

Kate Gosselin Says She Has Pity for Ex-Husband Jon



By Gabriela Robles

Over three years ago, Kate Gosselin and Jon Gosselin's marriage untangled and left a bitter taste in the ex-couples mouths. The two were most known for their TLC hit, *Jon and Kate Plus Eight*, but now that program seems to be ancient history. According to UsMagazine.com when Kate went on Bethenny Frankel's talk show, she was asked if she still was in love with Jon, to which Kate responded, "Somebody once told me that if you feel sadness and empathy and pity for someone the root of that is love. I feel like the person that I married nearly overnight was not that person anymore."

What are some ways to keep things civil with your ex?

Cupid's Advice:

When you end things on bad terms, it doesn't necessarily mean that you won't ever see them again. You have to keep yourselves somewhat composed and realize that you've both changed and aren't going in the same direction. Cupid has some advice to how to keep things civil if you are faced with the mention of your ex:

1. Keep calm, cool, and collected: Remember that you are different. Some time has passed and you're put in a situation where your ex is either in front of you or someone brings him up. Instead of getting upset or angry, take a deep breath. Don't let old feelings bother you.

2. Look at the big picture: You have to keep your mind in check that you're different from where you were. There are bigger things in your life than what happened with your ex – better things. Keep things in perspective and you'll be happy you did.

3. Let it go: Releasing your own harsh feelings from your ex will not only make you feel better emotionally, but it'll take a huge weight off your shoulders. You'll feel more comfortable when he's in sight and you'll feel freer when he's out of sight.

What are some ways you kept things civil with your ex? Share with us in the comments below.