

# Kelly Osbourne Says She is Head Over Heels for Ex-Fiance, Luke Worrall



Despite a recent rant about ex Luke Worrall over Twitter, Kelly Osbourne tells the British version of *Cosmopolitan* that she's still not over her former fiance. According to *People*, Kelly Osbourne says that she has not been with anyone since splitting from Luke Worrall six months ago. "I think we need to spend time working on ourselves, but it doesn't erase the fact that I'm head over heels in love with him... I haven't been with anyone since Luke."

**How do you get over your ex?**

**Cupid's Advice:**

Sometimes when we can't get over someone, we use anger to

cover up our leftover feelings. Here are some tips on how to stop getting mad and start getting over him:

**1. Stop communication:** Delete your ex from your phone, don't answer his e-mails and refrain from checking up on him on Facebook. A clean break is almost always the best bet.

**2. Rebound:** While you should avoid getting in another serious relationship too soon after a breakup, get back out there and date around. It'll give you the confidence you need to start over.

**3. Lean on friends:** Don't expect to get over your ex alone. Complain, cry and forget about him with the help of your friends.