

Celebrity Break-Up: Jim Edmonds Says Marriage with Meghan King Edmonds Was 'Loveless and Abusive'

By Diana Iscenko

In latest [celebrity news](#), Jim Edmonds accused ex-wife Meghan King Edmonds of abuse in a recent Instagram post. Edmonds posted a picture of his girlfriend, Kortnie O'Connor, captioning it: "If it wasn't for this girl, I don't think I would be here right now." He continues by accusing his [celebrity ex-wife](#) and *Real Housewives* star: "I was going through hell ending a loveless and abusive relationship. The lies and accusations that followed the breakup only put me deeper into a funk." The post's intent was to celebrate the new [celebrity couple](#) but may create drama between the [reality TV](#) exes.

This celebrity break-up was certainly not drama-free, and accusations are still being thrown out there. What are some ways to keep negativity after a break-up from consuming your life?

Cupid's Advice:

The end of a relationship is always hard, but avoiding drama

will make it easier for you and your ex. Even if you can't avoid every awkward moment, Cupid has some advice for you:

1. Take time apart: Do your best to not see your ex, even if you want to be friends after the breakup. Give yourself a couple of months to get used to life on your own before you reach out to your ex again. Staying too interconnected after a breakup will prevent you (and your ex!) from moving on.

Related Link: [Celebrity Breakup: Teresa & Joe Giudice Talk Divorce in Interview with Andy Cohen](#)

2. Set boundaries: Sometimes you can't avoid your ex. Maybe you work together or have close mutual friends. You and your ex need to establish boundaries. Discuss what you're comfortable with when you do see each other and be adamant about not falling back into your old habits.

Related Link: [Celebrity Break-Up: Kenya Moore's Husband Marc Daly Reportedly Had Multiple Affairs Before Split](#)

3. Avoid social media: After the breakup, take some time before going on social media. Seeing what your ex is doing will cause unnecessary hurt and drama. You might also want to keep your breakup off the internet at first. You may not be ready to talk about the breakup with those outside your inner circle.

How do you keep things drama-free with your exes? Start a conversation in the comments below!