

Celebrity News: Selena Gomez Breaks Silence on Split from The Weeknd & Reunion with Justin Bieber



By [Karley Kemble](#)

[Selena Gomez](#) is finally opening up about her recent romantic reunion with [Justin Bieber](#)! Gomez and Bieber were once infamous for their on-again-off-again romance, but the singer has a positive attitude about her [celebrity relationship](#) this time around, reports [UsMagazine.com](#). In a recent interview with *Vanity Fair*, the singer spoke candidly about her past and present feelings for Bieber, saying, "I cherish people who have really impacted my life. So maybe before, it could have been forcing something that wasn't right. But that doesn't mean caring for someone ever goes away." She also revealed that there are no hard feelings toward The Weeknd, and that the [celebrity exes](#) remain best friends.

This [celebrity news](#) is something a lot of fans have been waiting for! What are some benefits to being open about your relationship triumphs and woes?

Cupid's Advice:

Being open about your relationship has many benefits that not only help you, but also help others. Check out these tips from

Cupid:

1. It's mature: There is a certain maturity that comes from being open about your woes. Nobody has a perfect relationship that is free from conflict. Being honest about your past mistakes and showing an active desire to change and grow is very mature. People will respect you and shouldn't look at you any differently!

Related Link: [Celebrity News: Selena Gomez's Family Is 'Still Getting Comfortable' With Her Justin Bieber Romance](#)

2. It's therapeutic: Sometimes, you need a listening ear to help process your feelings and emotions. When you talk to your close, inner circle about the good and bad parts of your relationship, you're allowing yourself to be vulnerable – which isn't always easy to do. It is also super beneficial to your mental health and wellbeing, and you'll have a newfound clarity in due time.

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3. It's helpful to others: We're all familiar with the saying "everyone has something going on." We are naturally inclined to conceal the ugly parts of our lives, so you might not even realize one of your coworkers or close friends are going through a rough patch! Sharing your story is helpful to others who are facing similar situations, whether it's intentional or not.

What are some other benefits of being open about your relationship? Let us know below!