

# Celebrity Exes: Selena Gomez Opens Up About Justin Bieber in New Song



By [Meghan Khameraj](#)

In [celebrity news](#), [Selena Gomez](#) is back with a new song! According to *UsMagazine.com*, many speculate the track “Lose You to Love Me” is about her ex-boyfriend, [Justin Bieber](#). The pair began their drama-filled relationship in 2010. Although the [celebrity couple](#) was on and off for a few years, Bieber recently tied the knot with model Hailey Baldwin. In her latest track, Gomez sings, “In two months, you replaced us / Like it was easy.” The couple officially ended their [celebrity relationship](#) in March of 2018, just two months before rumors began circulating of Bieber’s relationship with Baldwin.

Gomez, however, isn't letting this heartbreak bring her down any longer, as she sings, "And now the chapter is closed and done...and now it's goodbye, it's goodbye for us," as the closing line of the new track.

## **Selena Gomez's new song reveals her difficult journey to healing after her split from celebrity ex Justin Bieber. What are some ways to cope with an ex who has moved on?**

### **Cupid's Advice:**

Selena Gomez dropped a new song that seemingly called out her famous ex, Justin Bieber, for the pain he caused her during their celebrity relationship. Cupid has some [relationship advice](#) to help you cope with an ex who has moved on:

**1. Speak to a therapist:** Break-ups can cause a lot of emotional stress, and seeing your ex with someone new can intensify what you're already feeling. If you're feeling overwhelmed with emotion you should seek the guidance of a therapist. They will help you discover healthy mechanisms to cope with the pain you're feeling.

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**2. Spend time with family and friends:** Surrounding yourself with people who make you happy and lift you up is a positive way to distract yourself from what your ex-partner is doing. Gomez spent a lot of time with pal [Taylor Swift](#) and her close family to help her find herself again post-Bieber break-up. Avoid isolating yourself and try to get out and be social with

people you like.

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**3. Write down your feelings:** Gomez turned to songwriting to express the immense emotions she was feeling after the break-up with Bieber. Her latest track "Lose You to Love Me," is a cathartic anthem that fully airs out her emotions while also officially closing the chapter on her and Bieber's relationship.

**What are your go-to ways to deal with a break-up? Let us know in the comments below!**