


# Kevin Federline Reminisces About Celebrity Ex Britney Spears



 By Maggie Manfredi

If Britney Spears can make it through 2007, you can make it through today. However, according to [UsMagazine.com](http://UsMagazine.com), Spears' celebrity ex-husband Kevin Federline says that mess is behind them. The celebrity exes are making it work and have got their co-parenting down to a science. Federline said, "I had to work this weekend and go to Orange County...so they went to Vegas, and when she has to do something and I need to keep the kids, it just works out well." Federline and Spears had a short but, dramatic relationship and love life, from a surprise wedding to two baby boys and even a reality television show. Early on, there were intense custody issues between the celebrity exes, which culminated in Britney's breakdown in 2007. But, the former famous couple are on track now and have a good system where their children always come first.

**Celebrity ex or not, it can be tough to look back on your past relationship and love life with fond memories. What three memories are hard to let go when you break up with someone?**

**Cupid's Advice:**

Cupid knows it can be tricky to cope with a break-up, and sometimes that has to do with lingering memories. Cupid has memories that are particularly hard to let go of post-break-up:

**1. Intimacy:** Of course, the first thing that comes to mind is letting go of your memories surrounding the intimacy in your past relationship. If you were with someone for a long time, it probably means you were very much attracted to them. Those flashbacks can be tough to release.

**Related Link:** [Charlie Ebersol Says Celebrity Love Britney Spears 'Drives Me To Be Better'](#)

**2. Special dates:** Whether it was an anniversary extravaganza or a surprise birthday bash made for the tabloids, you'll be hard pressed to forget those good times. They will always remind you of your ex. That being said, don't let them become tainted. Just because you aren't with you ex now, doesn't mean you should regret the whole relationship.

**Related Link:** [Britney Spear's Ex Jason Trawick is Dating 'Hunger Games' Star](#)

**3. Pets:** If you and your former partner got a pet together, and you ended up getting to keep said pet, it's going to be difficult to move on from all memories pertaining to your former "family." As they say, "Time heals all wounds." This may or may not be true, but hang in there, because things are bound to get better! Memories fade.

**What are some other memories that are hard to forget? Share your insight below!**