

# Celebrity Break-Up: Kelly Clarkson Says Life Has Been a 'Dumpster' Amid Divorce from Brandon Blackstock



By Nicole Maher

In the latest [celebrity news](#), singer Kelly Clarkson opened up about some of the challenges she has been facing since her [celebrity divorce](#) from estranged husband Brandon Blackstock. According to *UsMagazine.com*, Clarkson and Blackstock filed for divorce in June of this year, putting an end to their seven year marriage. While the couple was experiencing problems before, these issues were heightened while the pair was quarantining together amid the coronavirus pandemic.

# In celebrity break-up news, Kelly Clarkson is having a tough time amid her divorce from Brandon Blackstock. What are some ways to keep the drama at bay during a split?

## Cupid's Advice:

One of the unfortunate added side effects that often follows a break-up is drama. Despite all the efforts we may make, it is normal to be faced with rumors or awkward questions once a relationship ends. If you are looking for ways to keep the drama at bay during a split, Cupid has some advice for you:

**1. Keep it neutral:** Negative words seem to travel the quickest during the time of a break-up, and are likely to make their way back to your ex partner if you share mutual friends. While it is necessary to process your break-up with others, avoiding an excessive amount of negativity around the situation can help alleviate some of the drama. Try to keep statements as neutral as possible when speaking with your mutual friends to avoid anything accidentally being taken out of context.

**Related link:** [Celebrity Divorce: What Went Wrong for Kelly Clarkson & Brandon Blackstock?](#)

**2. Focus on yourself:** Drama is often started when we are focusing on another person. Instead of worrying about if your ex partner is going on dates or talking to someone else, focus on what you are doing post break-up. If you refuse to give this budding drama the time of day by prioritizing yourself, then it will not be able to grow!

**Related link:** [Celebrity Break-Up: Danica Patrick Is Doing](#)

## ['Emotional Therapy' After Aaron Rodgers Split](#)

**3. Find an outlet:** Just as Clarkson did through her music, finding an outlet to help you process your feelings can help avoid some unnecessary drama. Songwriting, keeping a journal, or even recording quick voice-memos are good ways to channel how you are feeling without involving anyone else. Once you have a better handle on how you are truly feeling, then it can be easier to address any questions without feeling like you will be stirring up drama.

**What are some other ways to keep drama to a minimum during a break-up? Start a conversation in the comments below!**