

Chris Brown Wishes Rihanna a Happy Birthday Via Twitter



Three years after pleading guilty to assaulting his ex, Chris Brown and Rihanna seem to have come to some sort of a truce. This week, Brown sent his former girlfriend a message for her birthday via Twitter: "HAPPY BIRTHDAY ROBYN!" Rihanna then thanked him via her own Twitter account, according to *People*. Lately, controversy has been brewing as the duo are back on speaking terms and rumors that they may be getting back together are circulating. The pair have even collaborated with their music, as Brown is singing on a remix of Rihanna's track "Birthday Cake," called "Cake."

Is it OK to stay in contact with an ex who treated you poorly?

Cupid's Advice:

When someone you love treats you badly and it eventually leads to a breakup, it can be a hard thing to get past. Sometimes

it's impossible, and other times it just takes a very long time. Cupid has some advice:

1. Let time pass: The most important thing you can do is to take enough time that it's actually likely that your ex has changed. If you jump back into a friendship prematurely, you may end up getting hurt all over again.

2. Regain trust: It's very possible that you'll never be able to fully trust your ex again, especially if what he or she did was bad enough. If you can't regain that trust, there's no point in re-establishing a relationship. On the other hand, if you think trust is possible again, just take things slow.

3. Consider benefits: Consider what the perks are of retaining contact with your ex. If you can't imagine that it'll add something positive to your life, then cut ties completely.

What are your thoughts on staying in contact with an ex who treated you poorly? Share your comment below.