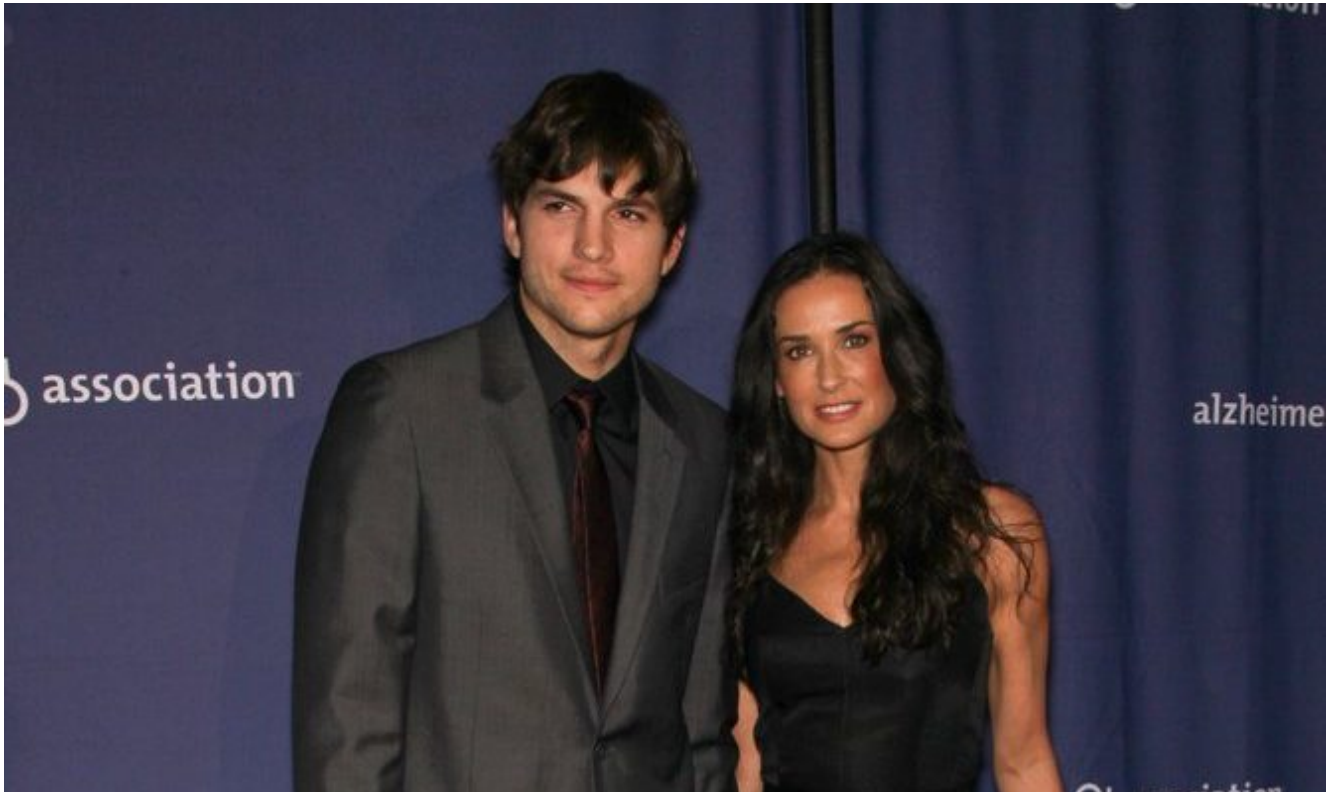


Demi Moore Is Embarrassed by Post-Split Breakdown



After living in the spotlight for more than three decades, Demi Moore has lost her cool. According to [People](#), after her November split from husband Ashton Kutcher, the actress slowly worked up to a full-fledged breakdown.

Although it's not clear whether this was caused by her divorce or not, Moore has been seeking treatment since Jan. 23 after being whisked away in an ambulance for what some are now reporting as a seizure. A source says, "Ego-wise, this is the worst thing that could happen to Demi, because she's such a private person. She's embarrassed." Moore has been studying Kabbalah, a form of Jewish mysticism, which instructs that adversity can prove beneficial to her healing process. Moore's troubles "can be an opportunity, a blessing and not a

curse. The right intervention happened in her life. From a spiritual sense, it's a gift. She had a real opportunity to grow from it. She has to take responsibility for her life," said the source.

What do you do if your ex is having a hard time with your breakup?

Cupid's Advice:

Breaking up is hard enough, but what are you supposed to do when you get the better half of it and move on before your ex can? Here are some tips:

1. Be respectful: When you know your ex is struggling to overcome the breakup, don't make things more difficult on their end. Try to stay out of their way, even if that means changing your regular coffee routine so you don't have to make small talk at the counter. Keep in mind that you cared about your ex at one point.

2. Don't make new relationships overly public: We know you're thrilled about the new guy you met and how funny he is, but spreading it all over Facebook is just going to hurt your ex more than you already have. Hiding your relationship is not necessary, but keep the bragging to a minimum.

3. Offer condolences: If you know that your ex is really hurt and you're at fault, offer an apology. It is most likely clear you won't be getting married in the fall, but saying you're sorry for the hurtful things you may have done or said will help the healing process.

What did you do when your ex had a hard time with your breakup? Share your stories below.