

Celebrity Break-Ups: Lady Gaga Breaks Silence on Split from Ex-Fiance Christian Carino



By Katie Sotack

[Lady Gaga](#) wowed audiences in Las Vegas this past weekend with star-studded covers and a monologue of personal feelings. Gaga opened her song “Someone to Watch Over Me,” with a brief statement about her breakup from ex-fiance, Christian Carino. She said, “Last time I sang this song, I had a ring on my finger, so it’ll be different this time.” According to *EOnline.com*, the split happened back in February, and this is the first she’s spoken about it publicly. Her confession moved

the audience, and she proved she's a singing star with or without Carino.

In celebrity break-up news, Lady Gaga finally addressed her split from Christian Carino. What are some ways opening up about a break-up can help you move on?

Cupid's Advice:

Staying silent about pain in your life is not always the best plan of action. It can build up until you explode in ways that aren't pleasant. Cupid has some ways opening up about a split can help you move on:

1. Talk to loved ones: Ending a relationship also drops the levels of intimacy you once had. Open up to your loved ones to quench your need for intimacy and vulnerability through other trusted people in your life.

Related Link: [Celebrity Break-Ups: Fans Speculate That Porsha Williams and Dennis McKinley Call It Quits](#)

2. Redefine yourself: For the past *insert-relationship-length-here*, you've been branded as a couple. Post up your best selfie and re-introduce yourself to the world as a single. Meaning you're just you and that's enough.

Related Link: [Break-Up: Kendall Jenner & Ben Simmons Split Months After Reconciliation](#)

3. Get physical: Don't be afraid to tell your friends "I just need a hug right now". Pump up a feel good hormone, oxytocin, by admitting you miss a physical connection with your ex. Then, get hugging.

How has opening up about your breakup helped to kick start the healing process? Share in the comments below.

Notoriously Private Couple Jessica Lange and Sam Shepard Have Split



Actress Jessica Lange and her partner of almost thirty years Sam Shepard kept ended their relationship. In fact, the couple, who kept their relationship very private, decided to split almost two years ago, according to [People](#). “They both are pursuing independent lives,” says a source. A rep for

Lange confirmed the split, but the *American Horror Story* actress has no further comment.

How do you keep your breakup from making a splash?

Cupid's Advice:

Breakups can be dramatic, but if you can get out of a relationship without causing a scene, you'll be better off in the long run and in the healing process. Cupid has some tips to keep your split low key:

1. Don't tell everyone: Your business isn't the world's business. Once everyone knows, they're going to want to put in their two cents, which will become overwhelming and annoying.

2. Wait: Take some time to figure out your own emotions and to face the reality of your new life without your partner, so that you're ready to face family and friends once they find out.

3. Stay busy: Keep your routine as normal as possible, and get out of the house when you can. Don't keep yourself cooped up wallowing, but instead embrace your new found independence.

How did you keep your breakup quiet? Share your comments below.

Connie Britton Adopts a Son from Ethiopia



Connie Britton, star of the new hit series, *American Horror Story* is the proud new mom of a baby boy from Ethiopia. Britton finally got to bring nine-month-old Eyob home after a three-year- long adoption process. According to [People](#), the 44-year-old actress is happy for motherhood and says that her son has completed her.

What are some ways to bond with an adopted child?

Cupid's Advice:

When you adopt a child, bonding can be difficult. Here are some tips for you and your child to become comfortable with each other. Bonding takes time, but with love, it will happen sooner than later:

1. Teach and learn: If your child is from a different background than you, take time to explore their culture together. A trip to a museum, library, or restaurant when

they're older will bring you closer.

2. Interact with your baby: You are not the child's biological parent, so eye contact during feedings are important to your baby getting to know you and creating a bond stronger than any biological relationship. Try a baby massage class to learn the value of touch.

3. Interact with your older child: Older children take a little more time to bond with, but the techniques are the same. Love, conversation, eye contact, touch and honesty will do the trick. Remember that growing close takes time.

How did you bond with your adopted child? Share your experiences below.