

# Celebrity News: Justin Hartley Brings Daughter to Critics Choice Awards Amid Divorce



B

y [Hope Ankney](#)

In the latest [celebrity news](#), Justin Hartley was spotted bringing his daughter as his plus one to the Critics Choice Awards. According to *UsMagazine.com*, this comes soon after Hartley filed for divorce from Chrishell Stause. He was seen snapping selfies and having a great time with his 15-year-old, Isabella, on the red carpet. An insider stated that the two “looked really happy [and] were having a light conversation.”

# In celebrity news, Justin Hartley brought his daughter to an awards show after filing for divorce from Chrishell Stause. What are some ways to lean on family after a break-up?

## Cupid's Advice:

A breakup can leave you emotionally spent. It's difficult to not go through some rough patches when a relationship ends, but the support of family can help you heal and move forward. There's almost nothing a family's love can't fix. If you are going through a split, Cupid has some [relationship advice](#) on how to lean on your loved ones during this hard time:

**1. Go home:** There's something about coming home that soothes all heartbreak and hurt. Being in the presence of family can take you back to beloved nostalgia from your childhood. There's no one who loves you or adores you as much as your family does, and getting lost in that comfort can help you heal after a breakup.

**Related Link:** [Celebrity News: Sources Say Kendall Jenner & Ben Simmons Are Dating Again](#)

**2. Let them give you tough love:** If there's anything your family is good at, it's not sugar-coating anything. If you're looking for clarity or closure, know that one of your loved ones will be more than happy to give it to you straight. Having these conversations with family can help you see why your relationship might have ended and what you need to do to move on.

**Related Link:** [Celebrity Parents: Garth Brooks Gets Real About](#)

## [Raising Daughters After Split from Ex-Wife](#)

**3. Have them take your mind off of it:** Whether it's attending your nephew's soccer match or getting brunch with your siblings, be open to the idea of being distracted. Giving yourself over to family events/get-togethers can help in keeping your mind off of the breakup. Allow yourself to get lost in their lives for a bit, and you will see how that positively affects your behavior and emotions towards your own lost relationship.

**How has family helped you after a breakup? Let us know down below!**