

Celebrity Break-Up: Sarah Hyland Said Summer 'Sucked' Post-Split from Dominic Sherwood



By [Melissa Lee](#)

Sarah Hyland recently posted a rather aggressive summer goodbye on her Instagram after dealing with a tough [celebrity break-up](#) this season. Hyland captioned her picture, "goodbye summer! You've sucked", making sure to add a few middle finger emojis. Hyland and her former boyfriend, Dominic Sherwood, split after two years of dating. Despite the break-up, [UsMagazine.com](#) says that the exes will continue to stay friends and will always respect one another.

This celebrity break-up left a bad taste in Sarah Hyland's mouth. What are some ways to get over your break-up enough to enjoy what life brings your way?

Cupid's Advice:

Break-ups are never easy, and Sarah Hyland can easily attest for that. Even though it's important to go through the stages of a break-up, there comes a point where you need to move forward with your life. Check out some of Cupid's tips on finally getting over your ex:

1. Focus on yourself: Take a page out of Khloe Kardashian's book and use the break-up as a way to completely focus on yourself. Head to the gym and get fit, or start a new hobby that you've been meaning to get to. Either way, by doing things for yourself that positively impact your physical or mental state, you'll slowly start to feel so much better.

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2. Get back out there: Although it may be hard to do at first, the best way to completely move on from a relationship is to start meeting new people. It doesn't necessarily mean you need to date anyone or commit to anything, but by pushing yourself to meet other people for a potential romantic interest, it can be a great tool for moving on.

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3. Don't be hard on yourself: The most important thing to remember is that you should never be too hard on yourself

during the process. Break-ups are difficult for every party involved, so don't get upset if it takes you a little bit longer. By taking the time you need, you will move on when you're ready, and it'll make your next relationship that much better.

**What are some of your tips for moving on from a break-up?
Leave your thoughts below.**