

Celebrity Exes: Josh Murray Is 'Thankful' Ex Amanda Stanton Is Dating Robby Hayes



By [Melissa Lee](#)

In *Bachelor Nation* news, Josh Murray claims that he's unbothered by his ex Amanda Stanton's current romance with *Bachelor In Paradise* co-star Robby Hayes. Stanton and Murray were engaged before their [celebrity break-up](#) in December 2016 after a string of events that caused the relationship to become toxic and unhealthy. According to [UsMagazine.com](#), Murray moved on awhile ago. "I'm dating, I'm doing a lot of things, and I wish them nothing but the best."

Josh Murray isn't jealous his celebrity ex is dating someone new; quite the opposite! What are some ways to deal with your ex moving on with someone new?

Cupid's Advice:

Break-ups are already tough enough, but things can get even harder when your ex has officially moved on. If you have found yourself in a similar situation, check out some of Cupid's advice to get you through it:

1. Accept it: It's harsh, but the first thing you have to do is accept the fact that your former lover has moved on. Understand that this is most likely for the best so you can do the exact same thing. Use this as an opportunity to rid yourself of any lingering feelings, and move forward with your own life.

Related Link: [Celebrity Couple News: 'Bachelor In Paradise' Star Amanda Stanton Opens Up About Dating Robby Hayes](#)

2. Focus on yourself: While it may be difficult to ignore the thoughts surrounding your ex's new relationship, use it as fuel to work on yourself. Give yourself a makeover, change your hair, or do something you've always wanted to do. Tasks like this can slowly contribute to better self esteem, and you'll feel great about all the things you've done for yourself instead of focusing on the negative.

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3. Meet new people: Lastly, do the same exact thing your ex is

doing – move on! If you're not ready to start going on dates and looking for a new relationship, take small steps by meeting new people and just having fun. There's no pressure to start a brand new relationship (in fact, you should only go at the pace you're comfortable with), but there's nothing wrong with embracing your new found single life.

How do you deal with you ex moving on? Share your thoughts below.