

Why Celebrity Exes Justin Bieber & Selena Gomez Can't Quit Each Other



By [Cortney Moore](#)

It seems that celebrity exes [Justin Bieber](#) and [Selena Gomez](#) just can't get over each other! This shouldn't be much of a surprise seeing as the pair have had a tumultuous on-and-off [celebrity relationship](#) since 2010. In the latest development of their confusing relationship, Gomez took to Instagram to reply to one of Bieber's post that asked fans to not be rude to his new "friend" Sofia Richie. "If you can't handle the hate then stop posting pictures of your girlfriend lol – it should be special between you two only," the 24-year-old singer told her [celebrity ex](#). Unhappy with the response, Bieber fired back with "It's funny to see people that used me

for attention and still trying to point the finger this way. Sad. All love. I'm not one for anyone receiving hate." The pair went back and forth with shady insults, but ultimately Bieber deleted his Instagram account after the public spat. According to a source on Eonline.com, the former couple's failed relationship was due to bad timing. "They were very in love at one point and went through a lot and so some feelings just don't go away."

These celebrity exes just keep coming back to each other. What are some ways to get over your first love?

Cupid's Advice:

A first love can either be an amazing experience or a painful one. The memories left in the wake of first love can stick with you forever, but it's never good to dwell on the past for too long. Instead of fixating on what was, let Cupid help you get over your first love and move on with the following tips:

1. Find support: All breakups are painful, but parting with a first love can be traumatic. For this reason it may be in your best interest to not go through it alone. Don't be afraid to find solace with your family, friends, or even support groups. Make sure you're taking care of your mental and physical self.

Related Link: [Celebrity News: Selena Gomez Wants a 'Low Key' Guy Who Isn't 'Terrified' Of her](#)

2. Improve yourself: Find qualities in yourself that you feel may need a little improvement and work to make them better. These can be traits in your personality, or hobbies that you participate in. Giving yourself a project to focus on will

keep you distracted from heartbreak.

Related Link: [Celebrity News: Justin Bieber Hangs with Selena Gomez Look-alike in Miami](#)

3. Have faith: It's also important for you to stay positive! Sure, you've broken up with your first love but you will find love again. Don't let yourself enter a dark place of negativity. Stay open to dating new people and giving love a chance to bloom. You won't be able to have lasting relationships if you're assuming the worst in people.

Have you ever had to move on from an ex? How did you do it? Share your stories and tips in the comments.