

# Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend



By April Littleton

According to [People](#), *The Real Housewives of Beverly Hills* star has been granted a permanent restraining order against ex-boyfriend Dimitri Charalambopoulos. He allegedly assaulted Grammer in a Houston hotel room after she went a hysterectomy for endometrial cancer.

**How do you cope with a physically or emotionally abusive ex?**

## **Cupid's Advice:**

Continuing to maintain contact with an ex who is physically and/or emotionally abusive is the wrong move to make. You need

to take the necessary steps to rid him/her from your life for good before the situation gets even more out of control. Cupid is here to help:

**1. Realize your worth:** You need to realize that you don't need someone like your ex in your life. You're better than the situation, so you need to find the strength to move on and let them go. Get your independence back. Show your ex and everyone else around you that you will be just fine without all of the negativity. In fact, you'll be better for it.

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**2. End all contact:** Cut ties with your ex completely. You shouldn't maintain any sort of contact with someone who is abusive and hurtful to you. Your ex is already just that, so there's no need for you to give them any additional explanations to why you're removing them from your life.

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**3. Get support:** You can't handle a situation like this all on your own. Let your family and close friends know what's going on. They'll be there for you every step of the way. Whenever you feel like you're close to speaking with your ex again, talk to a loved one instead. Let them be your rock through this tough time.

**What are some other ways to cope with a physically or emotionally abusive ex? Comment below.**