

Marc Anthony Threatens to Quit Latin TV Show After Fight with Jennifer Lopez



The split between Jennifer Lopez and Marc Anthony has been a rocky road, and after six months, Anthony still struggles to face Lopez, who has recently started a new relationship with 24-year-old backup dancer Casper Smart. In fact, Anthony refused to travel to Peru and Chile to host and executive produce the latest auditions on his reality show *Q'Viva: The Chosen* after a fight with Lopez. It was reported that Anthony spoke to creator Simon Fuller and told him he was considering quitting for good. His reason was "quite simply, J.Lo. I can't work with her," an insider told [Star Magazine](#). The couple was married for seven years, and after the split, working together as business partners may be next to impossible.

How do you keep your ex partner's new relationship from affecting your life?

Cupid's Advice:

It's hard to see your ex start a relationship with someone else. Cupid has some tips to help you deal with those feelings:

1. Move on: Venting is one step, but the ultimate goal is to move forward with your life. Don't get trapped in negative thoughts or dwell in the past.

2. Accept reality: You and your ex are no longer together, and the sooner you realize this, the sooner you will be able to pursue new relationships of your own.

3. Avoid them: If seeing your ex in a new relationship is too hard for you to handle, try your best to avoid bumping into them and block them from your thoughts.

How did you avoid being affected by your ex's new relationship? Share your comments below.