

Heidi Montag & Spencer Pratt Reunite at Halloween



Heidi Montag and Spencer Pratt graced the red carpet on Saturday in Las Vegas for Pure nightclub's Halloween Haunt. Pratt dressed as an alien, while Montag opted for a gold mini-dress. Former *Hills* star Montag, who recently caused controversy by having ten plastic surgery procedures performed in a single day, told [Us Weekly](#), "I'm good. I'm just trying to focus on other things, not focus so much on my body." The couple, who have reunited after filing for divorce, are "...enjoying [their] relationship," said Montag. "I had so much going on before, I didn't have a chance to enjoy being a newlywed."

If you get back together with an ex, what are some good ways to break the news?

Cupid's Advice:

On again, off again relationships can be a drag for all of those involved. To keep your friends from rolling their eyes,

try a few of these tips:

1. Some privacy: Don't share everything about your relationship with your pals. This way, when there is some major news, they will be more interested. If you flap your lips constantly about your beau, it can get old very fast!

2. Laid-back: When you do feel the need to vent about your beau, try not to be overdramatic or complain. Your friends will be more likely to help you if you don't irritate them.

3. Be refreshing: When you have news about your relationship, try breaking it in different ways. Instead of constantly complaining, try making the story humorous. If it's entertaining instead of annoying, your friends will laugh along with you and will be more receptive to helping out.