

Monica Lewinsky Says She Was 'In Love' with President Bill Clinton



By [Jessica DeRubbo](#)

Former White House intern, Monica Lewinsky, revealed some shocking details in her first ever public address of her story surrounding former President Bill Clinton, according to [UsMagazine.com](#). Lewinsky said, "I fell in love with my boss. Only, my boss was the President of the United States." Her speech was about launching a "cultural revolution" against Internet shaming.

How do you move on from a past love?

Cupid's Advice:

When you fall in love, it's usually for good reason, and it can be hard to move on from that when the relationship ends. Cupid has some tips:

1. Keep busy: The first order of business is to keep your mind off your lost love. Reignite old friendships, and take up new hobbies. As you fill your life with fun new things, your past love seems less important.

Related: [How to Get Through a Breakup and Heal Your Heart](#)

2. Remove social media teasers: Resist the urge to jump on your ex's Facebook page or Instagram account. Obsessing over what your ex is doing post-breakup will only make your heart hurt longer.

Related: [AshLee Frazier Opens Up About Being 'Most Hated' on 'Bachelor in Paradise'](#)

3. Allow yourself to grieve: Your friends may want to take you out the night after your breakup, but it's probably not the best idea. Allow yourself the chance to come to terms with the loss, and then move on once you've done that.

What are some other ways to move on from a past love? Share your thoughts below.