

Selena Gomez Opens Up on Life After Justin Bieber Split



By [Nic Baird](#)

Selena Gomez made several references to [moving on](#) from a [breakup](#) during a private UNICEF benefit concert on Jan. 19, according to a [People](#) source who attended the event. Gomez performed an acoustic cover of Justin Timberlake's "Cry Me a River," which recent [ex](#) Justin Bieber had done in concert a few months before. She "seemed so angry" during the song, the source reports. Gomez told the crowd that she'd "been through a lot the past few months. It's been weird and sad and cool."

How do you move on from a bad breakup?

Cupid's Advice:

Even if you're still balling from a fresh [breakup](#), have hope! Your feelings will settle and things will get better. Life's not over and there's many more worthwhile connections to make. First of all though, you have to move on! Here's how:

1. Understand your feelings: The [end of a relationship](#) can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about with friends and family helps you sort things out. Listen to some music and use it as a catalyst for your thoughts. Make sure to move towards closure, but don't shy away from your emotions.

2. Find perspective: Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting [dumped](#). Ask Taylor Swift, she'll tell you! No doubt the effect of a personal tragedy like a significant breakup can't be belittled, but, really, these things happen. Will you persevere despite this undeserved hit?

3. Live life: Go out and enjoy life as a single person. It can be a fantastic experience. You can be whoever you want and act with spontaneity Put more into your life, and you'll get more out of it. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything else that raises your interest. Spend your time wisely, even if you suddenly have much more on your hands.

How have you moved on from a broken heart? Share your experiences below!