

# Kris Humphries Says He's in a 'Great Place' After Split from Kim Kardashian



After the world saw their marriage come together and fall apart, Kris Humphries said he's come to terms with his split from Kim Kardashian and is in a better place. The New Jersey Nets forward is focusing on his game on the court rather than the one off, averaging 13.2 points per game and 10.6 rebounds per game this season. "I'm not dating anyone right now. What do they say, my girlfriend is Spalding," he said in an interview with [Access Hollywood](#). "I always tell people basketball is like my therapy. Some people talk to psychologists, I just need to go play basketball; that's it." The Humphries-Kardashian marriage, which aired as a special on E!, lasted 72 days, ended with Kardashian filing for divorce on Oct. 31. Since then, Humphries said his family and religion have been essential to him moving forward. "I'm in a great place," he said.

**What are some alternate forms of therapy after a breakup or divorce?**

## **Cupid's Advice:**

One can certainly learn a lot from Kris Humphries and his ability to cope with his divorce. Cupid has some pointers:

**1. Get physical:** Go to the gym and sweat it off. A good workout is one of the most effective ways to help you get your mind distracted and to relax.

**2. Career moves:** Hey, it worked for Humphries, who's playing his best basketball this season. Take the free time that you

would spend with your partner, and put it into your work. You'll be busier, and a greater feeling of self-satisfaction will result.

**3. Family:** What is family for? Don't be too proud to lean on your family and close friends when a relationship ends. You'll no doubt feel less alone.

**What are some other ways to cope after a split? Share your ideas below.**