

# Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together



By [Karley Kemble](#)

In some very devastating [celebrity news](#), Lena Dunham and Jack Antonoff are no more. According to [UsMagazine.com](#), the couple has endured a [celebrity break-up](#). Antonoff and Dunham began their relationship in 2012, but were simply growing apart, say sources close to the pair. The split comes as a shock to some, as they appeared to be going strong just months ago, as seen through Dunham's social media postings and on an article she penned for *Variety Magazine*. Hang in there, guys!

# This celebrity break-up comes after a five year relationship. What are some ways to adjust after a long-term relationship?

## Cupid's Advice:

Breakups are always challenging, and even more so when the relationship is long in tenure. If you're having a difficult time adjusting to your newfound single life, check out these tips from Cupid to help ease the pain:

**1. Delete, delete, delete:** In this digital age, we are connected to everyone digitally. Do yourself a favor and unfollow, delete, and/or even block your ex on all social media platforms. When you're trying to get over them, seeing their face plastered everywhere you turn. It really will help the healing process!

**Related Link:** [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

**2. Give yourself credit:** Some days will be easier than others. Instead of looking at the negatives, try flipping your perspective. You only cried five times today? Cool, yesterday it was seven so that's an improvement! You're allowed to mourn and allowed to be sad. Let yourself feel the pain for some time.

**Related Link:** [Rumor: Girls' Lena Dunham Is Dating Fun.'s Jack Antonoff](#)

**3. Do things you love:** Reclaim your independence and do things on your own. This is super important because it helps to dissociate the past from the present. Just because you and your ex went on lots of trips together doesn't mean you have

to be a hermit for all eternity! It's totally unfair and is only a disservice to you. You deserve happiness as a single person, too!

**How have you coped after a breakup? Share with us below!**