

Kristin Cavallari Is Reportedly 'Dumped' By Jay Cutler: Wedding Is Off



"Do you, Jay Cutler, take Kristin Cavallari, as your lawful wedded wife?" He doesn't. Cutler, former fiancé of reality star Cavallari, called off his engagement to Cavallari. The couple, who started dating only 10 months ago, had already thrown an engagement party with her friends. "She got dumped," a source told [People](#). "She's absolutely devastated. She can't believe this is happening." Cavallari and Cutler were engaged in April, and planned for a spring wedding.

How do you deal with the embarrassment stemming from a broken engagement?

Cupid's Advice:

After telling all of your friends, gloating over the exciting news, hearing congratulations from every nook and corner and then hearing it's all over, how do you cope? Cupid has some advice:

1. That's what friends and family are for: Those close to you are there to hear you out. They wouldn't (or at least shouldn't) point at you and make embarrassment worse. Allow your friends to be there when you grieve you cry.

2. Understand: Though embarrassment can be unbearable, angrily acting out will solve nothing. Therefore, the best thing to do is try to understand why your partner did what he or she did. Your ex-partner is probably suffering from embarrassment as well. Talk to your partner about the reasoning behind it all for some closure.

3. Don't dwell: It's easier said than done. But honestly, what is dwelling going to do besides make you crazy? You might as well try your hardest to move on.

Suffered through similar embarrassment? Share your comments below.