

Source Says Gwyneth Paltrow and Chris Martin Look 'Genuinely Happy' in Hamptons



By Laura Seaman

Despite their 'conscious uncoupling', Gwyneth Paltrow and Chris Martin have been getting along just fine. The two were seen at the premiere for *Hector and the Search for Happiness* in New York. The film stars Simon Pegg, the godfather to one of their children. The two showed their support for Pegg while also seeming happy and supportive of each other. It wasn't until the end of the cocktail party after the premiere that the two were seen speaking to each other, but an insider told UsMagazine.com that "they looked genuinely happy to be in each other's company."

What are some ways to remain civil with your ex post-breakup?

Cupid's Advice:

Couples break up for a reason, and very rarely is that reason a pleasant one. It's understandable to be angry and upset with your ex, but sometimes you have to move past the hurt for the sake of the children, your friends, or your own sanity. It can be hard to move on from the hurt and learn to forgive, but never fear! There is always a way to set things right, even with your ex, and cupid is here to help:

1. Don't put the blame on anyone. Whether it was you or your partner that ended the relationship, nobody is at fault. Something was wrong between the two of you and it had to end, so someone had to speak up. Any relationship is a two-way street, so don't start pointing fingers. Instead, acknowledge that something just didn't work and move on from there.

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2. Admit that it's over, and that's okay. Nothing causes friction like an ex chasing after you and attempting to get back together. Don't be that person! Tell yourself it's for the best and that you'll be happier in the long run. If you have to, give yourself some distance from your ex before trying to patch things up. Friendship is a much better option than a one-way attraction.

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3. Remember why you liked them in the first place. Many people will shout the disgusted phrase, "Ugh! I don't even know why I dated them! They're such a scumbag!" after a breakup. It's understandable; you're angry and hurt. But after that frustration wears off, you have to remember that there was a

reason you two were together. There was something there that you liked, and you have to focus on the good times instead of the bad. It will make any future encounters a lot easier.

Have you been civil with your ex? How do you do it? Let us know in the comments!