

Celebrity Exes Demi Lovato & Wilmer Valderrama Reunite for Lunch Date



By [Jessica Gomez](#)

In [celebrity news](#), celebrity exes Demi Lovato and Wilmer Valderrama were spotted having a lunch date at Sol Y Luna in Los Angeles, according to [UsMagazine.com](#). The former [celebrity couple](#) dated for six years, and their [celebrity break-up](#) occurred in the summer of 2016. However, Lovato and Valderrama sparked rumors last year when they were spotted together in multiple places. Could these two be reconciling their celebrity relationship or are they just good friends? We'll have to be on the look out!

These celebrity exes are either on good terms as friends or may be giving their relationship another try. What are some benefits to remaining friends with your ex?

Cupid's Advice:

Sometimes break-ups don't end badly, and in those times you may want to stay friends with your ex. Cupid has some advice on the benefits to staying friends with an ex:

1. They know you: If you guys end on a good note and stay cool with one another, then they can give you advice. The people we date get to know us in ways others don't. This comes in handy

when it comes to your new relationship, because your ex can give you advice based on your past experiences and the fact that he indeed knows you in that way. Just make sure you are not dealing with a bitter or spiteful ex – you would not want to take the wrong advice.

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2. You've got history: It's a shame to let all that history go to waste if you are both decent people that get along well after the break-up. Just because your romantic relationship didn't work out doesn't necessarily mean that a friendship won't work. You never know – maybe you were not compatible as lovers, but you make great friends, and the history can make the friendly bond stronger.

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3. You get closure: Becoming friends with an ex can be a path into getting over them, but only as long as you're both ready and willing to actually be friends. If you're friends, then you obviously should have let go of any resentment between the both of you. The past is in the past, and now you've got a friendship. You didn't have to lose a good person just because it didn't work out.

What are some reasons you stayed friends with your ex? Share with us below!