

Celebrity News: The Weeknd Scrapped an 'Upbeat' and 'Beautiful' Album After Selena Gomez Break-Up



By Rhodesia Williams

In [celebrity news](#), The Weeknd tossed an entire album and produced *My Dear Melancholy* after split with [Selena Gomez](#). According to *UsMagazine.com*, the [celebrity couple](#) broke up in October after 10 months of dating. Although The Weeknd had the previous album completely finished, the [celebrity break up](#) caused him to scrap it and produce his new six track EP. *My Dear Melancholy* was his way of expressing himself through his rough time. "He's been in the studio pretty much nonstop," a source said. The Weeknd said, "You want to get it out. It's like you close a chapter."

This celebrity news shows that The Weeknd was very affected by his break-up from Selena Gomez. What are some ways to cope with a sudden painful split?

Cupid's Advice:

Break ups can be tough, especially if they're sudden. Cupid has some advice on how to cope with a sudden painful split:

1. Talk it out: Sometimes you have to talk it out of your

system. Expressing yourself and talking to other just may be what you need to ease the pain.

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2. Keep yourself busy: It helps to keep yourself busy after a sudden break up. Sitting at home will have your mind wandering. Keeping yourself busy keeps your mind occupied for the most part. When you finally have those down times, thinking of the break up won't be so bad.

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3. Give it time: Your gut instinct is to reach out to the other person but sometimes that's not always the best thing to do. Give the situation time. Maybe a mixture of different things resulted the break up, but, have faith. Give it some time and then reach out. And, no, 5 minutes is not enough time.

Do you have any ways you cope with a break up? Share your thoughts below.