

# Exes Taylor Swift and Harry Styles Avoid Each Other at NRJ Awards



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Now that Taylor Swift and Harry Styles have broken up, they seem to be avoiding each other in every way possible. An insider from [UsMagazine.com](https://www.usmagazine.com) reveals that the British singer had “said something he shouldn’t have ... This [breakup] is definitely going to be for good.” Sources said that the two celebrities kept their distance at the NRJ Awards in France, and carefully scheduled their red carpet appearances so they wouldn’t bump into one another.

**How do you remain civil with your ex after a rough breakup?**

**Cupid’s Advice:**

Being in the same room as your ex can be an awkward situation. Keeping your distance from them is often a struggle, especially if you have mutual friends. Here are a few tips on ways to stay on good terms with your ex:

**1. Set boundaries:** Once your relationship has ended, keeping your ex in your life means adjusting the way you hang out with them for now on. For instance, going to the movies alone with them may not be the smartest idea; both of you will begin to feel like you are dating again, which may bring up old arguments. Try to hang out with each other in big groups to avoid rehashing old wounds.

**2. Establish comfortable conversation topics:** When talking to your ex, try to avoid mentioning any new relationships you are getting involved in. They probably don't want to know about it, and would get offended that you brought it up to them. Try talking about things you have in common; if you know for a fact you both enjoy action movies, bring that up in the next conversation you have with them.

**3. Don't fall into old habits:** Although it may seem easy to rely on your ex for emotional support, it is not a good idea. This may lead to a feeling of comfort, making you question why the breakup even occurred. For now on, if you're having a bad day, you can't call them up to make you feel better; call another friend instead. Avoid romantic encounters at all times, including innocent kisses on the cheek and hands. Any type of affection towards one another could end up damaging the friendship.

**How were you able to stay close with your ex after a rough breakup? Share your thoughts below.**