

Celebrity News: Khloe Kardashian Says She Is 'Brutally Broken' After Acting 'Gentle to Others'

By [Courtney Shapiro](#)

In [celebrity news](#), Khloe Kardashian recently mentioned how important it is to be kind to others even though things may not be great in life. The reality star shared the note after social media trolls attacked her for her personal choices. Kardashian's messages were cryptic, and it is unknown whether they are about her [celebrity relationship](#) with Tristan Thompson or another aspect of her life. According to *UsMagazine.com*, the 34-year-old posted an inspirational quote on her Instagram story that said, "If you've been brutally broken but still have the courage to be gentle to other living beings, then you're a bad-ass with a heart of an angel." Kardashian is trying to spread kindness to others, even though she currently feels broken.

In celebrity news, Khloe may or may not be talking about her relationship, but we've all found ourselves broken. What are some ways to heal your heart after it's broken?

Cupid's Advice:

How can you heal after you've been heartbroken? Cupid shares some advice:

1. Let all of your feelings out: After being heartbroken, it is expected that your emotions will be all over the place. It isn't going to help you heal if you keep everything inside, and let it build up. Allow yourself to feel whatever you're feeling in the moment instead.

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2. Find happiness in the little things: There might be a quote you find in a book, a part in a movie, or something you see in your daily life that makes you happy. Enjoy those small moments of happiness instead of dwelling on the heartbreak.

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3. Don't be hard on yourself: Your emotions are valid no matter what they are. Heartbreak is tough, and it can be hard to get back your "normal" self, but you'll get there eventually.

How have you healed after being heartbroken? Let us know in the comments!