

# Celebrity Break-Up: Justin Theroux Found Post-Its from Brad Pitt During Jennifer Aniston Marriage



By [Carly Horowitz](#)

In [latest celebrity news](#), Justin Theroux found post-it notes from [Jennifer Aniston's celebrity ex](#), [Brad Pitt](#), during the time that he was together with Aniston. According to [UsMagazine.com](#), a source stated, "He stumbled upon old Post-it notes Brad had written. Sweet little Post-its like, 'You looked nice tonight' or 'Miss you already'." The source further explained that these post-it notes caused much controversy. The source goes on to say, "Jen assured him they

weren't a big deal, but Justin wasn't thrilled ... Justin had moments of insecurity like that." Needless to say, details are still surfacing with regard to the Aniston-Theroux [celebrity break-up](#).

## **Details from this celebrity break-up are still emerging. What are some ways to keep the personal details of your relationship under wraps post-split?**

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

Personal details about your relationship are just that – personal. It can be a burden if these intimate details are being released. Post-split time is stressful in general. It doesn't need to be more stressful by details being revealed. Cupid is here with some advice on how to keep those personal details on the down-low after your break-up:

**1. Be careful to whom you tell information:** A relationship is usually between only two people. If you truly want to keep the details between you two, be meticulous about who you share your post-split details with. Even your best friend might not be able to keep the juicy details to themselves.

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**2. Get on good terms with your ex:** Have a mature conversation with your ex and make sure you guys are on decent terms after your separation. Make it clear that you want to keep your information private. If you and your ex aren't on good terms, it could cause them to potentially leak information in regards to your relationship that you did not want exposed. Make sure

you guys are on the same page.

**Related Link:** [Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston](#)

**3. Be straight forward:** If you must expose information to someone post-split, be straight forward and make affirmative statements so that your words cannot be twisted and skewed. Say things like “We have moved on maturely”, and just leave it at that.

**How else can you keep your personal break-up details secret? Comment below!**

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# Celebrity Break-Up: Justin Theroux Had 'Reservations' About Marrying Jennifer Aniston





By [Carly Horowitz](#)

In [latest celebrity news](#), it turns out that Justin Theroux did not view his [celebrity marriage](#) to [Jennifer Aniston](#) as a necessity. According to [UsMagazine.com](#), a source said, “Justin was absolutely head over heels in love with Jen – and probably always will be – but marriage was never important to him.” The source further explains, “Marriage was always just a piece of paper to Justin, and he didn’t need it.” On the other hand, the source has the impression that Aniston contained different views- “Constant scrutiny of Jen’s personal life, including whether she would ever find her happily ever after, played a huge role in her marriage to Justin.” All in all, Aniston and Theroux seem to have enjoyed their time while it lasted, although some may argue that this lack of congruence from the start may have proved their [celebrity break-up](#) inevitable.

**This celebrity break-up comes after some hesitation to get married in**

# the first place. What are some ways to know you're 100% ready for marriage?

## Cupid's Advice:

It is important that you and your partner are on the same page, especially when it comes to marriage. Here are some clues you can look for that can show you are ready for marriage:

**1. You feel open:** If the love you have for your partner leads you to a mindset of open-ness and excitement, than that is a good sign. It is great if you feel as if you would try anything or go anywhere as long as you have your partner by your side.

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**2. You see the world the same way:** It is definitely a plus if you and your partner have similar outlooks on life. Although, it is not an absolute necessity that you two agree on everything. Sometimes it is good to have some different views. Opposites attract! Overall, it would make for a smooth, healthy marriage if you and your partner at least had similar views on a majority of aspects.

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**3. They bring out the best in you:** The best part about marriage is that you have found someone that compliments your greatest attributes, as you do the same for them. If you love the person you are when you are with your partner, it may be time to walk down the isle!

What are some others things that can indicate you are ready for marriage? Comment below!

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# Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation



By [Carly Horowitz](#)

In [latest celebrity news](#), [Jennifer Aniston](#) and Justin Theroux have officially announced that they are separated. The former couple was wed secretly in August 2015. Now, this [celebrity](#)

[break-up](#) was also kept until wraps until yesterday. According to [UsMagazine.com](#), the duo released a statement, saying, “In an effort to reduce any further speculation, we have decided to announce our separation. This decision was mutual and lovingly made at the end of last year.” The former [celebrity couple](#) wanted to release the truth despite false speculation. “Normally we would do this privately, but given that the gossip industry cannot resist an opportunity to speculate and invent, we wanted to convey the truth directly. Whatever else is printed about us that is not directly from us, is someone else’s fictional narrative.” Aniston and Theroux seem to have had a pretty peaceful celebrity break-up, as they also stated, “We are two best friends who have decided to part ways as a couple, but look forward to continuing our cherished friendship.”

## **This celebrity break-up comes after much speculation. What are some ways to keep your break-up just between you and your partner?**

### **Cupid’s Advice:**

One of the worst things that can happen during a break-up is that other people get involved. Cupid has some ways to keep your split between you and your partner:

**1. Don’t post:** In order to keep your break-up just between you and your partner, it is definitely a good idea to refrain from posting anything on social media that could cause break-up speculation. Posting nasty comments will only make you look bad.

**Related Link:** [Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship](#)

**2. Stay in contact as friends:** If you think it would be a healthy idea to stay friends with your ex, then go for it. This will also decrease speculation of a break-up because you and your partner will still be acquaintances.

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**3. Keep intimate facts to yourself:** Even if the word of your break-up does get released when you were trying to keep it a secret, you can still decrease the false information that is out there by refraining from revealing intimate details regarding the break-up. You don't need to explain to anyone the reason why you broke up if you don't want you. Keep it short and simple, and just let people know that it is over, but that everything is okay.

**What are some other ways to keep your break-up just between you and your partner? Comment below!**

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## **Celebrity News: What Reese Witherspoon Learned After Leaving an Abusive Relationship**







By [Karley Kemble](#)

[Reese Witherspoon](#) usually keeps her personal life out of the public eye, but in the latest [celebrity news](#), the actress is opening up about her past. In an interview with *O Magazine*, Witherspoon sat down with Oprah Winfrey and Mindy Kaling in a [celebrity interview](#) to talk about their new movie, *A Wrinkle in Time*, reports [EOnline.com](#). The women also talked about the current state of Hollywood, the #MeToo and Time's Up movements, and Witherspoon briefly delved into her past abusive relationship. When she finally ended the relationship, Witherspoon said, "It changed who I was on a cellular level, the fact that I stood up for myself. It's part of the reason I can stand up and say, 'Yes, I'm ambitious.' Because someone tried to take that from me." We certainly admire her courage and bravery in such a sad situation.

**In this celebrity news, Reese Witherspoon opens up about an**

# abusive relationship. What are some things you can do if you find yourself in an abusive situation?

## Cupid's Advice:

Abusive situations are very serious and can be challenging to leave. If you or somebody you know is struggling with any sort of abuse, here are three things to do:

**1. Acknowledge:** Victims usually blame themselves or minimize the reality of the situation. Abuse isn't always broken bones or black and blue bruises. It takes form of sexual assault, verbal intimidation and threats, too. Acknowledging that your situation is an abusive one does not define who you are, it is a step closer to getting out of it.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She Was Sexually Assaulted by Director at Age 16](#)

**2. Talk:** Once you open up to somebody about your relationship, overcoming it becomes easier. Whether you confide in a family member, friend, or anonymous hotline, you are taking a huge step in your path. Don't be afraid to talk about what you're going through. The National Domestic Violence Hotline has amazing, trained people to talk to 24 hours a day, so call them anytime: 1-800-799-7233.

**Related Link:** [Source Says Sarah Hyland Will Bounce Back From Alleged Abuse](#)

**3. Use a safe computer:** It's important to keep your well-being at the front-lines. Computer usage is easily monitored, so you want to ensure your abuser has no access to your searches. The National Domestic Violence Hotline's website has some very informative information about how to reduce your "tech footprint" to reduce the chance of your abuser finding your

cries for help. Deleting your history, cache, and cookies are all starters, though the website has more detailed tips for your benefit.

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# Celebrity Break-Up: Sarah Silverman Announces Split from Michael Sheen On His Birthday



By [Carly Horowitz](#)

According to [UsMagazine.com](https://www.usmagazine.com), Sarah Silverman announced her [celebrity break-up](#) from Michael Sheen on his birthday without realizing the unfortunate timing. Comedian Silverman was able to make light of the situation as she took to Twitter to reveal what she did: “The joke here is I just realized I posted our breakup tweet on his actual birthday and I can’t believe what a dick I am,” she wrote. “Can u believe it?? He said I wasn’t THOUGHTFUL. Jerk... Anyway, Happy Birthday, Michael...” This former [celebrity couple](#) dated for almost four years.

## **After four years, Sarah and Michael experienced a celebrity break-up. What are some ways to know it’s time to give up on a long-term relationship?**

### **Cupid’s Advice:**

Sometimes you can get so secure in a long-term relationship that it just seems easier to stay with your partner because it is comfortable. But even relationships that have lasted long may be due for a split. How do you know when? Cupid is here with some advice on how to know if your relationship may be ready for a change:

- 1. You only communicate when you have to:** If you are in a long-term relationship, it may seem as if you already know so much about your partner. You may lose that curiosity that was fluttering in the beginning of your relationship. Therefore, you only talk to them when necessary. If you realize this is happening, you can work to change it, but if it feels too forced, that’s when you know.

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**2. Time with each other is scarce:** In relation to the point mentioned above, sometimes you can get so close to your partner that you stop going out of your way to make time for cute dates and just special time together in general. Again, you can work to change this, but you need to make sure that your partner is in on it, too. Be open and communicative, and make the effort if you feel as if your relationship is worth saving.

**Related Link:** [Celebrity Break-Up: How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split](#)

**3. You're just not happy:** It is painful when you really do love your partner but you are just not happy in your relationship anymore. It takes maturity to realize this. If you discern that you are simply not happy anymore, bring it up to your partner and see if they are on board for making changes in your relationship. Although, sometimes the best change of all is to take time for yourself and realize your true capabilities outside of this long-term relationship.

**How do you know when it's time to end a long-term relationship? Comment below!**

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**Celebrity Break-Ups: Charlie Puth Says Selena Gomez**

# Romance Messed Him Up



By [Carly Horowitz](#)

In [latest celebrity news](#), Charlie Puth reveals that his short relationship with [Selena Gomez](#) had a significant impact on him. According to [UsMagazine.com](#), Puth explains that his [celebrity break-up](#) with Gomez fuels the energy behind his song "We Don't Talk Anymore." Puth further elaborates, "You gather up a bunch of emotion with the life shovel, throw it in the life bucket, mix it up. And she evoked such good emotion on that song, it was a pleasure working with her. That's why I'm always happy to sing it, even though it came from a dark point in my life."

# Even celebrity break-ups leave a lasting effect on their victims. What are some ways to cope with a recent break-up?

## Cupid's Advice:

Time can't measure the amount of feelings you may have for someone in a relationship. Also, you may carry the effects from a break-up for years to come. Luckily, Cupid has some advice on how to cope with a recent break-up so that you can respectfully accept what happened and become better from it:

**1. Change up your workout regimen:** When you exert energy from working out, endorphins are released in your brain. This helps to fight stress and heighten your happiness level. Take this post break-up time to better yourself and your body. Go to the gym with your friends and do some fun workout routines together! Remember to not overwork yourself though. Do just enough so that you feel happy and healthy.

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**2. Write it out or talk it out:** When emotions are bottled up inside of you continuing to boil and you don't let them spill out, it can be very detrimental to your overall well-being. It is healthy to get out how you are feeling. Identify your feelings in order to get past them. If you don't feel comfortable talking to anyone in your life about your personal post break-up feelings, start a journal. Write down your thoughts and feelings. Let it all out- so then you have more room in your heart to let love in.

**Related Link:** [Celebrity News: Miranda Lambert Throws Shade at](#)

## [Celebrity Ex Blake Shelton With Key Lyric Change](#)

**3. Go outside:** Fresh air has the power to boost your mood and self-esteem. This is a simple way to clear your head post break-up. It is easy to stay in your bed all day and sulk about what is going on your life. Make an effort to try to get outside at least once a day for a few hours. Smile and realize that this world is so beautiful!

**How have you coped with a recent break-up? Comment below!**

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# Are Nikki Bella & John Cena Calling Off Their Celebrity Wedding?







By [Karley Kemble](#)

Uh oh, there could be another celebrity couple calling it quits! In a newly released trailer for season three of *Total Bellas*, Nikki Bella and John Cena are shown sharing an emotional moment together, with Bella asking Cena, “So, we really want to call this off?” According to [EOnline.com](#), the [celebrity couple](#) could very well be talking about canceling their upcoming [celebrity wedding](#). Cena and Bella have been together since 2012. We’ll have to tune into the episode to see how it pans out, which unfortunately isn’t until later this spring!

**Things aren’t looking great in terms of John & Nikki’s upcoming celebrity wedding. What are some reasons to call off your**

# engagement?

## **Cupid's Advice:**

Sometimes, things don't go according to plan. Relationships end, engagements are called off – that's just the way it goes. Check out Cupid's advice:

**1. You're having major problems:** It's normal for any relationship to have their share of differences. However, there is a difference between a small tiff and frequent blowups. If do not feel there will be any chance at reconciliation or forgiveness, perhaps you should consider breaking off your engagement.

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**2. You don't want to be an inconvenience:** If you are having doubts about marrying your partner, but don't want to cancel your wedding for the sake of inconveniencing others, that is a very telling sign! You shouldn't feel pressured to get married, and should know with every fiber of your being that this is a step you want to take. Don't succumb yourself to unhappiness just to satisfy others.

**Related Link:** [Psychologist Breaks Down Relationship Fears in New Book, 'Love Me, Don't Leave Me'](#)

**3. You're worried this could be your only chance:** Listen here, if you are only with your current partner because you are afraid nobody will ever love you again, you are completely wrong! Do not marry somebody because you don't want to be forever alone. In fact, this actually shows that you are not ready to take the next step in your relationship.

**Have you ever called off a wedding? How did you know it was the right thing to do? Share your story below.**

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# Why Celebrity Exes Kourtney Kardashian & Scott Disick Are Happier Than Ever



By [Carly Horowitz](#)

After continuous break-up drama, [EOnline.com](#) reveals that [celebrity exes Kourtney Kardashian](#) and [Scott Disick](#) are very happy with their new normal. Kardashian and Disick have figured out how to successfully co-parent their three children while still very much enjoying their personal lives. Both celebrity exes have seemingly moved on relationship-wisely as Kardashian dates Younes Bendjima and Disick has his arm around

Sofia Richie. Kardashian and Disick schedule time to spend both as an entire family together, and individually with their children. In [latest celebrity news](#), Disick is still part of the Kardashian family, as he also spends time with [Khloe Kardashian](#) and [Kris Jenner](#).

## **These celebrity exes are proving they can be successful at co-parenting. What are some tips for successful co-parenting?**

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

It is important to maintain a happy and healthy relationship with your ex as you co-parent your children. It may be hard at first to put your personal feelings aside, so Cupid has some advice:

**1. Practice empathy:** Try to put yourself in both the shoes of your children and of your ex-partner. It is beneficial to try and understand how they feel in order to act accordingly and make the best of the situation at hand.

**Related Link:** [Parenting Tips: Co-Parenting During the Holidays](#)

**2. Put your children's well-being first:** Even if for some reason you are in an argument with your ex, keep in mind that your children don't want their family outing rescheduled because their parents can't get along. Take a deep breath, and make sure you don't brush off your children's feelings.

**Related Link:** [Parenting tips: 5 Tips for Co-Parenting](#)

**3. Make a clear schedule:** Take time to organize the availability you have for family time – just time with your kids, and personal time. It's all about balance!

How do you successfully co-parent your children? Comment below!

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## Celebrity Break-Ups: Jennifer Meyer Says Tobey Maguire Is the 'Greatest Ex-Husband'



By [Carly Horowitz](#)

In [latest celebrity news](#), Jennifer Meyer classifies her [celebrity ex](#) Tobey Maguire as her “best friend”. According to [UsMagazine.com](#), this [celebrity break-up](#) worked out as well as

can be expected, as the couple really put their children first. After being together for nine years and having two children together, daughter Ruby, 11, and son Otis, 9, Meyer and Maguire have seemingly cracked the code to healthy celebrity break-ups.

## **This celebrity break-up didn't leave any hard feelings. What are some ways to build a friendship with your ex after a break-up?**

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

It takes a good amount of maturity and open-mindedness to be able to co-exist with your ex in a healthy manner without any hard feelings. It's so important to make it work for your kids, and getting along helps with the process. Even if you don't share children together, it is still possible to build a friendship with your ex after a break-up. Cupid has some advice:

**1. Don't doubt the break-up:** If you are going to commit to being friends with your ex, then that is exactly what you have to do. Get it through your mind that this is no longer a person that you look at in a romantic way. They are your friend. With that said, you both may need some mourning time before you begin to form a friendship. Allow that time for yourselves before forcing things. Once you do venture down the path of friendship, try not to get so close that you begin to doubt that you broke-up in the first place. If it is meant to be, it will be, and you can make that judgement call along the way. That being said, try to stick to just being friends again at first.

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**2. Accept the new relationship:** Don't go into the friendship with your ex with the same expectations that you had when you were in a relationship with them. It is going to be different. You won't spend as much time together and the way you interact is going to be altered. Don't get hung up on the past and long for that relationship. Rather, embrace this new pleasant friendship that you have formed.

**Related Link:** [Celebrity Break-Up: Jennifer Hudson's Ex David Otunga Will Fight for Primary Custody of Their Son Post-Split](#)

**3. Go into it with a positive attitude:** This is the key for everything. If you keep your mind focused on the fact that you are excited to have this healthy new friendship with your ex, then that is what will occur. If you litter your mind with doubt that this won't work out or you feed into the disapproving thoughts of others, you will become consumed with looking for a reason to make it not work. Stay positive!

**How have you made efforts to build a friendship with your ex? Comment below!**

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**Celebrity News: Miranda Lambert Throws Shade at Celebrity Ex Blake Shelton With Key Lyric Change**



By [Carly Horowitz](#)

[Celebrity news](#) reveals that Miranda Lambert still has some things to say in regards to her [celebrity ex Blake Shelton](#). According to [UsMagazine.com](#), during the opening night of her Livin' Like Hippies tour, Lambert deliberately changed the lyrics in her song "Little Red Wagon" from "I live in Oklahoma" to "I got the hell out of Oklahoma". We can infer that she did this because Oklahoma was where Lambert lived with her celebrity ex Shelton. Lambert is now in a [celebrity relationship](#) with musician Anderson East. Luckily, they seem to be happy with each other.

**In this celebrity news, Miranda Lambert is moving on, even in her**



# lyrics. What are some steps you can take to move on from your ex?

## Cupid's Advice:

Moving on from your ex can be tough, especially because they used to be such a big part of your life. For some people, it's hard to get over that quickly. If you are one of those people, Cupid has some tips that can help you to move on from your ex:

**1. Cut off contact:** First and foremost, make sure that you have cut off all contact from your ex. Delete their number so you don't have the urge to text them. Don't spend time longingly stalking their Instagram page. It makes it so much harder to get over your ex if you're still in contact with them, because the whole point of trying to get over them means you are trying to get them out of your mind.

**Related Link:** [Celebrity Break-Up: Jack Antonoff Has Moved On After Split from Lena Dunham](#)

**2. Make peace:** Accept what happened. Truly accept it. Even if the relationship ended badly, try to be happy about the good experiences that you got from it. Be thankful that you had this time with this person. Then, accept that this chapter of your life is over and there are more amazing pages to turn in your book that will surprise you with further happiness and love.

**Related Link:** [Celebrity Break-Up: 'Bachelor in Paradise' Star Amanda Stanton Opens Up About Her Split from Robby Hayes](#)

**3. Love yourself more:** The perfect time to better yourself is when you are going through a break-up. Realize that you are amazing and begin to enjoy the time that you get to spend with yourself. Self-forgiveness is also very important to embrace during the time of a break-up. Relationships help us to

uncover aspects of ourselves that we may not have shown before. Take time to examine some great personal achievements from this time. Maybe you got past your trust issues, or maybe you fell in love for the first time. Praise yourself for the accomplishments you made and don't forget to love yourself more than you ever loved your ex.

**Have more tips on how to move on from an ex? Comment below!**

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## **Celebrity Break-Up: Jack Antonoff Has Moved On After Split from Lena Dunham**





By [Jessica Gomez](#)

Jack Antonoff is seeing someone else after his recent split from Lena Dunham, according to [UsMagazine.com](#). The former [celebrity couple](#) broke up in December after five years together. According to a source, Antonoff is now dating a musician, and Dunham has no hard feelings and wishes her ex well.

**This [celebrity break-up](#) apparently isn't hitting Jack Antonoff very hard, as he's already moved on. What are some ways to cope with your ex moving on after a break-up?**

**Cupid's Advice:**

Some people take a while to move on after a break up, and some people don't waste anytime before moving on to the next. Cupid

has some advice on how to handle things:

**1. Keep busy:** Work on you. Don't feel like you have to move on to someone new just because your ex did. Focus on yourself. After all, that is the best thing to do. Keep yourself busy by doing what you have to do, and add some new activities to your schedule.

**Related Link:** [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

**2. Stay off their social media pages:** Don't ask around either. It's time to move on, and checking up on your ex's new relationship is not going to help. It can be tempting to become your own "private investigator," but what would you really gain from it?

**Related Link:** [Naomi Watts Cheers On Ex Liev Schreiber at Golden Globes While at Home with Sons](#)

**3. Look forward:** Be positive about your future. There is someone else out there for you, and if you're sticking to a self-improving plan, then you'll definitely have a bright future to look forward to. Don't stay in the past by building a home there, you have better things to do with your time. Be excited about your new beginning!

**What are some ways you coped with your ex moving on quickly? Comment below!**

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# **Celebrity Break-Up: Lena**

# Dunham & Jack Antonoff Split After 5 Years Together



By [Karley Kemble](#)

In some very devastating [celebrity news](#), Lena Dunham and Jack Antonoff are no more. According to [UsMagazine.com](#), the couple has endured a [celebrity break-up](#). Antonoff and Dunham began their relationship in 2012, but were simply growing apart, say sources close to the pair. The split comes as a shock to some, as they appeared to be going strong just months ago, as seen through Dunham's social media postings and on an article she penned for *Variety Magazine*. Hang in there, guys!

# This celebrity break-up comes after a five year relationship. What are some ways to adjust after a long-term relationship?

## **Cupid's Advice:**

Breakups are always challenging, and even more so when the relationship is long in tenure. If you're having a difficult time adjusting to your newfound single life, check out these tips from Cupid to help ease the pain:

**1. Delete, delete, delete:** In this digital age, we are connected to everyone digitally. Do yourself a favor and unfollow, delete, and/or even block your ex on all social media platforms. When you're trying to get over them, seeing their face plastered everywhere you turn. It really will help the healing process!

**Related Link:** [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

**2. Give yourself credit:** Some days will be easier than others. Instead of looking at the negatives, try flipping your perspective. You only cried five times today? Cool, yesterday it was seven so that's an improvement! You're allowed to mourn and allowed to be sad. Let yourself feel the pain for some time.

**Related Link:** [Rumor: Girls' Lena Dunham Is Dating Fun.'s Jack Antonoff](#)

**3. Do things you love:** Reclaim your independence and do things on your own. This is super important because it helps to dissociate the past from the present. Just because you and your ex went on lots of trips together doesn't mean you have

to be a hermit for all eternity! It's totally unfair and is only a disservice to you. You deserve happiness as a single person, too!

**How have you coped after a breakup? Share with us below!**

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## **Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors**



By [Rachel Sparks](#)

[Celebrity couple Jennifer Aniston](#) and Justin Theroux celebrated Christmas together, despite rumors of a [celebrity divorce](#). Though the couple doesn't spend a lot of time together, a close friend revealed to [UsMagazine.com](#) that the two were weekend lovers. In between shootings of both their projects, Aniston would fly up to New York City to visit husband Theroux. Aniston spent time alone in L.A., her west coast preference the driving force for some independent time, but the the couple is reportedly still going strong.

## **This celebrity couple isn't headed for Splitsville, despite rumors. What are some ways to keep gossip from affecting your relationship?**

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

We're all victims of gossip, so it's not unfamiliar when the negative words are directed towards your relationship. Despite the former acquaintance with rumors, they can still hurt your relationship. Read Cupid's [relationship advice](#) to help you and your love survive:

**1. Sometimes, it comes from deep love:** Understanding that gossip can come from a deep place of love doesn't negate the effects of the rumors, but it can help you and your partner avoid too much heartache. When family gossips, they want to get to know what's going on in your life. Not everyone gossips from love, but recognizing who the words are coming from and why it's being said can help you move past the gossip.

**Related Link:** [Celebrity News: Jennifer Aniston Slams Pregnancy Rumors, Paparazzi, & More](#)



**2. Communicate openly:** Be sure to talk openly and honestly with your partner. What they say is far more important than what anyone else says. Sure, some rumors are very hard to ignore and may test the trust you and your partner have built, but without believing in your love, there's no way the two of you can make it through gossip. Remain open and honest and you two can make it through anything.

**Related Link:** [Celebrity News: Justin Theroux Reveals How Marriage to Jennifer Aniston Works](#)

**3. Cut out the negativity:** Ultimately, if people cannot stop gossiping about you and your partner, cut them out. If you've approached the origin of the negative words and asked them to stop and they won't, keep your distance. It's hard when it's family, but family has to understand that your choice is your's alone. Until they respect that, keeping away negativity will help you and your partner heal.

How have you and your partner made it through rumors? Share your advice below!

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## Celebrity Break-Up: Corinne Olympios Is Single Again After Announcing New Relationship





By [Karley Kemble](#)

Just two weeks after announcing her new relationship, Corinne Olympios is back on the market. The former *Bachelor* hopeful was dating a Los Angeles area relator, but the pair has endured a [celebrity break-up](#), reports [UsMagazine.com](#). This [celebrity news](#) is a shock to fans, as Olympios said things were going well when she first spoke out about her now-ex. The reality star apparently in good spirits about her current relationship status, and shared the qualities she's hoping to find in a future partner: "I'm just looking for someone who's, like, chill and relaxed, supportive, cool," she said. "We don't need to rush into anything." Hang in there, Corinne!

**Corinne Olympios just went through another celebrity break-up very soon after announcing her relationship. What are some ways to**

# know if your new relationship will last?

## Cupid's Advice:

When you begin a relationship, there's always an element of uncertainty. Sometimes, you just know when somebody's going to be around for longer than a few dates. Here's what Cupid has to say:

**1. They're eager to be with you:** Everyone's busy to some extent. However, it is important to recognize the difference between *not having* time and *making* time. If your partner seems super eager to spend a lot of time with you, and never (or very, very seldom) postpones plans, that is very telling! Even better: when the time they want to spend with you is thoughtful or seemingly mundane (i.e. offering to tag along with you while you run errands.)

**Related Link:** [Celebrity News: Find Out What Corinne Olympios Remembers from Night of 'Bachelor in Paradise' Incident](#)

**2. They take a genuine interest in your life:** When others might brush you off and seem indifferent about something small that excites you, your new partner shares the new excitement with you. They love hearing you talk about the details of your life – big and small. The same goes for you, too. If you're excited to learn all there is to know about them, you might just have yourself a lasting relationship!

**Related Link:** [Celebrity News: Controversial 'Bachelor' Alum Corinne Olympios is Headed to 'Bachelor in Paradise'](#)

**3. They listen (and remember!):** We can all tell if somebody is *actively* listening and *genuinely* caring. Perhaps you mentioned something in passing, and they bring it up later. That's a really, really good sign! It shows that they care about you

and all that you have to offer!

How could you tell if your relationship was going to last?  
Comment below – we'd love to hear from you!

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# Celebrity News: Harvey Weinstein Lied About Having Intimate Relations with Gwyneth Paltrow



By [Rachel Sparks](#)

Harvey Weinstein's name has become a household warning. There's yet more [celebrity news](#) on Weinstein's decades long scandals. According to [EOnline.com](#) and *The New York Times*, [Gwyneth Paltrow](#) published a staggeringly long list of cover-ups and lies throughout Weinstein's career. One major lie Weinstein told was that Paltrow had consented to have sex with him in order to advance her career. Paltrow's name and Weinstein's lie was used as a weapon against other actresses in order for them to say "yes" to his advances.

## **This celebrity news has us cringing. What are some ways to ward off unwanted advances?**

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

We all at some point will be in a position where we are made uncomfortable by unwanted advances. Male or female, someone with power can abuse their position to negotiate with you something you don't want to do. Cupid has [relationship advice](#) to help you when you're in these situations:

**1. Call them out:** Use your best judgement. Sometimes, calling out a person on their advances is exactly what it takes to end it. If a person thinks they can get away with something because they don't think you'll speak up, prove them wrong. Sometimes, though, the person making the advances is too aggressive and calling them out will anger them. Again, use your best judgement, but don't be afraid to speak up for yourself.

**Related Link:** [Celebrity News: Reese Witherspoon Reveals She was Sexually Assaulted by Director at Age 16](#)

**2. Tell them to leave you alone, in no uncertain terms:** If you firmly say you want nothing more, sometimes the person coming

onto you will stop. If you say this in front of a group, the other people can hold the advancer accountable for their actions. But be careful, doing this makes it much more uncomfortable being alone with that person, so avoid alone time at all costs.

**Related Link:** [Celebrity News: Matt Later Fired from NBC News for 'Inappropriate Sexual Behavior'](#)

**3. Report the behavior:** If you've asked the person to stop and they haven't, told them to stop and they won't, called them out and they don't care, it's time to report this behavior. Telling an authority figure will likely mean someone steps in and protects you. There may be backlash, so don't be alone with that person. Stay strong.

**How have you gotten out of unwanted advances? Share your advice below to protect others.**

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## **Celebrity Exes: Naomi Watts Cheers On Ex Liev Schreiber at Golden Globes While at Home with Sons**





By [Jessica Gomez](#)

In [celebrity news](#), Naomi Watts showed support toward ex Liev Schreiber while he was at the Golden Globes, according to [UsMagazine.com](#). Watts watched the Golden Globes from home with their two sons. She posted a photo Sunday via Instagram of her two kids hovering over the television cheering their daddy on. How cute!

**These [celebrity exes](#) are supporting one another even after their break-up. What are some reasons to continue supporting one another after a split?**

**Cupid's Advice:**

Seeing this former [celebrity couple](#) get along so well is a beautiful thing, and we should follow by example! Cupid has

some advice as to why you should be on a good note with an ex after a split, a good ex that is. Here are three reasons why:

**1. For the children, if you have any:** It is important for children to see their parents get along. It helps them through the separation process, and helps them feel balanced and in harmony. You don't want hostility and bad vibes around!

**Related Link:** [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

**2. Closure:** Why end on a bad note? Going through a break up can be a hard time with emotions running high. However, when your ex isn't a bad person, it's good to leave things on a good note. Resolve your issues and get closure – it brings peace and helps you move on.

**Related Link:** [Brad Pitt is Casually Dating as He Adjusts to Single Life as a Dad](#)

**3. You never know what life brings:** This is important! You may never speak or see your ex again, but then again, you may run into them again. It's always good to keep a good relationship or reputation with as many people as possible, although it's not always possible. Whether you run into an ex in the future in a professional setting or a social one, you would not want an awkward situation to unfold.

**Why do you get along with your ex? Comment below!**

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**Celebrity Break-Up? Nina**



# Dobrev & Glen Powell Taking Time Apart Amid Busy Schedules



By [Karley Kemble](#)

Uh oh, it looks like Nina Dobrev and her boyfriend Glen Powell could soon face an upsetting [celebrity break-up](#). According to [EOnline.com](#), the [celebrity couple](#) are taking a break from their relationship. Though they've not officially called it quits, a source close to the duo says that Dobrev has been quite busy with various projects, which has caused a rift in the relationship. While there hasn't been any explosive fights between or bad blood, sources are saying they are not as close as they had been earlier this year. We hope things work out for this celebrity couple!

**Though this may not be classified as a celebrity break-up yet, it seems busy schedules are getting in the way of this relationship. What are some ways to keep a busy schedule from affecting your relationship?**

**Cupid's Advice:**

Sometimes, life gets in the way and it's challenging to balance your professional life with your personal life. Check out some ways to manage your busy schedule, without feeling as though you're neglecting your relationship or your job:

**1. Set boundaries:** Make it a point to keep your work at work. When you constantly blur the lines between your relationship and your career, it's inevitable that one will take up more of your time. Being present with your partner without checking your phone for work updates when you're off the clock really means a lot! Set boundaries and make sure you keep yourself accountable.

**Related Link:** [New Celebrity Couple: Nina Dobrev and Glen Powell Attend Julianne Hough's Wedding Together](#)

**2. Communicate:** A strong relationship needs strong communication to survive. If you or your partner conceal your feelings of neglect, then it's likely an explosive argument will occur somewhere along the line. If you need to work late, and reschedule date night, make sure your partner knows you still care for them, and aren't choosing your job because you love it more than them!

**Related Link:** [Five Celebs Who Are Infamous for Dating Their Co-Stars](#)

**3. Include them in your plans:** If it's possible, you can try merging your two worlds. This doesn't mean you have to find your partner a job at your workplace, but perhaps you two can form your own business together (given that you two mesh well on a professional level, that is!) Alternatively, invite your partner into your "work world," and bring them to social events outside of work. That way, they can meet the people you spend your working hours with, and they can get a first-hand look into another area of your life that is kind of unknown.

**How have you kept your schedule from affecting your relationship? Share in the comments below!**

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## **Celebrity Break-Up: How Jennifer Lawrence & Darren Aronofsky's Age Difference Led to Their Split**





By [Rachel Sparks](#)

We're sad to see this [celebrity couple](#) split. [Jennifer Lawrence](#), 26, and [celebrity ex](#) director Darren Aronofsky, 48, broke up just one month after the release of *mother!*, the movie where they met. According to [People.com](#), a source told the magazine that the age difference between Lawrence and Aronofsky was likely the cause for the end of their relationship. The source says that though the couple was extremely infatuated with and respected each other, the differences in life experiences was the cause of this [celebrity break-up](#).

**This celebrity break-up happened back in September, but we are just now getting some more details. What are some factors to consider when**

# it comes to age in a relationship?

## Cupid's Advice:

When Cupid strikes, rationale is forgotten. It's not always logical who we fall in love with, but sometimes it's important to sit down and evaluate a relationship. Age doesn't have to be a negative factor between two people. The Olsen twins are notorious for dating older men, and despite what critics may see, the longevity of their relationships speaks to their happiness. There are things to talk about with your partner to ensure that age will not have a long-term effect between you two. Here is Cupid's [relationship advice](#):

**1. Children:** Let's knock the biggie out right off the bat. Sometimes older partners may not want kids, may not be able to have them, or already have some. Children are a huge factor in many people's relationships. Are you and your partner on the same page in regards to this? Age doesn't have to have any impact on the ability or desire to have children, but be sure both you and your partner are open and honest about what you want when it comes to children.

**Related Link:** [Celebrity Baby: Mary-Kate Olsen & Husband Olivier Sarkozy 'Really Want a Baby'](#)

**2. Friends:** We all tend to hang out with people who are similar to us. While ages may vary in friendships, more often than not we gravitate to people who are close to our age because, generally speaking, life evolves on similar paths. If you're around a bunch of older friends, will you be intimidated or inspired? Will you feel left out or will you grow and feel like part of the group?

**Related Link:** [Celebrity Wedding: John Stamos & Girlfriend Caitlin McHugh Are Engaged](#)

**3. Life-experiences:** Older ages have dealt with kids, divorce,

education, careers, health issues, etc., while younger people are likely still trying to figure out life. Sometimes moments occur where there's tension because of these differences. Age differences are not impossible to work with in a relationship. The older person likely places more value on the relationship because of their past experiences, adding more depth to the relationship; however, there will be challenges. Just be certain this is something the both of you are willing to work through.

**Have you been in a relationship where there's been a major age difference? How did that impact your relationship? Share your tips below!**

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## **Celebrity News: A-Rod's Intelligence is Questioned by Ex-Girlfriend Anne Wojcicki's Mom**





By [Rachel Sparks](#)

The [latest celebrity news](#) is full of low insults and, interestingly, a sincere compliment. Alex Rodriguez has been under fire by celebrity ex Anne Wojcicki's mom who, in short, called him the dullest lightbulb in the box. According to [UsMagazine.com](#), Wojcicki's mom stated that the only thing A-Rod knew how to talk about was baseball. That's not the impression you want to leave with your future in-laws. Wojcicki's mom did say that it was clearly evident A-Rod loved her daughter. [Jennifer Lopez](#), now part of one of the hottest [celebrity couples](#) with A-Rod, complimented her beau by saying he can conquer anything. So, while you may not watch *Big Bang Theory* and debate particle theories, at the core, A-Rod is a great guy.

**This celebrity news seems a little shallow to us. What are some ways**

# to make a good impression on your partner's parents?

## **Cupid's Advice:**

If you're trying to build a lasting relationship with your partner, impressing their family will need to be a priority eventually. It's intimidating. You're trying to tell the people who love your significant other more than anyone else that you're deserving. If your partner has close relationship to their parents, impressing them, or lack thereof, could be detrimental to future movement of your relationship. Read Cupid's [relationship advice](#) to help you put your best face on for that monumental meeting:

**1. Act like it's an interview:** because it is. Dress to impress, as they say. Turn off your cell phone, shake hands, stand with confidence and power, and follow common protocols for respect. Be on your best behavior and act like you're getting a job, because you are. Your partner's parents expect you to take care of their baby (no matter how old they are) so you're interviewing for the role of supportive partner.

**Related Link:** [Relationship Advice: What to Do If Your Partner's Family Doesn't Like You](#)

**2. Southern respect:** "Sir" and "Ma'am" go a long way. Sure, major cities like New York and Seattle think these terms are out-dated, but they ultimately stand as a sign of respect. Even though we're all adults, showing respect through the language you use sets the tone for how you're likely to treat their kid. Plus, you're impressing your S.O. when you treat their family with respect. Don't worry, you'll get rewarded afterwards.

**Related Link:** [Relationship Advice: How to Handle Your Significant Other's Family](#)



**3. Showcase your skills as a partner:** We said you're interviewing, right? Well how better can you interview than by showing off your skills as a partner? Shower your love with affection and admiration. Believe us, this will go very, very far for both your partner and their family.

**How do you try to impress the future in-laws? Share your advice below!**

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## **Celebrity Break-Up: Jennifer Hudson's Ex David Otunga Will Fight for Primary Custody of Their Son Post-Split**





By [Karley Kemble](#)

Jennifer Hudson could be facing a long and messy custody battle. In the latest [celebrity news](#), [UsMagazine.com](#) reports the *American Idol* alum and current coach on *The Voice* is fighting her ex-fiancé David Ortunga for primary guardianship of their son, David Jr. According to Ortunga's attorney, he has been working to settle an "amicable parenting agreement with Ms. Hudson for several weeks now," but the estranged couple has not been able to finalize it. Hudson has previously been granted a petition for Order of Protection against her [celebrity ex](#), citing protection for herself and for her son. The pair announced their celebrity break-up earlier this year.

**This celebrity break-up seems to be getting very messy. What are some things to consider when you're splitting with your significant**

# other and you have a child in the picture?

## Cupid's Advice:

Sometimes, relationships fizzle out. While a split is always complicated and full of emotions, if you and your estranged partner have a child, there are even higher chances for issues to arise. If you are breaking up with your partner and you share kids, Cupid has some things for you to consider:

**1. Be ready to co-parent:** You and your partner have a shared responsibility for your kids. If you are splitting up, you should figure out how you'd like to continue raising your kids. Ideally, this should be done without the help of lawyers and a court. Figure out a system that works best for your lives and stick to it.

**Related Link:** [Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again](#)

**2. Adopt a "kids come first" mindset:** Establishing this mentality is important after a split. Regardless of the differences between you and your partner, it's important to remember that your kids come first. This will help you in times of conflict and stress. Sometimes, you'll both have to swallow your pride and put on a happy face for the sake of your kids' well-being.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Nick Viall Addresses Being Single After Split from Vanessa Grimaldi](#)

**3. Keep it professional:** Never badmouth your partner in front of your kids. No matter the situation, it's important to voice your negative opinions in private. By projecting your feelings about your ex onto your kids, you could cause long-term emotional issues for them. Let your children form their own

opinions and conclusions, and make sure you're there for them when they need you.

Have any other tips? Share your thoughts below!

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# Celebrity News: The Weeknd Hangs Out with Justin Bieber's Ex Post-Selena Gomez Split



By [Rachel Sparks](#)

After only a week without [celebrity ex Selena Gomez](#), The Weeknd has been spotted out on the town with [Justin Bieber's](#) ex Yovanna Ventura. He was seen holding hands with Ventura while hanging out with French Montana, according to [EOnline.com](#). The Weeknd's partying is the [latest celebrity news](#). He's been photographed with other celebrities, such as [Leonardo DiCaprio](#), [Robert Pattinson](#), and Emily Ratajkoski as well.

## Post-celebrity breakup from Selena Gomez, The Weeknd is definitely getting around. What are some ways to recover from a split **quickly?**

### Cupid's Advice:

Post-split is a disorienting feeling. You've lost the person you spent all of your time, likely other friends, and common hobbies. For the sentimental, TV shows, music, video games, etc. that the two of you shared bring back painful memories. Figuring out what to do with yourself after a breakup is hard, but it starts with getting over your ex. Here's our [dating advice](#) for all of you who are newly single:

**1. Actually feel your feelings:** No one wants to feel lonely, guilty, hurt, or betrayed, but pushing all of those feelings aside will only prolong the process of moving on. Grab a friend and bawl your eyes out. Get to the gym and work-out your frustrations. Drink until feel your sorrows, purge them, and move on.

**Related Link:** [Relationship advice: How Do I Know If I'm Rebounding?](#)

**2. Cut them off:** The only way to really get over your ex is to ignore them. Sounds harsh? It's worse being that guy who is

stuck in the past. Delete all contact information for your ex, get out of your shared group of friends, and find new hobbies if you shared any with your ex. Finding who you are on your own starts with actually being on your own.

**Related Link:** [Dating Advice for Dealing with the Breakup Blues](#)

**3. Get back out there:** Ok, so one-night stands, flings, and rebounds can happen if you get back in the saddle before you're ready. Prolonging jumping back into the dating pool is just as harmful, though. Even if feel under confident, start flirting with other people until you're ready to start dating again. The fun of flirting, and how good you feel when you receive it, will help you get over your ex that much quicker.

**How have you battled the breakup blues fast? Share your post-split advice below!**

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## **Celebrity News: Scott Disick is Upset Kourtney Kardashian Didn't Invite Him to Khloe's Surprise Party**





By [Karley Kemble](#)

Uh oh, it looks like [celebrity exes Scott Disick](#) and [Kourtney Kardashian](#) are making [celebrity news](#) yet again. According to [EOnline.com](#), Disick was very upset he was not invited to her sister, [Khloe Kardashian](#)'s surprise birthday party. In a preview for next week's *Keeping Up With the Kardashians* episode, a disgruntled Disick confronts his ex, saying, "I would have wanted to be there for her" because he still considers himself part of the family. When asked for explanation, Kardashian explained that she was worried about the photos and press attention – but later reveals that she simply did not want her celebrity ex to be there. The preview ends with Disick calling his celebrity ex "really fake" for not being honest with him. Yikes!

**This celebrity news shows that these exes aren't necessarily civil**

# all of the time. What are some parameters you can put on your relationship with your ex if you have children together?

## Cupid's Advice:

Breakups can be messy. Breakups with kids can be *really* messy. While Kardashian and Disick try and remain civil for the sake of their three children, it's clear they face their fair share of problems. If you're having trouble with an ex, Cupid has some tips that you can implement into your life:

**1. Kick the emotions to the curb:** You must keep your frustrations and all negative feelings about your ex between the two of you. It's easy to jump to conclusions and expect the worst from your ex if you ended on bad terms and continue to have drama. Your child (or children) are the most important commitment you two share, so when they're around, get along as best as you possibly can.

**Related Link:** [Celebrity News: Scott Disick Threatens Kourtney Kardashian for Dating Again](#)

**2. Have a clear-cut plan:** Early on into your separation or divorce, it is pivotal to have a clear and defined custody agreement. Between the two of you, decide on a visitation schedule and figure out how you will celebrate holidays and their birthdays. It won't be easy by any means, but it will really help you diffuse potential conflicts from arising.

**Related Link:** [Celebrity Couple News: Kourtney Kardashian & Younes Bendjima Getting 'Very Serious' and Enjoy Date Night in L.A.](#)

**3. Leave the new boyfriend/girlfriend out:** Introducing a new



person into your child's life can be complicated. It is best to leave the parenting to the parents until the relationship becomes very serious. That way, you and your ex can learn how to co-parent maturely and avoid playing the blame game with each other.

**How have you set up parameters with an ex you've had kids with? Comment below!**

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## **Celebrity News: The Weeknd 'Really Didn't Trust' Selena Gomez's Ex Justin Bieber**





By [Karley Kemble](#)

[Selena Gomez](#) and The Weeknd may have broken up, but it's clear the [celebrity exes](#) may still have drama between them. In the latest [celebrity news](#), a source close to The Weeknd questioned Gomez's rekindled friendship with her ex-boyfriend, [Justin Bieber](#). Following a major kidney transplant earlier this summer, Bieber reached out to Gomez and the celebrity exes kept in constant contact after that. According to [UsMagazine.com](#), The Weeknd trusted his ex-girlfriend, but "really didn't trust" Bieber's intentions. Gomez and Bieber have been spotted hanging out with each other since news of her split with The Weeknd became public. Maybe Gomez isn't so sick of that same old love, after all?

**In this celebrity news, it seems that ex relationships caused some turmoil in a current relationship.**

# What are some ways to keep your past relationships from dictating your current or future ones?

## Cupid's Advice:

Break-ups are almost always rough. While it may seem challenging to heal, it's important to maintain a strong sense of self. Cupid has some tips that you can implement into your life to help keep your past from dictating the future:

**1. Respect the past:** Your past relationship ended for a reason. You don't have to forget the good times you had. Respect the relationship for all that it was, because it probably was right for you at that point in your life.

**Related Link:** [Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating](#)

**2. Be present:** If you spend your time dwelling on what used to be, it'll be super challenging to find happiness in another relationship. Yes, you should respect the past for what it was, just know you are a different person in the present. Learn from your past self and relationship, and fully embrace yourself for who you are presently.

**Related Link:** [Relationship Advice: What We Can Learn From Trials & Triumphs of Celebrity Relationships](#)

**3. Do not fear vulnerability:** Maybe your last relationship ended badly, and it has taken you forever to move on. As much as that sucks, if you fear vulnerability you're doing yourself a disservice. Starting a relationship with someone new is always going to be scary – so be open to the greatness that could come from it.

**Do you have any other tips to share? Comment below with your**

thoughts.

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# Celebrity Break-Up: Selena Gomez & The Weeknd Split After 10 Months of Dating



By [Karley Kemble](#)

[Selena Gomez](#)'s heart wants what it wants, and apparently it's not The Weeknd. In the [latest celebrity news](#), the former couple has ended their 10-month relationship, according to [UsMagazine.com](#). News of this [celebrity break-up](#) is a surprise

to many, as they appeared “stronger than ever” just last month. Gomez has reportedly been back in contact with ex-boyfriend [Justin Bieber](#) after undergoing a kidney transplant, but the two are just on friendly terms. Hang in there, Selena and The Weeknd!

## **This celebrity break-up has us wondering if Selena Gomez will be getting back together with Justin Bieber anytime soon! What are some ways to cope with a recent break-up?**

### **Cupid’s Advice:**

Break-ups are almost always difficult to overcome. While it may seem like you will never be able to get over your ex, we promise it’s possible. Here are some ways to get that ex off your mind:

**1. Write it out:** In this digital age, it’s easy to want to take your feelings to social media. Don’t. Put your phone away, shut down your laptop, grab a pen and piece of paper, and start writing. You’ll find it to be very therapeutic!

**Related Link:** [Why Celebrity Exes Justin Bieber & Selena Gomez Can’t Quit Each Other](#)

**2. Talk it through:** Find a good friend, and ask them to sit down and listen. Make it clear that you just want them to hear you out for now – they can give their personal opinions when/if you are ready for it.

**Related Link:** [Celebrity News: Selena Gomez Wants a ‘Low Key’ Guy Who Isn’t ‘Terrified’ Of Her](#)

**2. Get out of town:** Sometimes the best thing you can do for yourself is to get out of town. It removes yourself (temporarily) from the memories, and will help clear your mind.

**How have you coped after a break-up? Share in the comments below!**