

'Bachelor' Brad Womack Drunk Dials Emily Maynard After Breakup



There appears to be some debate as to what the deal is between Brad Womack and fiancée Emily Maynard. Three sources confirmed in the most recent UsMagazine.com that the couple broke up two weeks ago and that the star of *The Bachelor* has been drunk dialing Maynard. “Brad and Emily are over, and Brad keeps drunk-dialing her,” one insider said. “Brad is such a loser.” A friend close to the couple, on the other hand, says that the couple is still together and engaged. “They are on and off, but there is a lot of love there. This is just a rough patch,” the friend said. A third source said that the 25-year old single mother couldn’t handle the long

distance relationship and ended things after heading to Texas to smooth things over.

What are some ways to handle an obsessed ex-partner?

Cupid's Advice:

For some people, it's really hard to let go of past relationships, especially if they feel responsible for the breakup. Here are some pointers to dealing with your ex:

1. Keep it to yourself: You're going to have to do your best to avoid your ex's calls and attempts to talk to you. Even if you plan on staying friends, it might be a good idea to defriend him or her on Facebook ... at least for now.

2. 'To the Left': One way to make things easier for both you and your former lover is to give your personal property back to one another. That way you won't have to be reminded of each other.

3. Restrain yourself: In the most extreme cases, you might need to get outside help to keep your former lover away from you. You don't always have to get a legal restraining order, but perhaps just a close friend calmly talking to your ex may do the trick.

Have any stories of exes who wouldn't leave you alone? Leave a comment below.