

Single Celebrity: Selena Gomez Jokes That Her Exes Think She's Crazy



By Carly Silva

In the [latest celebrity news](#), Selena Gomez joked around about her love life in a Youtube video for her new makeup line, Rare Beauty with NikkiTutorials. According to *People.com*, the 28-year-old pop star joked that her exes, which include mega-artists Justin Bieber and The Weeknd, think she's crazy, and that she doesn't even care.

Single celebrity Selena Gomez is able to make relationship jokes at her own expense. How can humor help you cope with heartache?

Cupid's Advice:

Humor is a great way to help you cope with difficult things, especially a break-up. If you're wondering if making jokes about your break-up will help you cope, Cupid has some advice for you:

1. It keeps things light: Joking about something makes everything feel lighter. We all know that a break-up can feel really dark and sad, so sometimes lightening it up is just what you need to be able to move on.

Related link: [Single Celebrities: Selena Gomez Clarifies Relationship Status After Being Spotted with Ex](#)

2. Laughing at yourself is healthy: Being able to laugh at yourself is super helpful when coping with anything in life. Instead of looking back at your relationship with regret, laughing at your mistakes is a helpful way to move on without dwelling painfully on your past.

Related link: [Celebrity Exes: Brooks Laich Steps Out Without Wedding Ring After Julianne Hough Split](#)

3. It shows growth: Once you're in a place where you're able to start joking about your heartache, it shows that you may finally be growing and healing. This is a good way to tell if you're able to move on and laugh, or if you're still feeling sad about your heartache.

How do you use humor to cope with heartache? Start a

conversation in the comments down below!

Celebrity News: Kendall Jenner Steps Out With Devin Booker After Flirty Instagram Exchange



By Alycia Williams

In latest [celebrity news](#), rumors are circulating about Kendall Jenner and Devin Booker possibly being a new [celebrity couple](#).

According to *UsMagazine.com*, the two stepped out for dinner together less than a week after they fueled romance rumors when they exchanged flirty Instagram messages. Jenner was spotted dining at Nobu in Malibu on Saturday, August 15, with Booker, and her sister Kylie Jenner. Earlier this week, the Estée Lauder brand ambassador shared a video via Instagram of herself using a filter to change the color of her eyes. Kendall captioned the post with a strawberry emoji to which the Phoenix Suns star commented, "I like strawberries." Jenner replied with four more strawberry emojis.

In celebrity news, Kendall Jenner may be acting on attraction stemming from Instagram. What are some ways social media can pave the way for a relationship?

Cupid's Advice:

Social media can be used for a lot of different things, but nobody ever thinks of it when it comes to paving the way for a new relationship. If you're looking for ways that social media can help your love life, Cupid has some advice for you:

1. Helps you connect: Social media brings people together that aren't physically together. You can reconnect with someone you haven't seen in years and that could eventually develop into a relationship.

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2. Opens the flirtatious gate: Just like Jenner and Booker, social media allows more opportunities to be flirty with someone. Commenting on someones post or re-posting something

that someone posted can be perceived as a major flirt if done right.

Related Link: [Celebrity News: Kendall Jenner & A\\$AP Rocky Attend Sunday Service After He's Released from Prison](#)

3. Meet a wide range of new people: There are countless amounts of people on social media at the exact same time that you are. You have the opportunity to meet so many different people just by scrolling for a few minutes.

What are some other ways social media can pave the way for a relationship? Start a conversation in the comments below!

Celebrity News: Colton Underwood & Madison Prewett Get Friendly on IG After His Split from Cassie Randolph





By Alycia Williams

In latest [celebrity news](#), fans are speculating that something is going on between former [reality TV star](#) Colton Underwood and Madison Prewett after his split from Cassie Randolph. According to *UsMagazine.com*, the two share the same Christian faith and it seems that once one of them post something on Instagram pertaining to their faith, the other one doesn't hesitate to comment below. Fans are skeptical of the pair's interactions and are wondering if they're flirting. Since Underwood and Randolph split only two months ago, is this too soon?

In celebrity news, Colton was caught flirting with Madison on Instagram. What are some ways to ease into a new

relationship after a split?

Cupid's Advice:

Wanting to move on after a split is expected, but easing into this is the best way to go. If you are looking to ease into a new relationship after a split, Cupid has some advice for you:

1. Take it slow: Once you get into a new relationship after a recent split you want to make sure that you're taking this slow and steady. If you jump into a new relationship too quickly, you may still have feelings for your ex and not even realize it, and you don't want to bring that into your new relationship. The best thing to do is to take it slow to ensure that you're doing it for the right reasons.

Related Link: [Celebrity Break-Up: 'Bachelor' Alum Colton Underwood Jokes About Split from Cassie Randolph](#)

2. Be open and honest: Don't be afraid to tell your new partner that you just got out of relationship. If they care about you then they'll understand. Hiding it from your partner will just start your relationship off on the wrong foot. Be real, be honest, and be truthful.

Related Link: [Celebrity Break-Up: Kaitlyn Bristowe & Nick Viall React to Nick's Past Proposal on 'The Bachelor GOAT'](#)

3. Don't compare the two: It'll be easy to compare your ex to your new partner as everything is still so fresh. Do your best to keep the two relationships as separate as possible. Don't compare them to each other, take a new and fresh attitude to your new relationship.

What are some more ways to ease into a new relationship after a split? Start a conversation in the comments below!

Celebrity News: Anna Kendrick Does Not Believe in Romantic Soulmates



By Diana Iscenko

In the latest [celebrity news](#), Anna Kendrick reveals she doesn't believe in romantic soulmates, while discussing her new HBO Max series, *Love Life*. According to *EOnline.com*, the [single celebrity](#)'s character is shown throughout a ten-year period, highlighting her different relationships and how they let her grow. Even though Kendrick doesn't believe in traditional soulmates, she told *Emmy Magazine* that people have

“many ‘the ones,’ and if we’re lucky we spend a long time with someone.”

In celebrity news, Anna Kendrick shed some light on why she doesn’t believe in romantic soulmates. How do you know you’ve met someone you could settle down with?

Cupid’s Advice:

Whether you believe in soulmates or not, it’s always hard to decide when to take the next step with your partner. Do you have trouble knowing if you found someone who’s worth committing to? Cupid has some advice for you:

1. You can handle conflict: You’re able to communicate with your partner and work through disagreements. You’re not worried every fight will be the end of your relationship, and you’re not tiptoeing around subjects to keep the peace.

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2. You have each other’s backs: Your partner is someone you can lean on, and you do the same for them. You’re both able to support the other, no matter how big or small the stress the other is going through.

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3. You talk about the future: You aren’t afraid to talk about where you see the relationship going. You’re vulnerable enough to tell your partner that you’re planning for a future with them in it.

How do you know when it's time to settle down? Start a conversation in the comments below!

Single Celebrity: Tyler Posey Confirms He's Single After Split



By [Hope Ankney](#)

In the latest [celebrity news](#), Tyler Posey confirmed his split with Sophia Ali. According to *UsMagazine.com*, the [single celebrity](#) elaborated on his life after the celebrity break-up

at Netflix's *Fast & Furious: Spy Racers* world premiere. The 28-year-old actor stated, "I don't have a girlfriend. I'm focused on work and just myself." He detailed how he thought single life was much more suited for him right now, even going onto say he was "very, very happy" at the moment.

This single celebrity is enjoying being unattached. What are some positives to being single?

Cupid's Advice:

Just like Tyler Posey, sometimes being single is just more suited for where you are in your life. It isn't always the best time to have a relationship, and that's okay. Work, school, or even family matters can get in the way of really giving your all to someone else without wearing yourself down. If you've just freshly gotten out of a relationship and don't know how to enjoy being unattached, don't worry! Cupid has some [love advice](#) on the positives of being single:

1. Spontaneous travel: When you're not tied to anyone, you don't have to worry about including them in your plans and working around both of your guys' schedules. If you want to travel on a whim, there isn't someone else you have to consider. Book a plane ticket, take a cruise, go backpacking. Give the vagabond spirit of singlehood a try!

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2. Becoming more self-reliant: Let's be honest, when you go through a messy break-up, it can leave you devastated for weeks or even months. Love is an intense force, and it's easy to get swept up in your infatuation for one person without realizing how reliant you've become on them and the relationship. Being

single means you can work on yourself and find your identity outside of who you were as a couple. Self-reliance is something you should always hold onto, and if you've lost that, don't worry. Singlehood can help you rediscover it.

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3. No longer on the fast-track to settling down: There are always expectations when it comes to being in a relationship. It's not bad to have expectations like settling down, moving in, getting married etc., but sometimes you're not ready to commit to those things long-term. If you're single, you don't have to follow any pre-determined scripts. You can create your own expectations!

What are some of your favorite positives about being single? Let us know down below!

Celebrity News: 'DWTS' Winner and Former 'Bachelorette' Hannah Brown May Be on Peter Weber's 'Bachelor' Season.





By [Ahjané Forbes](#)

In [celebrity news](#), Peter Weber asks Hannah Brown to join him on the upcoming season of *The Bachelor*. Brown surprises Weber on the preview of the show coming back to profess her love to him. The two were almost a [celebrity couple](#) on *The Bachelorette*, but Brown chose another guy. According to *People.com*, *The Dancing With The Stars* alum told Weber, “Because I know there’s still something there. And I would do anything for a relationship.” We’ll have to see how this [celebrity relationship](#) plays out!

In celebrity news, Hannah Brown is definitely making the reality TV rounds lately. What are some ways to take the initiative with your crush?

Cupid’s Advice:

Talking to your crush can be hard. You don't know if you will say the wrong thing or you'll look silly in front of them. Trying your best to fit in and look good while doing it is hard enough. Getting your crush's attention without them noticing can be a task. There are some ways that you can initiate conversation smoothly. Cupid has some advice on how to approach your crush:

1. Watch your crush from a distance: Now, I don't mean stalking them on Instagram or in person, but take notice of how they move throughout the day. If you're looking for a partner who takes pride in their work and how they carry themselves, look to see if your crush has those qualities. Try to find any red flags if possible. See if there are any alarms that go off.

Related Link: [Dating Advice: 7 Ways to Subtly Flirt with Your Love Interest](#)

2. Talk to them first: We all wait for our crush to approach us, but what about going up to them first? You don't have to necessarily tell them that you're interested. Just have a simple conversation. If you both are in the same friend group, try to get to know them on a more personal level. Look to see if the vibe is there.

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3. Ask them to go out with you: This doesn't have to be a date, but try to hang out more with the person overall. Start with something small. Meet them at a local bar or at the movie theater. Try to go to a place that they have mentioned before in a previous conversation. Relax while you're with them. They, too, might be attracted to you.

What are some ways that you approached your crush? Share your experiences in the comments below!

Single Celebrities: Selena Gomez Clarifies Relationship Status After Being Spotted with Ex



By [Ahjané Forbes](#)

In [celebrity news](#), “Lose You To Love Me” singer [Selena Gomez](#) recently went out with her [celebrity ex](#) Samuel Krost. According to *UsMagazine.com*, the pair arrived at a restaurant called La Esquina in New York City on October 29 with their friends in tow. The next day, the Disney Channel alum cleared

the new celebrity relationship rumors by telling her Instagram followers, "I've been single for two years. I'm on Gods timing not mine." Although Gomez hasn't been in a relationship for a while, the star seems to enjoy flying solo.

This single celebrity hasn't been in a relationship for two years. What are some benefits to being single?

Cupid's Advice:

Even though being in a relationship can be nice, staying single has its benefits as well. First, don't think about the negatives. Just because you are a party of one does not mean you can't still have fun. Next, keep a positive mindset. If someone is truly there for you, they will gravitate toward you. Lastly, stay true to yourself. Don't jump into a relationship because your friends say it's been "too long." Start dating when you are ready. Cupid has some advice on how to make the process of being single a little bit easier:

1. Focus on yourself: Sometimes when you are in a relationship you forget the importance of self-love. Treat yourself to Spa day. Start going to yoga classes. Reconnect with your inner-self.

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2. Take opportunities to grow: This does not mean that you have to better yourself for the next person you're going date. Find areas in your life that you feel need some improvement. For example, if you've always wanted to do something, but you've never had the chance to do it before, now is that time. Motivate yourself to accomplish your goal.

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3. Set new standards: You might have been single for a while, but that does not mean you are any less attractive. After you have spent some time on yourself, reevaluate what type of partners are a match for you. List all the qualities you would like your future partner to possess first, and then go from there. Building up your confidence and staying true to yourself can you turn a lot of heads.

What are some ways you improve you life while your are single? Let us know in the comments below!

Celebrity News: Kendra Wilkinson Is Looking for a 'Family Man' After Divorce





By Ahjané Forbes

In [celebrity news](#), the *Girls Next Door* star, Kendra Wilkinson, is searching for Mr. Right. The former playmate recently split from her celebrity ex, Hank Baskett, who is a former wide receiver for the Minnesota Vikings. According to *UsMagazine.com*, Wilkinson is looking for love. “I want to see her with a family man because that’s all that she wants. She doesn’t want the spotlight or the crazy success,” says Wilkinson’s friend Jessica Hall. As a mom, the [reality TV star](#)’s priority is her children and how a new partner will impact their lives.

In celebrity news, Kendra Wilkinson has specific parameters around her next choice of man. What are some qualities to look for in your next

partner?

Cupid's Advice:

Finding a new love after a recent divorce can be hard, especially with children are involved. You might not want your next partner to be too similar your last. Instead of looking for a suitor who will fulfill your desires, you need to also consider your children within your decision. Cupid has some questions you should ask yourself before committing to a new partner:

1. Are they willing to talk about past relationships?: You aren't going to learn this about a person after dating them for a first couple of months. However, if they are willing to openly speak about their past that's a good sign of them wanting something more long term. Everyone has growing pains, but it's important that those lesson don't jeopardize your future with a new lover. Look out for warning signs like them comparing you to their ex. You don't want to be someone's second choice!

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2. How do they interact with your children?: You have to like new person you're with as well as your children. Take notice if your new boot trying to get to know your kids or just "babysitting". Are they helping you with basic tasks around them? No you're not asking the to replace your ex, but does it seem like they actually enjoy doing stuff with your for your kids. If they want you all to themselves it's time to go.

Related Link: [Celebrity Parents: Exes Drew Barrymore & Will Kopelman Reunite for Daughter's Graduation](#)

3. Do they understand your relationship with your ex?: For the sake of your children together you and your ex have to work

together to make this work. Tell your new partner about the basis of you and your ex's relationship. Make sure that they understand that the best outcome for your children is the goal. Sometimes, your new love will not appreciate this and want the communication with your ex to stop. If the trust is not there there's no foundation to build a healthy relationship.

How do you chose a new partner after a divorce? Share your stories in the comments below!

Celebrity News : 'Bachelorette' Hannah Brown Confronts Luke P. About Red Flags





By Amanda Sanders

In [celebrity news](#) this Memorial Day, viewers watched *The Bachelorette*'s Hannah Brown continue her search for her happily ever after. The latest episode of [The Bachelorette](#) showed the [single celebrity](#) discovering some red flags in Luke P.'s attempts to woo her and eventually her confronting him on how it made her feel as a result. On a group date, Luke P. tried to get some extra time alone with Hannah at the photoshoot before offering to walk her back to her dressing room in a way that the reality star viewed as aggressive, calling him "cocky." This *Bachelorette* isn't afraid to stand up for herself.

What are some ways to confront your partner about something that is making you uncomfortable or upsetting you?

Cupid's Advice

Sometimes it's hard to communicate with someone about things they do that bother you. Cupid is here to help you figure out how to broach the subject:

1. Mentally prepare. If you're nervous about talking to your partner about their problematic behavior, evaluate all of your feelings and identify the real issue that you want to discuss with them. This will keep you from getting sidetracked on the small things.

Related Link: [New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship](#)

2. Set the stage. Find a mutually convenient time and place to talk to your partner about what's bothering you. Don't blurt out that you need to talk publicly in front of all your friends. Find a quiet space to discuss the situation. Avoid confrontations online and on the phone unless you feel unsafe meeting your partner in person.

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3. Focus on the issue Be hard on the issues but soft on the person. Don't waste time trying to hurt the other person but focus on saying what needs to be said as clearly and simply as possible.

What are some methods you may have used when confronting someone about what's bothering you? Share your thoughts below.

Single Celebrity: Brad Pitt Is Moving On as a Single Man As Final Divorce Decisions Are Made



By [Mara Miller](#)

In the latest [celebrity news](#), [Brad Pitt](#) is officially a [single celebrity](#) after a bifurcated judgment handed down last week, according to *EOnline.com*. [Angelina Jolie](#) has now taken back her maiden name since the judgment also declared her single. The [celebrity exes](#) are doing everything they can to work

together, although they are continuing efforts to iron out custody and financial settlements. Pitt seems to be focusing mostly on his children and career despite [celebrity dating](#) rumors.

This single celebrity is ready to move on now that his divorce is almost complete. What are some first steps to moving on after a split?

Cupid's Advice:

Brad Pitt is officially single now and seems to be focusing on himself and his children. If you're in a similar situation, here are a few things to consider about moving on after a split:

1. Do your thing: It's hard to figure out how to be yourself when you have been with someone for so long. Whether it's 3 AM dance sessions in your underwear or a vampire movie binge, take time for yourself to figure out where you want to go now.

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2. Start dating: There is going to be a time when you have to get out there and start dating again. It's okay if you're not ready yet, but it doesn't hurt to poke around a dating site or to go to a bar for a few drinks just to talk to strangers to explore your new options.

Related Link: [Celebrity Couple News: Kaitlyn Bristowe Dishes About Getting 'Hot & Heavy' with Jason Tartick During Hook Up](#)

3. Spend time with loved ones: Whether it's your kids needing

time with Mom or Dad on the weekend or reconnecting with an old friend you haven't seen in years because life got busy, reconnecting with someone important in your life can negate any negative thoughts that may pop up over the situation that caused your split.

What are some other first steps to moving on after a split? Let us know in the comments below!

Celebrity News: Scott Foley Says Tyra Banks Was His Worst On-Screen Kiss





By [Lauren Burczyk](#)

In [celebrity news](#), Scott Foley opened up about his worst on-screen kiss. According to *People.com*, on Thursday's episode of *Watch What Happens Live with Andy Cohen*, the 47-year-old actor was asked to name his worst on-screen kiss, and he didn't have to think long before naming Tyra Banks. The two were playing love interests during Banks' three-episode arc as Jane on *Felicity*. Foley admitted that the passion wasn't there between them, saying the 45-year-old [single celebrity](#) was "just not into it."

In celebrity news, not all kisses are made for the record books! What are three kissing tips?

Cupid's Advice:

Not all kisses are worth remembering. Here are three tips for a memorable kiss:

1. Prepare yourself ahead of time: It's a good idea to make sure that your lips are kissable. Prep your lips beforehand by using lip balm or a nude-colored lipstick.

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2. Let them know your intentions: Try taking a subtle approach to letting your partner know what your intentions are. Instead of being super direct by telling them or lunging at them, try leaning in gently for a smooch.

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3. Start soft and go slowly: When your partner eventually takes the hint, start off slowly. Gently purse your lips, and as softly and gently as you can, massage their lips between yours.

Can you think of any other tips for a memorable kiss? Comment below.

Celebrity News: 'The Bachelor' Colton Underwood Gets Dumped Once Again





By Mara Miller

In the latest [celebrity news](#), Colton Underwood has been dumped again, according to *EOnline.com*. First, it was Elyse, then Sydney, and now Heather. Underwood was supposed to go home with Heather so he could meet his parents, but she admitted to him that she wasn't secure enough in their relationship before she jumped on a train. He later took Hannah—who admitted she is in love with him—to meet his parents, but Underwood isn't sure if he feels the same yet. What in the world is going on with this season of *The Bachelor*?

In celebrity news, Colton Underwood is making headlines as the most dumped *Bachelor* ever! If you find yourself getting dumped more often than not, what are some ways to

stay positive?

Cupid's Advice:

Getting dumped sucks big time. You shouldn't let this get you down. Here are a few things you can do to try to stay positive:

1. Realize they might not be the one: If the person you're dating is truly meant to be the one, they make an actual effort to be with you even if they have their own reservations about getting into a serious relationship.

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2. Lean on friends and family: There's nothing like going out to the bar with your best friend or joking around with someone in your family after you get dumped. Surrounding yourself by people who love you can help you reassure yourself that you aren't necessarily the reason you keep getting dumped.

Related Link: [New Celebrity Couple: 'Bachelor' Kaitlyn Bristowe & Jason Tartick Announce Relationship](#)

3. Admit that dating is hard: With online dating taking over more than the traditional ways couples used to meet, it can be pretty tough to meet someone who you're going to be happy with since so many options are out there. It's okay to admit to yourself that the chemistry just might not have been there if they dump you.

What are some ways you can stay positive even though you keep getting dumped? Let us know in the comments below!

Celebrity News: Blac Chyna Slams Exes Rob Kardashian & Tyga Over Child Support



By [Lauren Burczyk](#)

In [celebrity news](#), [single celebrity](#) Blac Chyna recently ranted about her exes Rob Kardashian and Tyga, claiming she never asked either of them for child support. The 30-year-old model is speaking out and defending herself against the claimed trickery exhibited by both of her exes. She insists that both Kardashian and Tyga are revealing only negative traits about her, while leaving out the fact that she has taken care of both of their children without asking for a dime. Blac Chyna also slammed her mother, Toni, after she sided with Kardashian, saying, "I don't know if [he] should keep them,

but I do believe that [he should get custody for] a little while 'till she pulls her thing together.”

In celebrity news, Blac Chyna says she never asked her childrens' fathers for child support. What are some ways to determine a fair custody agreement after a split?

Cupid's Advice:

Determining a fair custody agreement after a split can be a long and difficult process. Here are some ways to come to a fair custody agreement with your ex:

1. Splitting custody every other week: In this scenario, each parent would get custody of their child for one full week. This way, both parents have the same amount of days to spend with their child each month.

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2. Splitting custody every other week with a midweek visit: Splitting custody can be tough on a child, especially when they have a full week away from one of their parents. In this scenario, each parent would get custody of their child for one full week with a midweek visit at the other parent's house.

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3. Splitting custody every other week with a midweek overnight: Similar to a midweek visit, this type of custody agreement allows the child to spend an overnight at the other

parents house. This type of scenario works well if the parents still live fairly close to one another and the child isn't very young.

Can you think of some other ways to come to a fair custody agreement with your ex? Comment below.

Celebrity News: Brad Pitt Attends Ex Jennifer Aniston's Birthday Party



By [Mara Miller](#)

In the latest [celebrity news](#), [Brad Pitt](#) went to [Jennifer Aniston's](#) 50th birthday party, according to *EOnline.com*. Pitt and Aniston split in 2005, but are still on good terms with each other. Pitt wanted to support Aniston as a friend with other people in her life, but sources say that they won't be rekindling their romance any time soon. It's great to see that these [celebrity exes](#) are still friends on amicable terms.

In celebrity news, Brad Pitt attended his ex-wife's star-studded birthday party. What are some rules of thumb for keeping the peace with your ex?

Cupid's Advice:

There's no reason you have to completely cut your ex out of your life if you can see yourselves being friends down the road. This is especially true if you have children or the same circle of friends. Here are some ways you can keep the peace:

1. Keep it simple: Don't bring up anything from the past, and keep your conversation pleasant. There's no point in rehashing old fights when you have no intention of getting back together. Keeping things surface level is usually best.

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2. Avoid a dating atmosphere: Avoid places that bring back old memories. There's no reason to introduce nostalgia into the picture, and you don't want to be at a place with clear date vibes. Keep it casual.

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3. Keep yourself in check: It's okay to question yourself about old feelings about your ex. This is why giving each other space if you both need it is fine, especially if you run in the same social circles or have children together.

What are some ways you can keep the peace with your ex? Share your thoughts below.

Celebrity News: Selena Gomez Explores Mental Health Journey



By [Mara Miller](#)

In the latest [celebrity news](#) according to *USMagazine.com*, [Selena Gomez](#) speaks candidly about her struggles with mental health. Gomez was diagnosed with Lupus in 2014. She admitted that anxiety, depression, and panic

attacks can be side effects of Lupus, among other symptoms of the disease. In 2016, the [single celebrity](#) took a step back from the spotlight to focus on herself. Breaking her silence, Gomez released a new song with Julia Michaels, titled "Anxiety." It's great to see that Gomez is performing again, but, even better than having her music, she has been reaching out to her fans to let them know that she loves them. Gomez has, on occasion, even reached out to fans on Instagram to speak with them when she finds out they are struggling with mental health.

Selena Gomez's honesty with her mental health has made celebrity news because of the impact on her fans. What are some ways we can follow Selena's example and encourage mental health?

Cupid's Advice:

When you're going through a difficult time, whether with depression, anxiety, or any other number of other issues, here are some things that can help.

1. Try positive thinking: Negative thinking can be a downward spiral that is hard to come back from, and it can become difficult to be positive when you hardly have been. Only use words that will empower yourself. It may seem hokey and redundant, but positive thought is a powerful tool and will reshape the vocabulary your brain uses.

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2. Reach out to someone who you trust: Have a serious conversation with someone close who is willing to listen. Also, if it's bad and you don't have a support system, do not be afraid to seek professional help. There's *never* a reason to be ashamed of how you feel.

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3. Exercise: Exercising can release endorphins in the body that relieves stress and boosts the mood. This doesn't have to mean working out in a gym. Try picking up martial arts classes or borrow a book from the library on introductory yoga. Exercise can also play double duty as something that you're doing for yourself, by yourself, and it can help you take your mind off of the things that are upsetting you.

What techniques do you have for maintaining mental health? Share your tips below!

Celebrity News: Designers Say Bebe Rexha is Too Big





By [Mara Miller](#)

In the latest [celebrity news](#), *People.com* reports the 2019 Grammy Awards are extra special for single celebrity Bebe Rexha. She was nominated for Best New Artist/Best Country Duo/Group Performance, so the music artist naturally reached out to several dress designers for her Red Carpet outfit. They turned her down, refusing to design a dress for her because she is “too big.” Rexha said this on Instagram, defending herself and all women a size 8 and up, “You’re saying all the women in the world that are a size 8 and up are not beautiful and that they cannot wear your dresses.” We should all adopt Rexha’s mentality on being called too big.

Rexha made celebrity news when no designer would work with her for the Grammy’s. What are some ways we

can fight against body shaming like Bebe Rexha?

Cupid's Advice:

Whether you are a size 8 or a size 8x, here's how you can fight body shaming:

1. Wear whatever makes you comfortable: Hot? Wear your tank top. Want to wear that black dress that shows off your curves? Do it. Life is way too short to be worried about what you're wearing, no matter your size. If a brand only caters to certain sizes then you do not have to shop with them. When anyone tries to be rude or negative, call them out on it.

Related Link: [Fashion Tips: How to Rock Heels Without The Pain](#)

2. Practice body positivity on social media: Don't be afraid to take pictures of yourself with friends or family because of your size. Follow body-positive celebrities. Share and read articles about bigger men and women.

Related Link: [Celebrity News: Selma Blair Opens Up About Life with MS](#)

3. Don't be hard on yourself: We might not want to admit it, but sometimes we can get wrapped up in thinking we're not pretty or handsome enough because of our weight. Eating healthy should always be a priority, but sometimes you can't control your weight even if you have a healthy diet. Maybe you just had a baby, have issues with polycystic ovary syndrome, or got injured in a sports accident and haven't been able to shed the pounds. Do NOT beat yourself up because you don't look like a cover model on a magazine.

What are some ways you can fight body shaming? Sound off in the comments below.

Celebrity News: Halsey Responds to Rumors She's Dating John Mayer



By [Ivana Jarmon](#)

Singer Halsey has put a stop to romance rumors, *EOnline.com* reports. In [celebrity news](#), Halsey wants fans to know there's no blooming romance between her and fellow singer John Mayer. The two [single celebrities](#) started rumors after openly flirting on Instagram. The singer shut down romance rumors with a single tweet: "I just had a ground-breaking idea. What if...we let female artists ...have friends...without assuming that

they are sleeping together?” she wrote. “I know, I know. It’s like, completely ambitious but like, imagine if we like, tried?” This comes shortly after her [celebrity break-up](#) from G-Eazy. Mayer has been in a number of [celebrity relationships](#) with numerous women such as [Jessica Simpson](#), Jennifer Love Hewitt, [Taylor Swift](#) and more.

In celebrity news, Halsey denies she’s dating John Mayer with a snarky remark on social media. What are some ways to shoot down false rumors about your relationship??

Cupid’s Advice:

Rumors have a way of catching fire once lit; it’s information that can’t be trusted. Rumors give room for doubt in a relationship. Cupid has some ways to shoot down false rumors about your relationship:

1. Confront the source: If you know who spread the rumor, you should talk to them. Be civil and keep your head high and talk to this person honestly. If you don’t want to face them alone bring a few friends. Don’t put yourself in harm’s way or a dangerous situation if you know that talking to this person in question will try to do you no good.

Related Link: [Celebrity News: Find Out Why Danielle Jonas Missed Priyanka Chopra’s Bachelorette Party](#)

2. Broadcast the rumor: Verbalize the rumor in a bold way. By acknowledging the rumor, you’re taking away some of its power. People spread rumors to gain social status and they only have that if they have the inside scoop. By broadcasting their inside info, this person loses credibility and motivation to

spread the rumor. Because Everyone will already know. Sometimes talking about is the easiest way to prove how ridiculous the rumor is.

Related Link: [Celebrity Break-Ups: Kaitlyn Bristowe Reveals Shawn Booth Forgot Their Anniversary Last Year](#)

3. Take action: Having vicious rumors spread about you isn't fun, but if you can get the person who spread them in trouble it can make you feel better about the situation. If rumors are being spread about you at school and you know exactly started the rumor, go to an adult, teacher or adviser. If you're an adult and have rumors being spread about you and the lies have cost you, for example, your business or mental health and know who it is, seek legal assistance.

What are some ways to shoot down false rumors about your relationship? Share your thoughts below.

Celebrity News: Kourtney Kardashian Spotted Out with Luka Sabbat





By Ivana Jarmon

In [celebrity news](#), [Kourtney Kardashian](#) has been spotted with Luka Sabbat, 20-year-old *Grow-ish* star. The two [single celebrities](#) were spotted on Friday, stepping out for dinner at *The Nice Guy* in Los Angeles. The pair were seen having dinner and drinks as they chatted for hours waiting for friends to arrive. According to a source for *EOnline*, “They seemed to be really bonding and having fun.” The pair also both attended the grand opening of *Tao Chicago* nightclub the following Saturday, with Sabbat attached to her side the entire night. Kardashian met Sabbat through her younger sister [Kendall Jenner](#). A source says, “They are spending time together and its casual for now, she’s having fun and not taking anything too seriously.”

**In celebrity news, Kourtney
Kardashian may have a new love**

interest. What are some ways to keep things casual at the beginning of a relationship?

Cupid's Advice:

Does anyone really know how to keep things simple when love could be on the line? Cupid has some tips on how to keep things casual at the beginning of a relationship:

1. Be comfortable, but don't get comfortable: A casual relationship allows you to spend time with someone you are attracted to and sincerely like being around. But aren't ready to share your secret stash of voodoo dolls with. You should be able to have fun, keep things light. Don't talk about anything too deep. Just enjoy each other's company.

Related Link: [Celebrity Exes: Drew Barrymore & Justin Long Are 'Spending Time Together' 8 Years After Split](#)

2. Keep your emotions on a leash: Emotions are a crazy thing. It's easy to believe at times that you've fallen in love with this person. If this happens spend some time apart and see how you feel afterward. If you find yourself getting jealous either tell them or get out as soon as possible. Don't be ruled by your emotions in a casual relationship.

Related Link: [Newly Single Celebrity Kendra Wilkinson is 'Excited' to Start Dating Post-Divorce from Hank Baskett](#)

3. Be honest with yourself: Are you ok with casual? Are you ok with seeing other people? Are you looking to be in a relationship? Make sure you ask yourself these questions. Because you don't want to end up in a casual relationship when you want something more. And yes, it could turn into more, but what if doesn't? Are you ok with that? Be sure that you know what you want before jumping into a casual relationship.

What are some tips on how to keep things casual at the beginning of a relationship? Share your thoughts below.

Newly Single Celebrity Kendra Wilkinson Is 'Excited' to Start Dating Post-Divorce from Hank Baskett



By [Haley Lerner](#)

In [celebrity news](#), Kendra Wilkinson is ready to start dating

again, despite filing for divorce from husband Hank Baskett just one month ago. According to *EOnline.com*, the newly [single celebrity](#) is ready to put herself back on the market. A source told the outlet that Wilkinson is “ready to put herself out there in the dating world” and is “looking forward to this new chapter of her life.” Following Wilkinson’s dramatic [celebrity divorce](#), the reality TV star showed off a new brunette bob replacing her signature platinum blonde locks. The former *Playboy* model is clearly ready for her comeback and the possibility to explore new men.

Single celebrity Kendra Wilkinson is ready to get out there and start dating again. What are the best ways to meet potential partners?

Cupid’s Advice:

Wilkinson isn’t letting her recent divorce stop her from venturing out into the dating world. Here are Cupid’s tips for meeting a new special someone:

1. Consult your friends: No one knows you better than your closest friends. They know your personality and what you’re into. When you’re ready to start dating again, confide in your friends and let them know. Your besties can help try to set you up with some dates with people they think you might work well with. Even if these dates don’t work out, they are perfect warm-ups to get you ready for real contenders. If you end up clicking with someone you were set up with, it’s even better!

Related Link: [Celebrity News: Kendra Wilkinson Asks Fans for Dating Advice After Split From Hank Baskett](#)

2. Online dating: Yes, there might be some stigma around it,

but online dating really is a great option for meeting a new partner. Whether it's through a website like *Match.com* or an app like Tinder, you'll be exposed to plenty of people you otherwise would never meet. You might have to get through some duds, but it's possible you could meet someone really special.

Related Link: [Celebrity Marriage: Kendra Wilkinson Takes Off Wedding Ring and Breaks Down on Instagram](#)

3. Actually go out: Putting setups and online dating aside, there's nothing better than meeting someone by the classic approach: getting yourself out there! Instead of spending a Friday night in watching romantic comedies on Netflix and dreaming of a new beau, put on something nice and go out to a bar, club or local joint with your friends. If partying isn't your thing, spend your newfound single time at a museum, concert, café or other social setting. If you're constantly around lots of people, you're bound to potentially run into that special someone.

Have any other advice for meeting potential partners? Share your thoughts below!

Celebrity Exes: Source Says Selena Gomez Has 'Moved On' from Justin Bieber





By [Jessica Gomez](#)

In [celebrity news](#), [Selena Gomez](#) has moved on from her [celebrity ex Justin Bieber](#) and has no interest in getting back together with him in the foreseeable future. According to [EOnline.com](#), sources say she is in a better place now after some self-reflection. “She respects him as a person, but has decided she is much happier doing her own thing. Selena rarely even talks about Justin anymore, and is fully open to dating,” a source said. Another source added that the former [celebrity couple](#) are not in contact either. Gomez is doing great in her career and friends and family are happy to see her doing well. Good for her!

These celebrity exes are going to remain exes, at least for now. What are some ways to decide that you’re better off without someone?

Cupid’s Advice:

Every person is different and so is every situation, so think hard about whether someone is right for you or not. Cupid has some [relationship advice](#) on things to consider before deciding whether you're better off without someone or not:

1. Have they done unforgivable things?: Forgiving them means accepting the situation and their apology, and moving on from it. There is no point in saying you will forgive your partner, if the problem will just keep popping up in the future. So, analyze and evaluate whether what they did is something you can move on from.

Related Link: [Celebrity Break-Ups: Ronnie Magro-Ortiz & Ex Jen Harley Are 'Peaceful Now' After Explosive Split](#)

2. Are they worth it?: This question may seem harsh, but it's one you have to ask yourself and be honest about. Do you see a future with this person? How has your relationship with them been overall? Consider these things. Ponder away.

Related Link: [Celebrity News: Nikki Bella Is Still 'Spending Nights' with John Cena at His Home](#)

3. Have you given yourself enough time to make this choice?: Depending on the situation, you may need a little time or a lot of time to think things over. Don't make any impulsive decisions. Don't rush, take the time you need. You need time to decide whether this person is someone that deserves to be in your life. The people in your life should be making it better, not creating complete and utter chaos.

In what other ways did you know whether you were better off with or without someone? Share with us below!

Reality TV Update: Andi Dorfman Is 'Excited' to See Arie Luyendyk Jr. as New Star of 'The Bachelor'



by [Ashleigh Underwood](#)

The [latest celebrity news](#) reveals that Arie Luyendyk Jr. is the newest star of [The Bachelor](#), and former *Bachelorette* [Andi Dorfman](#) is happy to share her excitement. In a recent [celebrity interview](#) with [UsMagazine.com](#), Dorfman says, "I think it's cool, it's kind of interesting. It's going back a little old school." And she's completely right: With the network bringing back an old contestant, there is bound to be some riveting plot twists and interesting people returning

to this longtime reality TV show.

This former *Bachelorette* is just as excited as we are for the upcoming season of *The Bachelor*! What are some ways to support your friends as they look for love?

Cupid's Advice:

Being a good friend means being there through thick and thin. Whatever they are going through, you are by their side, holding their hand. When it comes to their search for true love, here are a few ways to show your support:

1. Know how to listen: The most important thing you can do to help a friend is to simply listen. When your pals are upset or struggling with something, odds are, they just need to get it out of their system. Allowing them to talk through it can help their situation more than anything else.

Related Link: [Celebrity News: Peter Kraus Speaks Out About Arie Luyendyk Jr. Becoming 'The Bachelor'](#)

2. Empathize with them: While you may not be experiencing the exact same thing, you can probably relate. Share your stories with your friend and let them know they're not alone. This way, they'll feel more comfortable and hopefully feel better faster. When you share your experiences with them, it may also help them to come to another solution they may not have thought of before.

Related Link: [Celebrity Break-Up Nick Viall Says He Still Loves Vanessa Grimaldi Post-Split](#)

3. Be their wingman: There is nothing more empowering than

having your friends talk you up. If they are struggling to find love, help set them up with someone! No one knows your friend and what they want more than you. You can pair them up with the perfect partner and help them jump start a new relationship.

How do you support your friends as they look for love? Comment below!

Single Celebrity: Bachelor's Ashley Iaconetti Isn't Interested in "Random Dates"





By [Marissa Donovan](#)

Ashley Iaconetti doesn't make dating her first priority. According to [UsMagazine.com](#), [The Bachelor](#) alum is too busy to go on random dates after she's done recording her *Almost Famous* podcast. The [single celebrity](#) joked that she would rather have God drop a husband in her lap than go on dates with strangers. We bet that Iaconetti will someday get lucky with love!

In [celebrity news](#), Ashley Iaconetti claims to be too busy for romance. How can you open up your schedule for [date nights](#)?

Cupid's Advice:

Although we can't predict when you will meet the next person you'll be in a relationship with, we can help by giving you some advice about opening up your schedule for date nights:

1. Free up your weekend nights: The best opportunity to go on date with a busy schedule would be your weekends. Many fun venues usually have events that you and your date can enjoy on Saturday. Sundays are good for restaurants specials and maybe brunch specials depending on what you and your date want to do.

Related Link: [Celebrity News: Lauren Bushnell Has A New Boyfriend](#)

2. Try finishing up work projects during week: Tackle work projects during the week to allow you to enjoy your weekend. It might be easier said than done, but you will be thankful when you have a fun date to enjoy on the weekend!

Related Link: [Celebrity News: Former 'Bachelor' Ben Higgins Discusses Why He Sent Becca Tilley Home Before Hometown Dates](#)

3. Take advantage of the holidays: The holidays are really good for date nights! Most work offices will give their workers time off. Take advantage of your free time by planning a date night with someone new!

How can you free up your schedule for date nights? Let our busy readers know in the comments!

Single Celebrity: John Mayer Tries to Score a Date with David Foster's Daughter on

Instagram



By [Marissa Donovan](#)

[John Mayer](#) seems to be searching for his next romance! The *Love on The Weekend* singer left a comment on David Foster's [Instagram](#) picture asking if he suggest him to his daughter Erin. Foster has yet to make a public comment about Mayer's remark. After breaking up with [celebrity ex](#) Katy Perry, the singer reflected on their relationship with song "Still Feel Like Your Man." According to [UsMagazine.com](#), the singer has clearly moved on and is scoping out his next romance.

This [single celebrity](#) made one bold

move! What are some ways to utilize social media for dating purposes?

Cupid's Advice:

Over the recent years, dating has gone digital and has changed our ways of meeting new people. Here are some ways to use social media for dating purposes:

1. Download apps: Dating apps can be a hit or miss when it comes to dating someone. Some people get lucky and meet someone, while others find themselves mindlessly swiping. Before downloading any dating app, do your research on one you may be interested in and see how you can create a dating profile that others will be interested in.

Related Link: [Celebrity Exes Katy Perry and John Mayer Spark Latest Celebrity Gossip By Spending Super Bowl Together](#)

2. Create a dating resume: Get creative and humorous with your love life by making a funny, yet charming dating resume. According to *NYPost.com*, a student from Michigan State University created one and it apparently had a successful response. You can also come up with another creative concept that can help boost your dating game.

Related Link: [Celebrity News: Is John Mayer's New Song 'Paper Doll' about Taylor Swift?](#)

3. Direct message: Mayer is not the only one that's used Instagram for getting girls. According to [People.com](#), Justin Bieber directed message a gym's Instagram account by asking for a girl's name in a photo they posted. Although this may seem like the easiest avenue to try dating, use with precaution! Direct messages can often come across as creepy if you have never met the person. If you've met the person you are messaging, then it may be okay to send a flirty message.

Who do you think John Mayer will date next? What [dating tips](#) would you give him? Let us know in the comments!

Single Celebrity: Katy Perry Talks Unrequited Love and Shower Sing-Offs With Exes



By [Marissa Donovan](#)

[Katy Perry](#) is sounding off on her music and experiences with love these days. According to her interview with [WMagazine.com](#), the pop singer shared that she often sings in

the shower and has enjoyed sing-offs with her [celebrity exes](#) in the shower as well. Her new song “Save As Draft” is one of the many from her collection that expresses her love life. She shared in the interview that her personal songs are about people she’s no longer dating or have unrequited love.

In [celebrity news](#), this [single celebrity](#) is willing to express all the love that she’s experienced. How can you express past or current relationships that you have had with partners?

Cupid’s Advice:

For some it can be hard to express exactly what is happening or happened in a relationship. Communicating your feelings by talking can be a struggle a times. Here are some ways to can express your current or past relationships that you have had with partners:

1. Keep a private journal: Write down list of thoughts or write paragraphs of what your currently experiencing romantically. You can write about your past relationships, current relationship, or people you would like to be with. If you have problems with trusting other by telling them feelings, you can at least write out what you feel.

Related Link: [Celebrity News: Diplo Fires Back After Katy Perry Knocks His Bedroom Skills](#)

2. See a couples counselor: You do not have to be in a relationship to seek advice from an expert. A couples counselor are welcoming to those who want to express their

love lives and might also want help. Trying searching for one and see what type of guidance they can provide for you.

Related Link: [Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together](#)

3. Listen to music: If you can't put your thoughts in to words, then try searching for music on Youtube or Spotify. Both websites may know of songs or musicians that have produced songs in your field of current emotions. You might even find a Katy Perry song that describes what your going through!

What are some other ways you can express your feelings about your current love life? Let us know in the comments!