

Kris Humphries Says He 'Doesn't Play Into the Gossip' Surrounding Ex Kim Kardashian



Their quick marriage and much-talked-about divorce may be making the headlines still, but Kris Humphries says he doesn't pay the gossip about his situation with Kim Kardashian much mind. "I think that if people know me they know who I am and what I stand for," he said, according to [Hollyscoop](#). "I'm a fun guy and I don't play into the gossip. That's life." There's also much speculation that the couple's relationship deteriorated as a result of it being plastered all over reality TV. To those assumptions, Humphries says, "I can't

say for sure. It's the only time I've been married. [But] I've been in front of cameras on the NBA since I was 19."

How do you keep from participating in drama after a breakup?

Cupid's Advice:

After a breakup, you're no doubt hurt and sometimes angry. However, it's important to keep those feelings in check instead of unleashing them in a wave of drama. Cupid has some tips:

1. Count to 10: When you're about to say something mean-spirited directly to your ex or behind his or her back, take a minute to think about it first. Spur of the moment comments are often times regretted.

2. Take a step back: Right after a split, it's important to take a breather for a while. Avoid going to the places you know your ex or their friends hang out, and surround yourself with close friends and family.

3. Institute a checks and balances: Give your friends the job of watching your every move. If they see you're about to text your ex, have them stop you. Make them the angel on your shoulder.

How did you keep from participating in drama after a breakup? Share your ideas below.