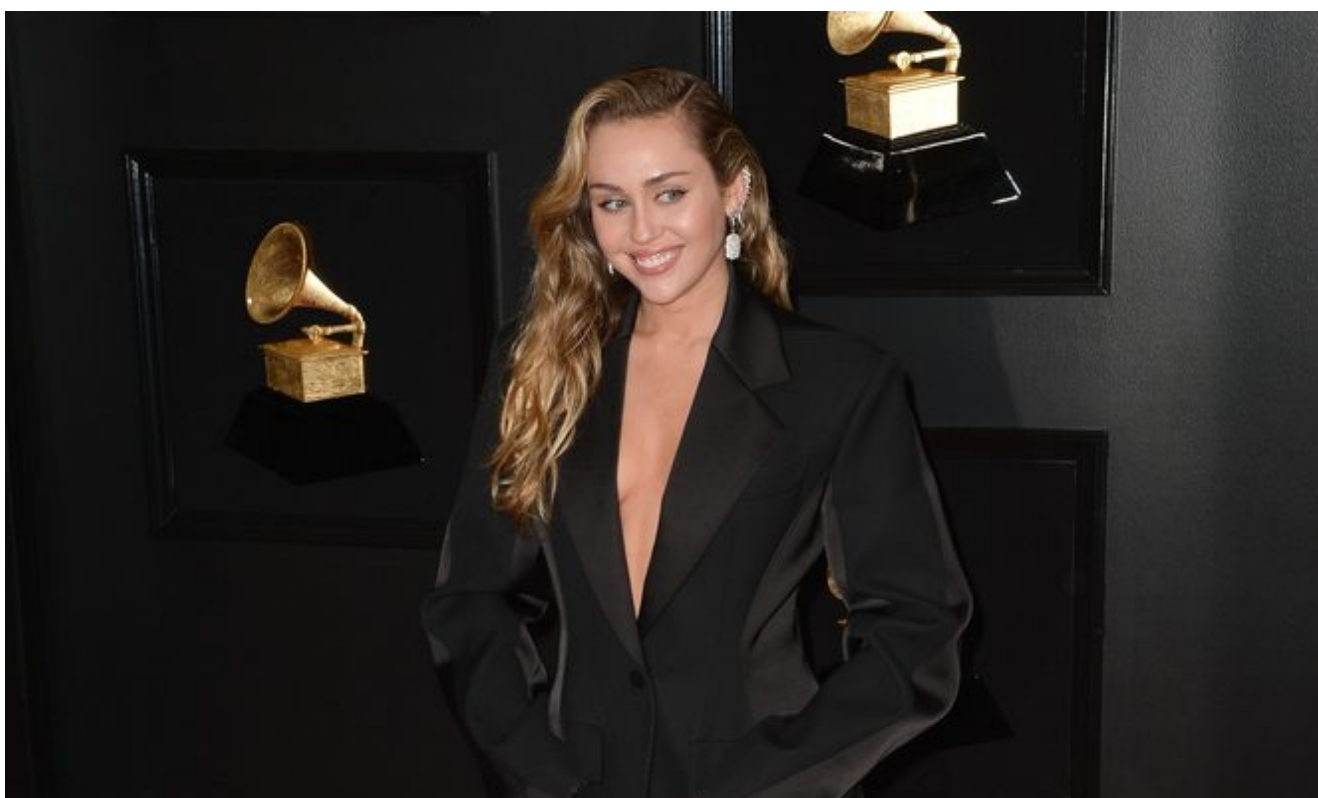


Celebrity News: Miley Cyrus Gets Close to Kaitlynn Carter at Lunch with Mom Tish



By Hope Ankney

There was lots of love for Labor Day weekend! In [celebrity news](#), it seems that [Miley Cyrus](#) and Kaitlynn Carter are getting closer as they were seen grabbing lunch with Cyrus' mom, Tish, in Los Angeles on Sunday. According to [UsMagazine.com](#), the [celebrity couple](#) was spotted in a parking area of a local restaurant, with Cyrus' arm wrapped snugly around Carter, both sporting smiles. This is the second time the two have been seen getting lunch with Tish in the past two weeks. The duo spending more time with one another comes

shortly after their respective break-ups with Liam Hemsworth and Brody Jenner.

In celebrity news, Miley Cyrus is getting closer to Kaitlynn Carter after Liam Hemsworth filed for divorce. What are some steps you can take to move on after an intense split?

Cupid's Advice:

Not everyone is experiencing a [celebrity break-up](#), but the hurt generated by splits are universal. Break-ups are hard, and it's even harder when an ex quickly moves on with someone new. But, it's not impossible to get over a heartbreak! Fortunately, Cupid has some [relationship advice](#) on steps to take after you go through an intense split:

1. Remove the rose-colored glasses: Sometimes, it's easy to forget that we are all just human. It's natural to almost idealize an ex-partner after a break-up, experiencing insecurities and wondering if you'll ever find someone that matches up to them. But, it's important to make an effort to see the limitations of this person. They have flaws, doubts, and insecurities, themselves. They were never perfect, and it's better to find the logic in the realistic nature and incompatibilities of the break-up to be able to properly move on.

Related Link: [Celebrity Break-up: Miley Cyrus & Liam Hemsworth Split Less Than 8 Months After Wedding](#)

2. Surround yourself with good friends: Good friendships are

important for many things, but they are especially important when life-altering situations occur like intense break-ups. They tend to be your biggest supporters, rooting you on and giving you the love and positivity you need. They are there to distract you and pick you up when you're feeling down. When relationship problems arise, these people are the ones that help you put the relationship into perspective, making it easier to see the ex-lover objectively.

Related Link: [Relationship Advice: How to Approach Social Media Post-Breakup](#)

3. Find a great therapist: Therapy is a very helpful tool when going through hardship. It acts as a safe space to open up about feelings and communication without being judged. Working through loss, like a relationship, in a setting where you can freely talk and further your introspection is significant in easing the pain. A lot of people feel more comfortable speaking out about these kinds of issues with someone they hold no personal attachment to than those they know. Find a therapist you can trust being vulnerable around, and you might have a healthier time moving on from your past relationship.

Can you think of other steps you've personally experienced that helped in getting over your most intense splits? Let us know in the comments below!