

Emily Maynard Says Brad Womack's Recent Comments 'Really Hurt'



The much anticipated, season-eight *Bachelorette* star, Emily Maynard, decided to be the bigger person when responding to her ex, Brad Womack's, recent nasty remarks. He said that "dodged a bullet" when their engagement ended, according to UsMagazine.com. The single mom faced the smack-talk on *Access Hollywood Live* on Wednesday, making a point to avoid confrontation. The 26-year-old told hosts, "At first, my feelings were really hurt, because we left everything very civil and I've never said a bad word about him. But knowing Brad, he didn't mean it that way." Neither half of the former couple have seen one another since filming for the new season

of ABC's *The Bachelorette* started, which is probably for the best. Still on her quest for love, Maynard knew better than to fall for the petty 'he said, she said nonsense, showing not only her maturity, but also demonstrating that you can't believe everything you hear.

How do you deal with a vengeful ex?

Cupid's Advice:

Moving on from a breakup is difficult no matter what terms the relationship ends on. If you find your ex saying mean things that he knows will get your attention, it's usually a sign that he isn't as over you, or the split, as you thought:

1.No response is the best response: Don't give your ex the satisfaction of dropping to his or her level. If your ex is reaching out to you, it's obviously for a reason, so if you want to keep that relationship in the past, don't let them get a rise out of you – which was likely their goal in the first place.

2.Take it as a compliment: If a past partner is taking time out of their day to say things about you, it's because you're on that person's mind. Smile that they still care enough about you, as they took time out of their day to vicariously reach out to you.

3. Use it as fuel: If your ex is going to say cruel things about or towards you, just remember how much better off you are without that person. You deserve someone who is going to make you happy and your ex's immaturity can be used as a push in the right direction towards the one.

What are some other ways to deal with a vengeful ex? Share your thoughts below.