

Minka Kelly and Chris Evans Call It Quits



By Gabby Robles

According to UsMagazine.com, Chris Evans and Minka Kelly called it quits last week. An insider reveals that distance was a huge factor in the split, and even though this is their second break up, they haven't left on bad terms. The source revealed the two, "still care about each other."

How do you remain civil with an ex after a breakup?

Cupid's Advice:

When you end on good terms, you're freeing yourself from all bad vibes that come with the end of a relationship. Remaining civil is not only a great way to "save face," but it's also liberating for you internally. Cupid has some advice to how to keep things civil with your ex:

1. Look at yourself: There are amazing qualities about you that you could be sharing with someone who you really want to spend time with. There are better things in your life than hoisting negativity towards your ex. Remember the type of person that you are, and it'll be easier to keep things in perspective.

2. Don't hold a grudge: Getting rid of hard feelings from your ex will not only it'll take a huge weight off your shoulders, but it'll make you feel better too. There's no reason to keep bad thoughts of your ex on your mind, it will only cause you stress and make things harder on yourself. Don't let **old feelings** bother you.

3. Move on with your life: There's a great future ahead of you. Think of that, and from there you'll only see positivity – not only in this situation, but also in all aspects of your life. Always keep your life in perspective: take a look at your goals, see what you weren't getting from your ex, and don't hold it against them for it. You're in control of your life and now is the time to see what you want and make it happen.

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