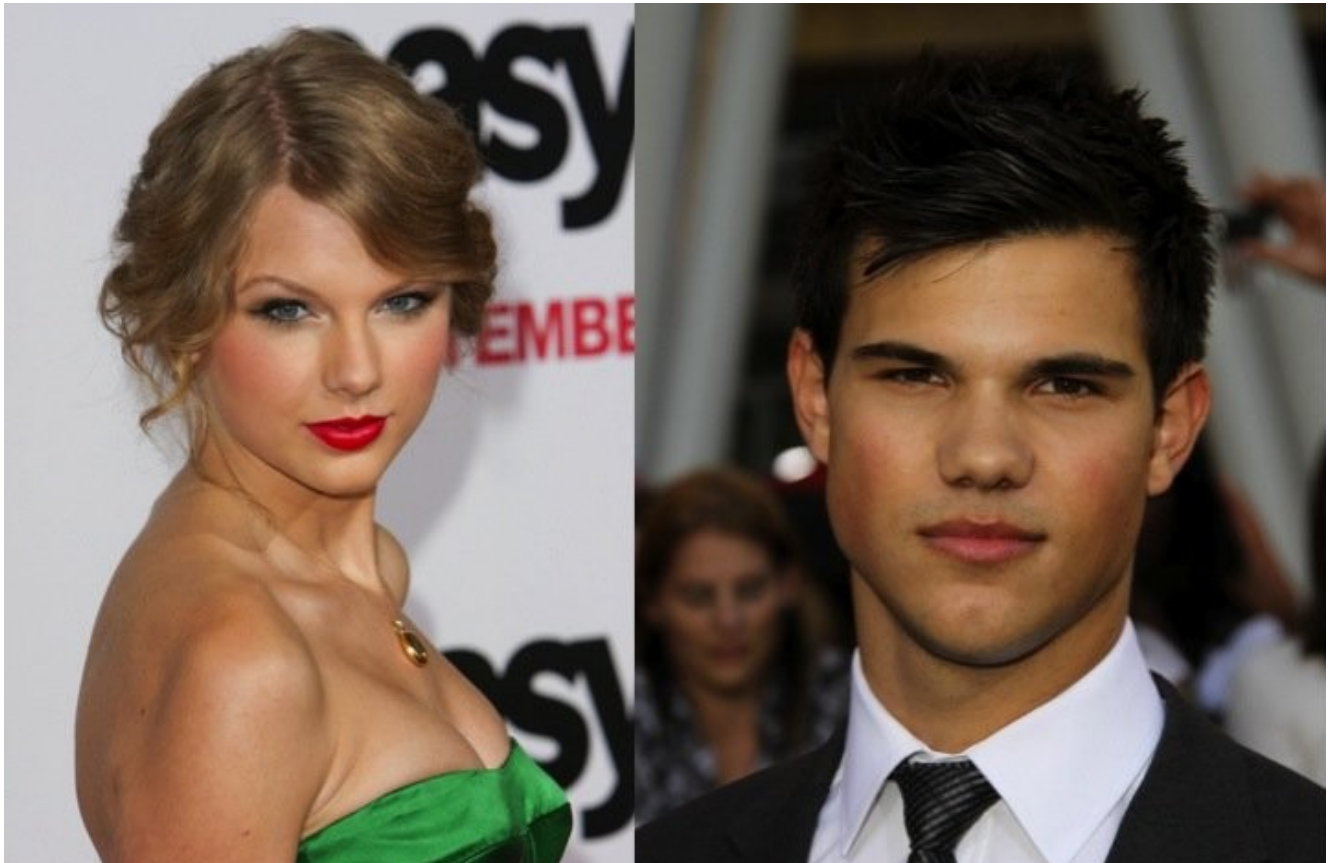


Celebrity News: Taylor Lautner Confirms Taylor Swift Wrote 'Back to December' About Him



By [Stephanie Sacco](#)

The Taylors were a memorable [celebrity couple](#) and were even more memorable for their break-up that sparked the song "Back to December". There was speculation and celebrity gossip at the time that the song was about him, but only recently did Lautner confirm it. In [celebrity news](#), during a Facebook Live chat at the Television Critics Association press tour in

Beverly Hills, the cast of *Scream Queens* discussed some of their past relationships. According to UsMagazine.com, when asked if Swift had written a song about him, Lautner responded, "That's what she does. She writes songs." He tried to be casual about it, but there's definitely more to the story, as he then interjected the conversation about which song was written about him with the correct answer.

This celebrity news has confirmed what we all thought all along. What are some ways to vent about a failed relationship?

Cupid's Advice:

Relationships fail and heartbreak happens, but you have to find an outlet for your feelings. Venting with friends or family is key in getting over an ex. Cupid is here with some [relationship advice](#):

1. Diary: Writing is a great way to cope with feelings and work through the problems in your relationship. It's also nice to not have anyone talking back or putting in their two cents; it's just you and your thoughts. Keeping a diary or journal can be very therapeutic.

Related Link: [Celebrity Break-Up: 'Twilight' Star Taylor Lautner Splits from Marie Avgeropoulos](#)

2. Therapy: There's no shame in getting professional help to talk about your issues. Sometimes it's too much for an average person to handle, and you need some real guidance. Even just retail therapy can help you move on in a healthier manner.

Related Link: [Celebrity News: Calvin Harris Goes Off on Ex Taylor Swift on Twitter](#)

3. Closure: Putting the relationship to bed and removing all belongings and mementos of the past can improve your mood. You don't have to vent all the time, but just take the time to clear your mind and discard all personal and shared items. It will ultimately create a feeling of closure.

How do you discuss your failed relationships? Comment below!