

# 'Bachelor Pad' Star Chris Bukowski Says He Still Has Feelings for Emily Maynard



By Jennifer Ross

Even though time has passed since Emily Maynard, 28, dumped Chris Bukowski earlier this year on *The Bachelorette*, Bukowski says he's still not over her. Bukowski, 25, has since moved on to ABC's *the Bachelor Pad*, and has found a new love interest, Sarah Newlon. On a date together, he admitted to Newlon, 28, that being dumped by Maynard was probably one of "the worst things I've ever experienced...it's heartbreaking." A good thing he has going for him is how Newlon is willing to lend a shoulder to his pain.

**What do you do if you're having a hard time getting over an ex?**

## **Cupid's Advice:**

One of the hardest things to go through in life is a break-up, especially when you were the one that was dumped. Many questions arise and the pain can seem unbearable. However, there is light at the end of the tunnel. Here are a few tips to getting over that heartbreak:

**1. Get your ex off that pedestal:** You may want to remember all the funny or loving moments your ex created, but keep in mind, your ex also created many, many horrible ones too. There's a good reason why this break-up happened, even if you cannot see this right away.

**2. Get rid of the reminders:** The way to ensure you do not relapse into despair is to remove anything that reminds you of the relationship. Trash those cute pictures of you two or that stuffed puppy dog holding a heart that you received at last Valentine's Day dinner. While you are at it, clean your space of your ex's personal belongings fast!

**3. Dust off those hobbies:** Chances are you have let many of your hobbies go while you were in a relationship. What better way to get over your ex than by getting back your swag? Exercising, whether indoors or out, is a great way to relieve emotional pain, along with extra pounds. An added bonus is you'll start to feel better about yourself. If physical activity is not your style, then find something else.

**How do you spend your time forgetting your ex? What hobbies have you rekindled? Tell us below!**