

# Chris Martin Says He's 'Friends' With Estranged Wife Gwyneth Paltrow



 By Sanetra Richards

The love is still there for Chris Martin and Gwyneth Paltrow. According to [UsMagazine.com](http://UsMagazine.com), the estranged spouses have remained friends, despite the announcement of their split back in March. The *Coldplay* frontman talked about the relationship between him and his spouse during an interview with Ryan Seacrest on Thursday, July 31st. "I'm not the best interviewee on this kind of thing," Martin said when asked by the 102.7 KIIS FM host how him and Paltrow are able to remain friends during their separation. "But we're friends and proud parents. There's lots of love, and that's it," he added.

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

## **Cupid's Advice:**

When you think of an ex, you don't always think of the possibility of being cordial with each other, let alone friends. Matter of fact, the first thing that may come to mind is despising one another. Despite the pages of history, whether good or bad, there is a way to actually become friends. Cupid has some advice to get you and your ex to that point:

**1. Find your way to good terms:** Communicate thoroughly with your ex-partner to gain a full understanding on why the relationship ended. If there is no chance of reconciling, at least you will be able to avoid a ton of confusion later down

the road when you all are working on rebuilding your friendship.

**Related:** [Chris Martin Blames His 'Issues' for Split with Gwyneth Paltrow](#)

**2. Control your emotions:** Avoid harboring those ill feelings. They can lead to even more major problems between you and your ex. Do not expect to any progress if you are a carrying a load or two of baggage from the past. Unfortunately, it's not as easy as it sounds and will take some time to adjust. What's most important is that you give it a try.

**Related:** [Source Says Gwyneth Paltrow and Chris Martin Look 'Genuinely Happy' in Hamptons](#)

**3. Move on:** If you are able to do exactly this, your post-breakup friendship has the possibility of flourishing. The two of you are no longer concerned about what the other is doing, per se. You have turned the page and started a new chapter. Embrace it. Go out for lunch like regular friends would do (as strange as that may seem).

**How can you remain friends with your ex post-breakup? Tell us!**