

Mel Gibson's Break-Up Takes a New Turn



Mel Gibson continues to draw attention regarding his break-up with baby mama, Oksana Grigorieva. [RadarOnline](#) reported last week that a taped phone conversation between the actor and his ex-girlfriend included less than flattering racial remarks directed towards her. Gibson has a history of potentially detrimental comments, and has a documented history of drunken misbehavior.

Are there more effective ways to break-up?

Cupid's Advice:

When a relationship ends there are going to be hurt feelings, but if you deal with them properly, you'll have a better chance of coming to terms with your break-up. Read how Cupid deals with negative emotions:

1. Express yourself: When you find yourself in the middle of a nasty break-up with, it's healthy to get those feelings out. Try to turn your feelings into positive energy – and don't direct the negativity to your ex. It won't solve anything.

2. Talk to someone unbiased: When you're going through an emotional upheaval, logic tends to be forgotten. Go to a trusted family member or friend to confide in, and listen to their suggestions. They'll tend to be more objective since they aren't directly involved in the situation.

3. Be understanding: You are not the only person feeling hurt. Consider your former partner's feelings before reacting.