

Brad Goreski Shares Breakup Drama Details After Split With Rachel Zoe



On his new Bravo show, *It's a Brad, Brad World*, Brad Goreski admits he and ex-girlfriend Rachel Zoe are no longer on speaking terms. "We don't speak to each other. I would love to be able to speak with her," he said. According to [People](#), he has yet to meet her nine-month old son, Skylar, because he has "not been invited." Goreski said he has an "idea" of why he and his stylist are on bad terms. "I think I have conducted myself with honesty, with dignity and with grace," Goreski said. "And I will continue to do so no matter what is said about me."

How do you cope when your ex refuses to speak with you post-split?

Cupid's Advice:

Breakups are tough and avoiding each other is an easy way to help with the healing process. Cupid has some suggestions to help you accept this situation:

1. Carry on: Just because you're not speaking with your ex, it doesn't mean your world stops. Take this time to prioritize your life and rebuild it.

2. Cut the cord: You don't have to delete your ex's number or defriend them on Facebook, but finding ways to distance yourself makes things easier.

3. Time: Like a lot of issues in relationships and breakups, in time you'll be able to accept the situation. Just be patient.

What did you do when your ex shut you out post-split? Share your experiences below.