


# Celebrity Break-Ups: Kelly Clarkson Gets Primary Custody of Kids Amid Split



 By Carly Silva

In the [latest celebrity news](#), Kelly Clarkson was awarded primary custody of her children with soon-to-be ex husband Brandon Blackstock. After announcing their [celebrity divorce](#) earlier this year, the two exes, who share a daughter River, 6, and son Remington, 4, will share joint custody in Los Angeles, with Clarkson having primary custody.

**In celebrity break-up news, split proceedings are still ongoing with Kelly Clarkson and her soon-to-be ex husband Brandon Blackstock. What are some ways to keep the divorce process from affecting your kids?**

## **Cupid's Advice:**

Going through the divorce process can be extremely stressful, and it can be even more difficult to navigate for the kids involved. If you're looking for some ways to keep the divorce process from affecting your kids, Cupid has some advice for you:

**1. Keep the legal talk to a minimum:** When you're going through the legal process of a divorce, try not to let your kids hear

too much about this. You will have to be honest about new living situations and rules, but they don't need to know all the details of the custody battle and legal ramifications. This will only add to their stress and sadness.

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**2. Stick to their routines:** Another important factor in keeping your kids from being affected by the divorce process is to minimize disruptions to their routines as much as possible. You don't want them to feel like too much has changed, so try to maintain a sense of stability for them. This will keep them from feeling like their whole life has been uprooted because of the divorce.

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**3. Don't talk negatively about your ex:** Even though it may be tempting, talking negatively about your ex in front of your children may only confuse them. You don't want your relationship issues with your ex to carry into their own relationship. Your children still deserve a good relationship with both of their parents, so try to refrain from blaming or bad mouthing your ex in front of them.

**What are some more ways to keep the divorce process from affecting your kids? Start a conversation in the comments down below!**

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# Celebrity News: Vanessa Hudgens Opens Up About What She Wants in an Ideal Partner After Split



By Nicole Maher

In the latest [celebrity news](#), Vanessa Hudgens revealed what she wants in the ideal partner following her [celebrity break-up](#) with Austin Butler. According to *UsMagazine.com*, Hudgens is open to dating someone whether they are in the public eye or not. Hudgens and Butler separated in January of this year after dating for nearly nine years. Since their break-up, Hudgens has revealed that she has not been dating amid the coronavirus pandemic and her busy acting schedule.

**In celebrity news, Vanessa Hudgens is reevaluating what she looks for in a partner after her split from Austin Butler. What are some ways to learn from a break-up?**

## **Cupid's Advice:**

Although challenging, break-ups provide a great opportunity for learning lessons from a past relationship, as well as determining what you want out of future relationships. If you are looking for some ways to learn from a break-up, Cupid has some advice for you:

**1. Set priorities:** Break-ups provide a great time to reestablish your priorities and expectations about what you want in a future relationship. While you likely had an idea of your priorities before you even started dating, going through an unsuccessful relationship can reveal what you truly need from a partner to make things work. Take this time to update your priorities so that you know what is a must-have the next time around.

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**2. Establish deal-breakers:** Deciding on deal-breakers is just as important as setting priorities. A person can have all of the characteristics you favor, but if they have a major lifestyle habit that you disagree with, it can cause conflict in the future. Deal breakers also don't have to be "negative" attributes about the person, but can simply be factors like distance and the type of relationship you are both looking for.

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**3. Consider external factors:** When we're in a relationship, we sometimes tend to put that aspect of your life above others. Break-ups are a great time to look at other aspects of your life and decide if you'd like to spend some time improving them as well. By working to better yourself professionally or mentally between partners, you will enter your next relationship with a more solid foundation and be ready to put in all the necessary effort.

**What are some other ways to learn from a break-up? Start a conversation in the comments below.**

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# Celebrity Divorce: Julianne Hough Posts Cryptic Quote Amid Brooks Laich Divorce



By Carly Silva

In the [latest celebrity news](#), Julianne Hough took to Instagram to express her new definition of love last Sunday. According to *UsMagazine.com*, the actress, who moved forward with a [celebrity divorce](#) from Brooks Laich earlier this year, posted a Bianca Sparacino quote about love and the beauty of change.

**In celebrity divorce news, Julianne Hough is venting on social media using cryptic quotes. What are some ways to use social media to cope with a split?**

## **Cupid's Advice**

Getting over an ex and dealing with a break-up can be a difficult journey, but there are some tricks that can help you cope. If you're looking for ways to use social media to cope with a split, Cupid has some advice for you:

**1. Unfollow or block your ex:** One of the best things you can do for yourself when coping with a split is unfollowing, muting, or blocking your ex on social media. Even if you ended

on good terms, cutting off contact on social media will help you to start moving on instead of constantly focusing on what they are posting.

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**2. Post things for you:** Using social media can be extremely empowering if you're using it for the right reasons. Instead of posting to impress others, gain approval, or show your ex how well you're doing without them, focus on using your accounts for your own self expression. Only post things you want and use social media to empower yourself.

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**3. Follow accounts that make you feel good:** Another great way to use social media during a break-up is to follow accounts that make you feel good. Whether that means following accounts that give relationship or break-up advice, or accounts with inspirational quotes, paying attention to these types of users can help make your social media experience useful and beneficial.

**What are some other ways to use social media to cope with a split? Start a conversation in the comments down below!**

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# **Celebrity Break-Up: Olivia Wilde Ditches Engagement Ring**

# After Jason Sudeikis Split



By Nicole Maher

In the latest [celebrity news](#), Olivia Wilde has removed her engagement ring after her [celebrity break-up](#) with fiancé Jason Sudeikis. According to *UsMagazine.com*, Wilde was first spotted without her ring while spending some time at a horse stable in Los Angeles, California. The couple began dating in November of 2011 and announced their engagement in January of 2013.

**In celebrity break-up news, Olivia Wilde is no longer sporting the engagement ring she got from ex Jason Sudeikis. What are some physical ways you can cope with a break-up?**

## **Cupid's Advice:**

One of the hardest things to deal with in a break-up is letting go of some of the physical reminders of your relationship. If you are looking for some physical ways you can cope with a break-up, Cupid has some advice for you:

**1. Lose the jewelry:** Whether it's an engagement ring or a necklace, taking off any jewelry that was given to you by your ex is a good first step in removing physical reminders of your break-up. This will also give others the clue that your relationship has ended without you necessarily needing to tell everyone verbally. After some time has passed, you can decide what to do with the jewelry long-term.

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**2. Clean your social media:** In the modern age, nearly everyone in a relationship has shared some pictures with their partner on social media. Another physical way of coping with a break-up is to clear that person from your field. This can include archiving pictures of you two together, removing tags from past photos, and muting or unfollowing your ex's account.

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**3. Put away past gifts:** While you may have a sentimental attachment to some of the gifts your ex has given you in the past, it is a good idea to remove these gifts from view. Just like with jewelry, placing the gifts you've received in a box and putting them away for a while can help take your mind off the break-up. Once your emotions have settled, then you can decide what to keep, return, and get rid of.

**What are some other physical ways that can help you cope with a break-up? Start a conversation in the comments below.**

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## **Celebrity News: Alex Trebek's Wife Shares Photo of Their Wedding After Thanking Fans**



# for Support After His Death

By Nicole Maher

In the latest [celebrity news](#), Alex Trebek's wife shared a wedding photo of the couple after thanking his fans for their support. According to *People.com*, Jean Trebek shared a photo on Instagram following the death of her husband and host of *Jeopardy!* Trebek passed away at the age of 80 after fighting stage four pancreatic cancer for nearly two years. The [celebrity couple](#) had been happily married for twenty-nine years at the time of his passing

**In celebrity news, Alex Trebek's wife is thankful for the support of the public after Trebek's passing from cancer. What are some ways to cope if your partner passes away?**

## **Cupid's Advice:**

No matter how much time you may have to prepare, losing the life your partner is heartbreaking. While the support and wishes of loved ones can help, there will still be strong feelings of loss. If you are looking for some ways to cope with a partner's passing, Cupid has some advice for you:

**1. Give yourself time:** One of the easiest and most effective ways to cope with a loss is to give yourself time. While it sounds simple, many people try to force their way through the grief process so their life can return to some form of normalcy. However, this can cause issues to rise in the

future, so giving yourself ample time following the loss of a partner is the best way to cope with their absence long-term.

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**2. Consider your surroundings:** It is important to take into account your surroundings following the loss of a partner. Decide whether going places you enjoyed together brings you peace or makes you upset. The same consideration should be thought about in terms of your partner's belongings. Consider whether being surrounded by items that remind you of them is beneficial or harmful in your personal healing process.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. Tell their stories:** Sometimes when we lose someone we love, we tend to stop talking about them. However, just because they are no longer physically does not mean that you have to completely remove them from your life. After enough time has passed, continue to share the memories you created with your past partner with others to help in remembering them.

**What are some other ways to cope with the loss of a partner? Start a conversation in the comments below.**

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# Celebrity Break-Up: Lamar Odom & Fiancée Sabrina Parr Call It Quits



✖ By Nicole Maher

In the latest [celebrity news](#), Lamar Odom and Sabrina Parr have decided to call off their engagement. According to *UsMagazine.com*, Odom and Parr's [celebrity break-up](#) stems from personal issues that Odom needs to work through on his own. The couple was engaged in November of 2019, just three months after first being seen together in Atlanta, and had planned their wedding for November 2021.

**According to Sabrina, this celebrity break-up is a result of Lamar Odom needing to work on himself. How do you know if you're in a good place mentally and emotionally for a relationship?**

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

Sometimes the state of a relationship is dependent on internal factors, such as mental and emotional readiness, rather than external factors. If you are wondering if you're mentally and emotionally ready for a relationship, Cupid has some advice for you:

**1. You have other outlets of happiness:** Being in a relationship should be one of the highlights of your current life, but it should not be your only outlet of happiness. If the only thing that truly brings you joy is being around your partner, then you may not be mentally or emotionally ready for a relationship. Placing all of your happiness on one person can lead to unhealthy standards and more disappointments even if neither partner is in the wrong.

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**2. You're happy with the timing:** When you are in a sound mental and emotional place, you are often happy with the progression of your life. If you are content with the rate at which your relationship is moving, as well as how it fits into your life overall, then you are ready to be in that relationship. However, if you feel that this relationship will cause you to miss out on different areas of your life, you may be in the spot to commit mentally.

**Related Link:** [Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom Girardi Split After 21 Years Together](#)

**3. You've processed past experiences:** An obstacle that many people face in relationships is getting over negative past experiences caused by an ex. If you are entering a new relationship but are still holding onto issues caused by a past partner, you may not be emotionally ready. However, if you've processed and coped with these past issues, then you are likely in a good spot to go forward with a relationship.

**What are some other ways to tell if you're mentally and emotionally ready for a relationship? Start a conversation in the comments below.**

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**Celebrity Break-Up: 'RHOBH' Star Erika Jayne & Tom**

# Girardi Split After 21 Years Together



By Nicole Maher

In the latest [celebrity news](#), *Real Housewives of Beverly Hills*' couple Erika Jayne and Tom Girardi have announced their split. According to *EOnline.com*, their [celebrity break-up](#) comes following 21 years of marriage. The couple had originally met while Jayne was working in West Hollywood and were engaged after six months of dating. Despite being married for two decades, Jayne expressed frustration about the public's continued reference to the couples' age gap.

**In celebrity break-up news, it's over for Erika and Tom, who have been together for over two decades. How do you know when a long-term relationship has run its course?**

## **Cupid's Advice:**

Break-ups are never easy, no matter how long you and your partner have been together. However, spending years, or even decades, with another person can make the process of breaking up even more challenging. If you are looking for signs that your long-term relationship has run its course, Cupid has some advice for you:

**1. Holding on to happier times:** Creating memories together can be one of the best parts of a relationship, but it can also cause people to remain in relationships that are reaching

their end. If you find yourself holding on to memories that happened months or years ago, but have not made the same type of memories since, your relationship may have run its course. Breaking-up doesn't mean you have to forget all the great times in your relationship, it opens you up to new experiences.

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**2. You've grown in different directions:** People are constantly growing and changing over the years. It's possible that you and your long-term partner have grown in different ways since the beginning of your relationship. While this is no one's fault, staying together despite your different paths in life may continue to cause conflicts that you're already facing.

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**3. Loss of feelings:** No one wants to be told that their partner has lost feelings for them. Likewise, many people might not want to admit they've lost feelings for their partner. However, it's possible of the course of a long-term relationship for feelings to change, and holding on to past feelings of love that have disappeared will eventually lead to an unhealthy relationship.

**What are some other signs a long-term relationship has run its course? Start a conversation in the comments below.**

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# Celebrity Break-Up: Julianne Hough Files for Divorce from Brooks Laich 5 Months After Split



 By Carly Silva

In the latest [celebrity break-up](#) news, Julianne Hough has officially filed for divorce from [celebrity ex](#) Brooks Laich. According to *UsMagazine.com*, the pair, who tied the knot in 2017, announced their split five months before officially filing for divorce earlier this week.

**In celebrity break-up news, it's officially over between Julianne Hough and Brooks Laich. How do you know when your relationship is irreparable?**

## **Cupid's Advice:**

Trying to salvage a relationship can be tricky, so it's important to know when to call it quits. If you're looking for signs that your relationship is irreparable, Cupid has some advice for you:

**1. You've already tried everything:** If you're trying to decide if your relationship is able to be fixed, it's important to asses what you've already tried. If you and your partner have tried to fix things for quite a long time, or even tried

therapy, and you find yourself exhausted because things still aren't working, it may be time to call it quits.

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**2. Your relationship has become harmful to one or both of you:** Another sign that may help you know that your relationship is irreparable is if you find the relationship to be doing more harm than good to one or both of you. Once your relationship makes you and your partner unhappy often or has caused damage or harm to you, that is definitely a major sign that it may not be salvageable anymore.

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**3. You no longer trust each other:** Another sign of an unfixable relationship is a lack of trust. Continuing in a relationship without trusting your partner will only cause more problems down the road, so if you have tried everything to rebuild trust, and you still can't rely on each other, your relationship may not be repairable at that point.

**What are some other ways to tell that your relationship is irreparable? Start a conversation in the comments down below!**

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**Celebrity News: Kristin Cavallari & Jay Cutler Reunite to Celebrate**



# Halloween With Their Kids



By Nicole Maher

In the latest [celebrity news](#), Kristin Cavallari and Jay Cutler celebrated Halloween together with their kids despite being in the midst of a divorce. According to *EOnline.com*, Cavallari shared an Instagram post showcasing the [celebrity exes'](#) costumes, along with those of their three children. The couple first announced their divorce in April of this year after ten years of marriage, and Cavallari has been rumored to be casually dating comedian Jeff Dye.

**In celebrity news, these exes took the high road and celebrated Halloween together with their kids. Why should you come together as a family for holidays if you're not together as a couple anymore?**

## **Cupid's Advice:**

Holidays can be challenging for separated families, especially when both parents want to be present. Even though it may be difficult to come together for a holiday with your ex, it may be worth it. If you are looking for some reasons to come together as a family for the holidays, Cupid has some advice for you:

**1. Create new memories:** Holidays are the perfect occasion for creating memories with your children. It is important not to skip out on these types of memories just because you are no

longer with your partner. Looking back, both you and your children will be happy you chose to spend these days together as a family despite any differences.

**Related Link:** [Celebrity Couple News: Jeff Dye Appears to Reference New Romance With Kristin Cavallari in Funny Post](#)

**2. Demonstrate healthy relationships:** Spending the holidays together despite no longer being together is a great way to demonstrate healthy relationships to your children. They will learn that even if two people have a differing opinion on something, it is still possible to compromise and communicate effectively. They will also learn how to set realistic expectations and boundaries in their future relationships.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**3. Relieve family stress:** Whether people are showing it or not, the holidays can be stressful for everyone involved in a separated family. While you may be worrying about not being able to see your children on a specific holiday, they may be facing the same fear. By making an effort to all be in the same house, you'll be relieving stress for everyone involved.


**What are some other reasons you should come together as a family for the holidays? Start a conversation in the comments below!**

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## **Celebrity News: Megan Fox Slams Ex Brian Austin Green**

# for Sharing Halloween Photo of Their Son



 By Nicole Maher

In the latest [celebrity news](#), Megan Fox publicly slammed her [celebrity ex](#) Brian Austin Green for sharing a photograph of their son on Halloween. According to *UsMagazine.com*, Green posted an image of himself along with the couple's youngest son, Journey, to his Instagram. Fox was quick to comment on the image and questioned why her estranged husband did not crop their child out of the image. The [celebrity couple](#) officially split in May of this year after 10 years of marriage.

**In celebrity news, there's definitely some drama between these exes, who share three kids together. What are some ways to iron out parenting differences with your ex?**

## **Cupid's Advice:**

It can be difficult to navigate co-parenting with an ex, especially if you have differing opinions on many fronts. If you are looking for some ways to iron out parenting differences with your ex, Cupid has some advice for you:

**1. Establish predetermined rules:** An easy way to prevent conflict or differences from arising in the future is to

establish some predetermined rules. If you are against having your children featured on social media, or want a universal curfew for both of your houses, these are rules that can be established ahead of time. Be sure to keep these rules straightforward and collaborative to help eliminate as many parenting differences as possible.

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**2. Ask for permission:** There will always be gray-area when it comes to parenting, whether you and your partner are still together or not. A great way to avoid differences is to simply ask for permission when you are unsure if what you're about to do will upset the other parent. The other person involved will appreciate the open communication and hopefully do the same when faced with a situation they are unsure of.

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**3. Discuss differences privately:** While it can be frustrating to navigate parenting differences, especially when they are repetitive issues, it's important to discuss these differences privately. Opening up your conflicts to many other people, such as posting on social media, will only add unnecessary tension to the strained relationship and make it harder to iron out differences in the future.

**What are some other ways to iron out parenting differences with your ex? Start a conversation in the comments below.**

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# Celebrity Break-Up: Jessie J Posts About 'Unhealthy Love' After Channing Tatum Split



By Nicole Maher

In the latest [celebrity news](#), Jessie J revealed details about her relationship with Channing Tatum after their split, referring to the relationship as “unhealthy love.” According to *UsMagazine.com*, the singer made reference to her relationship with Tatum on her Instagram Story when she included a quote about avoiding relationship timelines and emphasized falling in love at any age. The [celebrity couple](#) dated on-and-off for the past two years before officially announcing their [celebrity break-up](#) earlier this year.

**In celebrity break-up news, Jessie J is seemingly speaking out about her unhealthy relationship with Channing Tatum. What are some tell-tale signs that you're in an unhealthy relationship?**

## **Cupid's Advice:**

**1. There's no compromise:** One of the most important aspects of a relationship is the willingness to compromise. It is likely that you and your partner will not agree on everything, but when both people are willing to compromise in different ways, it allows for healthy communication and an overall healthy

relationship. However, if your partner is not compromising in any way and you are constantly forced to follow their decisions, you are in an unhealthy relationship.

**Related Link:** [Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split](#)

**2. Other areas of your life are impacted:** Unhealthy relationships can cause a great deal of stress and frustration when you are around your partner, but these feelings can also spread into other areas of your life. If you feel yourself getting frustrated with your other friends or work environment but are unsure why, it may be stemming from stress that started in your relationship.

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**3. You feel worse about yourself:** The person you are in a relationship with should never leave you questioning your own worth or how much they care about you. While nearly every relationship goes through a rough patch, there should never be a time where your partner makes you feel like less of a person. This willingness to put you down shows a lack of overall respect and is likely a sign of unhealthy love.

**What are some other tell-tale signs you're in an unhealthy relationship? Start a conversation in the comments below.**

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# **Celebrity Break-Up: Brad Pitt & Nicole Poturalski Split**

# After Brief Romance



By Carly Silva

In the latest [celebrity break-up](#) news, Brad Pitt and Nicole Poturalski called it quits on their brief romance. The two exes dated for a little over two months, and their split was made public in late October. According to *EOnline.com*, the exes split several weeks ago and their [celebrity relationship](#) was never very serious.

## In celebrity break-up news, Brad Pitt is single once again. What are some ways to heal quickly after a split?

### Cupid's Advice:

Healing after a split can be a difficult task, but there are a few helpful tips that can speed up your post-breakup healing process. If you find yourself newly single and you're looking for some ways to heal quickly after a split, Cupid has some advice for you:

**1. Cut all contact:** A great way to heal quickly after a break-up is to cut all contact as soon as you can. Staying in touch with your ex or following them on social media will only instigate your feelings and prolong your healing process.

**Related Link:** [Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead](#)

**2. Do things you love:** Another tip for healing quickly after a split is to do things you love. Practicing your favorite

hobbies or starting some new ones will help keep your mind distracted and stop you from overthinking about the break-up. Doing things you love can also help you to focus on the positive things in your life rather than wallowing in sad feelings about your split.

**Related Link:** [Celebrity Divorce: Bachelorette Stars Ashley Hebert & JP Rosenbaum Split](#)

**3. Be kind to yourself:** One of the most important things to remember when you are trying to heal after a break-up is to be kind to yourself. After a split, it is extremely easy to blame yourself and let your confidence sink down. Try practicing self-care, eat your favorite foods, exercise, or watch your favorite TV show to help yourself relax and loved by yourself.

**What are some other ways to heal quickly after a split? Start a conversation in the comments down below?**

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## **Celebrity Divorce: Ant Anstead Says He Lost 23 Pounds Amid Divorce from Christina Anstead**



 By Carly Silva

In the [latest celebrity news](#), Ant Anstead got candid in his Instagram comments regarding his apparent weight loss. The British TV star, who is currently going through a [celebrity divorce](#) from Christina Anstead, posted a photo at work, and



fans quickly noticed his significant weight loss. According to *EOnline.com*, Anstead responded to comments about his weight loss, admitting to losing 23 pounds, but assuring fans that he will gain it back soon.

## **This celebrity divorce had both an emotional and physical effect on Ant Anstead. What are some ways to be kind to your body amid a break-up?**

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

Going through a break-up can have a serious effect on both your mental and physical health, making self-care super important. If you're looking for ways to be kind to your body amid a break-up, Cupid has some advice for you:

**1. Stay active:** One way to take care of your body when going through a break-up is to stay active. Getting up and keeping your body moving will not only keep you healthy, but it is also a great way to de-stress and keep your mind busy. Staying in shape is also a great way to keep your body health and stay confident in yourself, even after a tough break-up.

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**2. Be kind to your mind:** Another way to be good to your body during a break-up, is to also show kindness to your mind. Practicing time for mindfulness, showing yourself extra self-compassion and self-love, and even getting a better night's rest will help you to be more relaxed and make your body feel good. Meditation is a great tactic to practice, especially if you're still thinking about your break-up, mediation will keep

both your mind and body peaceful.

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**3. Treat yourself:** While it is definitely important to stay active and fit, it's also a great idea to show yourself some love. Treating yourself, whether it is a bubble bath, a face mask, or eating your favorite snacks can help remind you of your favorite things and keep your body feeling cared for and fulfilled. Try to do things that will stop you from thinking about your ex, and instead allow you to focus on what you want and what will make your body happy.

**What are some other ways to be kind to your body amid a break-up? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Christina Anstead Talks About Choosing Peace Over Drama After Split**



 By Carly Silva

In the [latest celebrity news](#), Christina Anstead chose to take the peaceful route after her [celebrity break-up](#) from Ant Anstead. According to *UsMagazine.com*, Christina took to Instagram to announce that she is choosing peace after the turbulent journey of her divorce from Ant.

# In celebrity break-up news, Christina Anstead chose to take the peaceful route after her break-up from Ant Anstead. What are some ways to keep your split civil and peaceful?

## Cupid's Advice:

After a break-up, it's easy to get wrapped up in the drama of an intense split, but sometimes, taking the high road will make things a lot easier. If you're looking for ways to keep your split civil and peaceful, Cupid has some advice for you:

**1. Make a conscious choice:** If you want your break-up to remain civil and peaceful, the first thing to do is make a conscious choice to do so. Make the decision to be peaceful and stick to it. This intentional effort will make it easier to stay peaceful as you deal with the aftermath of a split.

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**2. Stay off social media:** One of the worst things you can do after a break-up is bring it to social media. Posting about your ex or your break-up only adds more chaos and drama to the situation. Try to stay off of social media after your split to avoid the temptation of getting wrapped up in the drama of your break-up.

**Related Link:** [Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina](#)

**3. Focus on other things:** The best way to stop yourself from getting caught up in the drama of your split is to take

yourself away from any tempting situations. Instead of thinking about or talking to your ex, try focusing on things in your life that you love or that bring you joy. This can help distract your mind and help you achieve peace instead of constantly being upset over the break-up.

What are some other ways to keep your split civil and peaceful? Start a conversation in the comments down below!

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## Celebrity Break-Ups: Lenny Kravitz 'Blew It' During First Meeting with Ex Lisa Bonet



 By Nicole Maher

In the latest [celebrity news](#), Lenny Kravitz's new memoir *Let Love Rule* gave fans a look into some of the hardship he has faced in the past, including making a bad first impression when meeting his [celebrity ex](#) Lisa Bonet. According to *EOnline.com*, Kravitz outlines how when first meeting Bonet, he "kind of blew it" by complimenting her hair. Kravitz explained that he was nervous, and while he did like her hair, he knew he should've said something better. Kravitz and Bonet later went on to get married and have a daughter before announcing their [celebrity break-up](#) in 1993.

# In celebrity break-up news, not all love stories have a perfect beginning, middle, and end. What do you do if you make a bad impression on your crush the first time you meet them?

## Cupid's Advice:

Sometimes when we get nervous or are trying to impress someone we end up saying the wrong thing. While this may not lead to the best first impression, it doesn't mean that we completely blew our shot. If you are looking for some ways to make up for a bad first impression, Cupid has some advice for you:

**1. Acknowledge and apologize:** Oftentimes the easiest way to move past an awkward encounter is to simply acknowledge it happened and apologize for it. This will ensure your crush that you also thought the first impression wasn't the best so they are not left wondering if that's how you normally act. Once the air is cleared, focus on impressing them next time!

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**2. Don't dwell on it:** While the fact that you made a bad first impression on your crush may still be on the forefront of your mind, it is important not to dwell on this encounter. If you spend too much time focusing on what you did wrong, it can make it more difficult to show your crush your real personality moving forward. Once you've acknowledged it, just let it go!

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**3. Nail the second impression:** First impressions are not last impressions. Once the air is cleared from an awkward first encounter and you have stopped dwelling on what you originally said, take every opportunity moving forward to make a better impression. Over time, your crush will forget how bad your first impression may have been and only think of the ways you have impressed them since.

**What are some other ways to make up for making a bad impression on your crush the first time you meet them? Start a conversation in the comments below.**

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## **Celebrity News: Cardi B & Offset Spotted Kissing at Her Birthday Party One Month After Split**



 By Nicole Maher

In the latest [celebrity news](#), exes Cardi B and Offset were spotted kissing at Cardi B's birthday party one month after announcing their divorce. According to *UsMagazine.com*, the two rappers shared a series of Instagram stories and posts of each other at the party, which included them dancing together and sharing a quick kiss. The couple announced their [celebrity break-up](#) earlier this year after tying the knot in September of 2017. Since making their divorce official, Cardi B has clarified the reason for ending their relationship involved too much arguing and not any infidelity.

# In celebrity news, Cardi B and Offset may be having second thoughts about their split. How do you know when your relationship is truly over?

## Cupid's Advice:

It can be hard to determine when a relationship has officially run its course, and even harder to let go when you two share a long past or children. If you are looking for ways to determine if your relationship is truly over, Cupid has some advice for you:

**1. You're not yourself:** It can be difficult to determine just how much a failing relationship is affecting your life. If you find yourself getting tired or irritated in situations that have nothing to do with your current relationship, the emotions can still be coming from this source of stress. Take a moment to assess your current state of mind and see if relationship drama is carrying into other areas of your life.

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**2. You've split many times before:** Sometimes you truly need to break-up with someone to understand just how much they mean to you. In some cases, a temporary break can lead to a more solid relationship in the future. However, if you have split multiple times with your current partner, or have started taking breaks more frequently, it may be a sign that your relationship is coming to an end.

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**3. You've spoken with professionals:** Many people turn to relationship counselors when they are experiencing trouble with their partner to find new ways to problem-solve. If these new communication methods or techniques aren't helping to repair your relationship, it might be time to consider breaking up. Relationship counselors will also sometimes recommend splitting from your partner if they feel your relationship is irreparable.

What are some other ways to determine if your relationship is truly over? Start a conversation in the comments below.

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## Celebrity Break-Up: Prince William Dumped Then-Girlfriend Kate Middleton Over the Phone



 By Nicole Maher

In the latest [celebrity news](#), a new book written by Robert Lacey revealed details about a rocky past between Prince William and Kate Middleton. According to *UsMagazine.com*, Lacey wrote that Prince William and Middleton have experienced two [celebrity break-ups](#) with each other in the past, with the most recent happening over the phone. The author explains that the Prince was 25 at the time and unsure of his future with Middleton. The royal couple has now been married for nine years and share three children.



**In celebrity break-ups news, a new book claims that Prince William dumped now-wife Kate Middleton over the phone when their relationship was on the rocks. If you think your relationship is over, what are some ways to break the news to your soon-to-be ex partner?**

**Cupid's Advice:**

Ending a relationship is never fun, but sometimes it is the only way to move forward with your own life. If you are looking for some ways to break the news to your soon-to-be ex partner, Cupid has some advice for you:

**1. In person:** The most respectful way to end a relationship with someone else is to have a conversation in person. Whether it is a newly formed relationship that you don't see working long term, or a relationship that has lasted years, the other person still deserves to be present for the conversation. This will allow the two of you to discuss the break-up without too much getting lost in the translation of technology.

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**2. Video chat:** If distance is a factor in the relationship, or you truly cannot bring yourself to meet with your soon-to-be ex in person, video chats are a good alternative. This will allow you to break to news while still being able to see their face and register their emotions. While this option isn't as good as physically meeting up with someone, it is more

respectful than a phone call or text.

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**3. Over the phone:** As a last resort, break-ups can be done over the phone. If this is the route you chose to take when ending things with your partner, be sure to pick a time that allows for both of you to have a full conversation rather than calling while one of you is at work. While phone calls are far from the best option in terms of ending a relationship, they are still more respectful than sending a text or not telling your partner at all.

**What are some other ways to break the news to your soon-to-be ex partner? Start a conversation in the comments below.**

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## Celebrity News: Amanza Smith Says Ex Taye Diggs Supported Her & Kids for 5 Years



 By Nicole Maher

In the latest [celebrity news](#), Amanza Smith revealed that she was financially dependent on her [celebrity ex](#) Taye Diggs during their relationship. According to *UsMagazine.com*, the couple dated for five years following Smith's divorce from NFL star Ralph Brown. During their relationship, Diggs "took care" of Smith and her two children as Smith did not have a consistent job. Following the couple's split in 2018, Smith was motivated to be financially stable on her own and began

working as a real estate agent on *Selling Sunset*.

## **In celebrity news, Amanza Smith says her ex Taye Diggs took care of her and her kids for the five years they were together. What are some ways to rebuild your life (and your finances) after a break-up?**

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

Among the many challenges people face following a break-up, rebuilding your life and finances are some of the most difficult. If you are looking for some ways to get back on the right track following a break-up, Cupid has some advice for you:

**1. Scale down:** Whether it is downsizing where you're living or canceling a few memberships/subscriptions, scaling down might be necessary following a financially dependent break-up. Don't be disheartened by the need to cut back in a few areas after a relationship ends. Scaling down is only temporary, and these novelties can be added back into your life once you're on your feet again.

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**2. Create a new budget:** Your style of living usually changes following a break-up, especially if you were living with your ex partner. These changes will also mean you need to recess your budget and spending habits. By keeping track of your new sources of income and expenses, you will feel like you have more control of your finances moving forward.

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**3. Explore new opportunities:** You will probably be looking for some kind of change in your life following a break-up, so use this as a chance to explore new opportunities. If there is a career field you have always wanted to break into or a product you have always wanted to create, now is the time to do it. Not only could it serve as a source of income, but it will also have you feeling like you're headed on a new track in life.

What are some other ways to rebuild your life (and your finances) after a break-up? Start a conversation in the comments below.

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## Celebrity News: Valerie Bertinelli Pays Tribute to Late Ex-Husband Eddie Van Halen



 By Nicole Maher

In the latest [celebrity news](#), Valerie Bertinelli paid tribute to her late [celebrity ex](#) Eddie Van Halen in a recent Instagram post. According to *UsMagazine.com*, Bertinelli wrote that Van Halen had forever changed her life despite the fact that the [celebrity couple](#) was no longer together. Van Halen and

Bertinelli's son, Wolfgang Van Halen, also shared some words about his father, who lost his long battle to throat cancer on October 6th. The father and son duo had been playing together in Van Halen's band from 2006 until the group stopped touring in 2015.

## **In celebrity news, Eddie Van Halen passed away after a fight with cancer. What are some ways to honor a loved one after they pass away?**

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

One of the most difficult things that everyone will face at some point in their lives is the loss of a loved one. Losing someone close to you can be heartbreaking, but it can eventually lead to opportunities to honor their life. If you are looking for some ways to honor the life of a loved one after they pass away, Cupid has some advice for you:

**1. Talk about them:** It seems simple, but often after losing a loved one, we refrain from bringing up their name. While you may need some time following their passing to process your loss, eventually bringing their name back into conversations is a great way to show acceptance and honor their life. Those closest to you will always be happy to hear about your favorite memories with the loved one you lost.

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**2. Celebrate their birthdays:** A loved one's birthday can be one of the hardest days following their death, but can also be a great opportunity to celebrate them. Creating new traditions to carry out on their birthdays, such as baking their favorite

dessert or releasing balloons, is a sweet way to honor their life and reminisce on some of your favorite memories with them.

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**3. Get involved:** Getting involved in someone's cause following their death can help honor their life as well as save the lives of others. Taking part in fundraising events or charity walks to raise money for specific illnesses, such as cancer, gives you the opportunity to share your loved one's story and listen to those of others. While the subject matter of these events is usually heavy, the events themselves can be uplifting and community building.

**What are some other ways to honor a loved one after they pass away? Start a conversation in the comments below.**

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## **Celebrity Break-Up: Sofia Richie Unfollows Scott Disick Amid Bella Banos Dating Rumors**



 By Nicole Maher

In the latest [celebrity news](#), Sofia Richie officially unfollowed her celebrity ex Scott Disick on social media. According to *UsMagazine.com*, Richie recently unfollowed both Disick and his other ex, Kourtney Kardashian, on Instagram

after rumors of his involvement with Bella Banos began to surface. Richie and Disick first made their [celebrity relationship](#) official back in 2017 before announcing their [celebrity break-up](#) in May of this year. The couple appeared to briefly rekindle their relationship afterward, but has since split for a second time.

## **In celebrity break-up news, Sofia Richie unfollowed her ex Scott Disick on social media as he was spotted with a new woman. What are some steps you can take to get over your ex?**

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

No matter how amicable the situation may have been, breaking up with your partner and beginning the process of getting over them can be challenging. If you are looking for some steps to take to get over your ex, Cupid has some advice for you:

**1. Remove them from your feed:** It's hard to get over someone if you are constantly aware of what they're doing or who they're with. By limiting how much of the other person you see on social media, you will stop yourself from seeing anything you are not ready for. Whether it is muting, unfollowing, or blocking, there are many different options to limit your exposure to your ex.

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**2. Take down your posts:** While removing them from your feed is helpful, so is taking down whatever posts you have of the

relationship on your account. It may not be necessary to completely delete these posts, but archiving them or setting them as private is a good way to show you're moving on. Once you start conveying to other people that you are past the relationship, you will begin to believe it yourself.

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**3. Limit other forms of communication:** Depending on the situation, it may not be possible to cut off all communication right away. Be sure to set boundaries between you and your ex to establish how much communication you are comfortable with. These boundaries can always be lessened or strengthened as the situation changes.

**What are some other ways to help someone get over an ex? Start a conversation in the comments below!**

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## **Celebrity Break-Up News: Kelly Clarkson Is Sued by Father-in-Law's Company Amid Divorce**



 By Nicole Maher

In the latest [celebrity news](#), Kelly Clarkson is being sued by her ex father-in-law's company amid her celebrity divorce from Brandon Blackstock. According to *UsMagazine.com*, Starstruck Management Group, which is owned by Narval Blackstock,



announced that Clarkson owns \$1.4 million in unpaid commissions. This amount is in addition to the \$1.9 million that Clarkson has already paid since the end of her [celebrity relationship](#) with Blackstock. The couple had been married for seven years before officially announcing their [celebrity break-up](#) in June of this year.

**This celebrity break-up is not going smoothly, as Kelly Clarkson is getting sued by her ex's father's company. What are some support systems to have in place during a dramatic divorce?**

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

Going through a divorce is challenging in any circumstance, but can be even more difficult when the divorce turns dramatic. Not only are you facing the end of a relationship, but you are also forced to confront other hardships in your life. If you are looking for ways to stay supported during a dramatic divorce, Cupid has some advice for you.

**1. Family and friends:** The first people you can find support in amid a dramatic divorce are those closest to you. Friends and family can be the perfect outlets to allow you to express your feelings and escape any drama caused by your divorce. You may also have someone in your circle that has gone through a similar experience and can offer some insight of their own.

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**2. A lawyer:** The last person you probably want to spend more

time with amid your divorce is your lawyer, but they can be one of your best support systems. By discussing any charges or accusations brought forward by your ex partner with your lawyer, you will have a better understanding of what you are actually responsible for throughout the process. This can help alleviate some of the uncertainty or stress you may be feeling.

**Related Link:** [Celebrity Break-Up: Kelly Clarkson Says Life Has Been a 'Dumpster' Amid Divorce from Brandon Blackstock](#)

**3. Counselors and therapists:** It can be easy to get caught up in the financial and legal strains of a difficult divorce and forget the effect it is having on your emotions. At the end of the day, you are still processing the end of a relationship as well. Discussing the events of your divorce with a therapist can help in the healing process and allow you to move on with your life in a healthier way.

**What are some other support systems that you can turn to during a dramatic divorce? Start a conversation in the comments below.**

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## **Celebrity Break-Up: Demi Lovato Is Feeling Relieved After Split From Max Ehrich**



 By Carly Silva

In the [latest celebrity news](#), Demi Lovato is feeling a sense of relief after breaking off her engagement with Max Ehrich.

The [celebrity exes](#) met in March and moved in with each other to quarantine together. Their relationship moved along quickly, and Ehrich popped the question only months after they were dating. The engagement was recently broken off, and according to *UsMagazine.com*, a spokesperson for Demi Lovato revealed that the pop singer is relieved after seeing Ehrich's "true colors."

**In celebrity break-up news, Demi Lovato is relieved after her split and broken engagement from Max Ehrich. If you're feeling trapped or suffocated in a relationship, what do you do?**

### **Cupid's Advice**

Relationships can be very demanding and overwhelming sometimes. If you're feeling trapped or suffocated in a relationship and you're wondering what to do, Cupid has some advice for you:

**1. Be honest:** If you're having concerns about being suffocated in a relationship, the first thing to do is to be honest with your partner about it. Tell them that this type of relationship isn't working for you and that you're not happy. Your partner may be able to change their behavior and cater to your needs so that the relationship is more suitable for what you want.

**Related Link:** [Celebrity Break-Up: Max Ehrich Reveals Details About How He Learned of Split From Demi Lovato](#)

**2. Set boundaries:** If your partner is on board to make a

change in your relationship, it's important to set boundaries. Tell them exactly what behaviors are okay and which ones aren't. Dedicate some time to having individual space and time for yourself to help with the suffocating feeling. If your partner is able to make these changes effectively, it may show that there is hope for your relationship to be less suffocating.

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**3. Cut it loose:** If you're able to work on a relationship with your partner, it can help with feeling less suffocated, but if you are feeling trapped in your relationship, that may mean something is seriously wrong. If you're not completely happy and for some reason feel like you can't get out of your relationship, then it is important that you cut it loose. Feeling trapped is not healthy for a relationship and will only lead to resentment.

**What else can you do if you're feeling trapped or suffocated in a relationship? Start a conversation in the comments down below!**

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# **Celebrity Break-Up: Ant Anstead Asks Fans to Stop Trying to Diagnose Split from Ex Christina**



✖ By Carly Silva

In the [latest celebrity news](#), Ant Anstead asked fans to stop leaving comments about his marriage and [celebrity break-up](#) with Christina Anstead on his Instagram account. The [celebrity exes](#), who married in late 2018, announced their split earlier this month. According to *People.com*, Ant shared a photo of the son he shares with Christina and chose to turn off comments on his post while asking for privacy and for their family.

**In celebrity break-up news, there may not be more to the break-up story between Ant and Christina after all. What are some benefits to keeping the details of your break-up private?**

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

Keeping your break-up private can be beneficial in quite a few ways. If you're wondering what some of the benefits of keeping the details of your break-up private are, Cupid has some advice for you:

**1. It shows respect for each other:** If you choose to keep the details of your break-up private, it shows that you still want to be respectful person toward your ex. Instead of airing their dirty laundry and telling everyone exactly what happened, it is very considerate to respect the privacy of your ex and keep the details of the split between the two of you.

**Related Link:** [Celebrity Break-Ups: Tarek El Moussa Is Sad for Ex Christina Anstead Amid Her Split](#)

**2. It prevents others from casting judgment:** If you are willing to tell others all the intimate details of your break-up, you also give them the power to comment or judge your choice to break-up. If you are not willing to listen to someone else's opinion or judgements on you and your ex's choice to end things, it may be best to refrain from giving all of the details out freely.

**Related Link:** [Celebrity Exes: Demi Moore Posts Epic Throwback Emmys Pic with Ex-Husband Bruce Willis](#)

**3. It stops further harm from being done:** If you continue to talk about your break-up with others or on social media, you run the risk of making the break-up even worse. Keeping things private helps to keep the drama to a minimum and moving on in a mature way rather than gossiping about or dwelling on the break-up. It can also prevent further arguments and blow-ups between you and your ex.

**What are some other benefits of keeping the details of your break-up private? Start a conversation in the comments down below!**

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## **Celebrity Break-Up: Find Out More About Demi Lovato & Max Ehrich's Messy Split**



 By Carly Silva

In the [latest celebrity news](#), Demi Lovato and Max Ehrich's [celebrity break-up](#) got messy after the two broke off their

engagement last week. The [celebrity couple](#) went public with their relationship in May, and Ehrich quickly put a ring on it in July. According to *UsMagazine.com*, the split came after distance made their relationship complicated, and Ehrich took to Instagram to call out the former Disney star.

## **In celebrity break-up news, this broken engagement isn't going smoothly so far. What are some ways to keep your split as uneventful as possible?**

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

Break-ups don't always end peacefully, and sometimes the drama can get out of hand. If you are looking for ways to deescalate the drama and keep your split as uneventful as possible, Cupid has some advice for you:

**1. Try not to make a scene:** When you're going through a breakup, there will obviously be a lot of emotions and pain, but it's important not to blow it up too much. Try your best to maintain composure and refrain from making a scene. This will make it easier to end the relationship peacefully and move forward without some huge blow-up making the situation worse.

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**2. Stay off social media:** A lot of times, couples will use social media to communicate with their ex, and it can get really messy. Saying anything over social media is so public and makes matters worse. Instead of messaging, commenting, following, or unfollowing your ex on social media, try to only

communicate with them in person to remove the excess drama that comes with social media.

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**3. Keep it private:** Another way to keep your split uneventful is to keep it as private as possible. Obviously your friends and family are going to find out about the split, but you don't necessarily have to air all of your dirty laundry to everyone in the world. Keeping the fallout of your relationship and the details of the break-up somewhat private will help to keep the drama to a minimum.

**What are some other ways to keep your split as uneventful as possible? Start a conversation in the comments down below!**