

# Jennifer Lopez Reveals Ben Affleck Was Her “First Big Heartbreak”



By [Katie Gray](#)

Don't be fooled by the rocks that she got; she's still Jenny from the Block! Superstar, Jennifer Lopez, AKA JLo, has revealed in a recent interview that her first big heartbreak was her split with actor Ben Affleck. They had co-starred in the film *Gigli* together. She opened up about how she was devastated over the split in a recent interview with Maria Shriver that is set to air on November 3rd and 4th on *The Today Show*. Lopez is multi-talented; she's a singer, songwriter, actress, dancer, fashion designer, author, perfume

creator, producer and judge on *American Idol* among a variety of other successful endeavors. According to [UsMagazine.com](http://UsMagazine.com), the lovely Lopez stated in her interview, "It was probably my first big heartbreak, and to have one of my best friends who I'd known for years, who I actually love and did have chemistry with, come into my life and say, 'I'm here'...What you need to know is, nobody can save you or heal you," she continued. "Only you can do that for you."

**What are three immediate ways to start getting over heartbreak?**

### **Cupid's Advice:**

Heartbreak is one of the most difficult things to deal with in life, so it's important to remember that there is always light at the end of the tunnel. Cupid has some ways to help you get over your heartbreak immediately:

**1. Love, love, love:** Directly after a split from a significant other, it's important to surround yourself with your loved ones. They will build you up, recharge your energy, give you hope for the future and inspire you to keep on going. Take a look around and realize that you are not in fact alone, and see how loved you truly are.

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**2. Personal bubble:** Although you shouldn't completely close yourself off from the world forever, it's important to retreat into your own personal bubble and take time for yourself. Spend your time thinking, relaxing and doing things that YOU enjoy. Don't worry about everyone else for a change, this is the exception where being selfish is totally acceptable. Do something for yourself, reflect back on things and focus on resting because you are probably in desperate need of it.

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## Heartbreak

**3. I'm a diva:** Pamper yourself! Even though you're feeling sad on the inside, you can look fabulous on the outside which will lead to feeling good inside too. The saying goes, 'If you look good, then you feel good.' It's time to enjoy yourself and get back on the top of your game. Go to the hair salon and get your locks looking on point, get a fresh manicure/pedicure, go to the spa and enjoy a massage, do a facial, take a bubble bath, have your eyebrows waxed, do some shopping and treat yourself to your favorite foods and desserts. Like Teresa Giudice says, "Count your blessings. Not calories." Meditating and doing yoga are also ways to heal you on the inside and relax. Allow yourself to feel positive energy and be zen. There is so much to look forward too, remember that.

**What are some ways you have healed your heartbreak immediately? Share your thoughts below.**