

# Celebrity News: Courteney Cox Says Split From Johnny McDaid Was 'So Brutal'



By [Stephanie Sacco](#)

In [celebrity news](#), Courteney Cox is typically linked to David Arquette, but more recently, she started dating Johnny McDaid of Snow Patrol. The [celebrity couple](#) got engaged in June 2014, but have hit a few rough patches. According to [UsMagazine.com](#), they broke up in December 2015. Cox said, "I definitely have learned a lot, and no matter what, I will be a better person from that breakup, even though it was so brutal." However, the couple are now giving it another go.

## In celebrity news, Courteney Cox is opening up about her split. What are some ways to get over a particularly brutal split?

### Cupid's Advice:

Break-ups are always followed by heartache, whether you are the heart breaker or not. It's never easy to end a relationship, no matter how long it's been. Cupid is here to help with some [relationship advice](#):

- 1. Closure:** Always try to get closure at the end of a relationship. It will help with the moving on process as well as keeping the break-up in a positive light. Save the important stuff, but trash the rest.

**Related Link:** [New Celebrity Couple? Courteney Cox & Will Arnett Grab Dinner After Her Split](#)

**2. Friendship:** Surround yourself with a good support system in the form of great friends and family. Stay close to them in your time of need and be grateful that you have such strong bond. Be sure to be there for them in their break-ups as well.

**Related Link:** [Are Former Celebrity Couple Courteney Cox & Johnny McDaid Getting Back Together?](#)

**3. Laughter:** Laughter is always the best medicine so laugh as much as possible. Laugh through the pain, laugh with your friends, and laugh when you feel like crying. Once you start accepting the break-up, you'll feel a whole lot better.

**How do you handle a messy split? Comment below!**