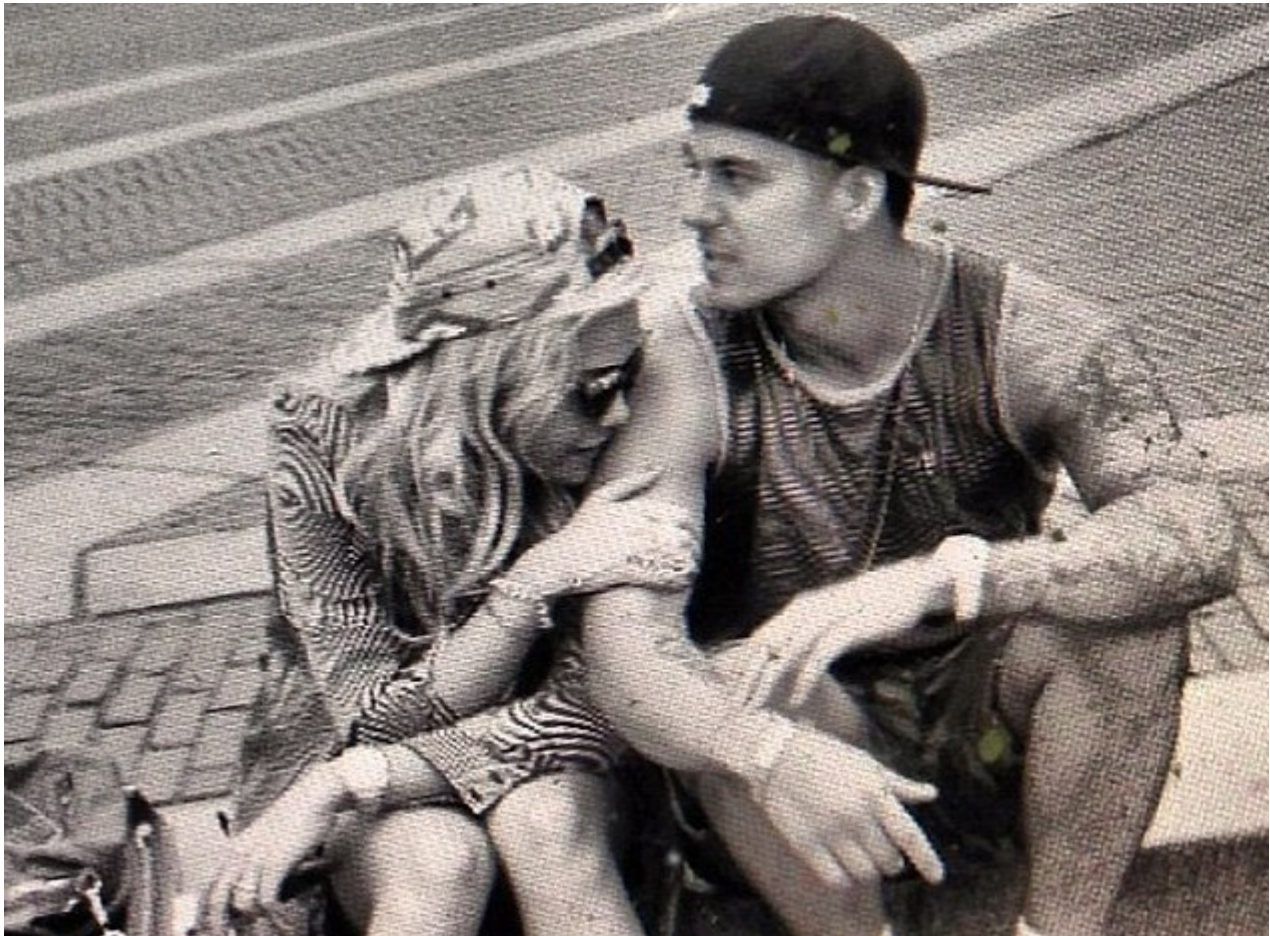


Rob Kardashian Defends Bashing Ex Rita Ora



By

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Rob Kardashian is now defending his tweets against ex, Rita Ora, two months after posting the now-deleted tweet. According to UsMagazine.com, the last episode of *Kourtney & Kim Take Miami* was when Rob defended his actions. *PerezHilton* reports that Kardashian said, "I posted what I posted to keep myself from taking her back. Every time she messed up, I took her back for over a year now. I just had to do that to make her hate me...I don't want people to think I'm being a bitch." Kardashian assures that he is leaving the heartbreak behind

him and moving on towards love.

What are some ways to make your ex know you're serious about breaking up?

Cupid's Advice:

With some couples, they can break up numerous times in one week. They are constantly on and off, never exactly knowing what they want. It is challenging to make your ex realize that you are completely serious about breaking up. They could breakdown in tears and you could chicken out. They may tell you that this isn't what you want, and you believe them. If you are absolutely sure that you want to break up, you need to keep ground. Cupid has some more advice:

1. Say it in person: Breaking up with someone you spent time with, talked to, get to know-it's ridiculous. First off, it gives your partner zero amount of respect, and secondly, it will make them think you are not serious about the breakup. To ensure that your mate realizes that you are serious, break the tie in person. Look your beau straight in the eyes and tell them that you are breaking up with them, and you will not be persuaded nor will you change your mind.

2. Respect: This ties in with breaking up with your ex in person. Breaking up with your significant other in person is essential. It makes you respectful, and you are still respecting your mate. With regards to respect, inform your partner that you are breaking up with them. Along with this, include all the reasons why you feel like a break up is necessary. Explain everything you've been thinking, what you're going through, and why you're doing this. It will make your partner realize you are not joking around whatsoever, and they will take you seriously!

3. Hold your ground: Hold your head high and your feet firm darling! The hardest part in a breakup process is keeping what

you said true. It is not easy to break up with another person, especially if that person is persuading you to not follow through with it. Make sure you keep your opinion and actions on line, know what you are going to say and stick to it. Don't leave the script unless necessary. Keep your chin up and this will all work through!

Have you been serious with breaking up with an ex? Explain below.