

# Celebrity Break-Up: Did Miranda Lambert and Anderson East Split?



By [Carly Horowitz](#)

In [latest celebrity gossip](#), rumors have been circulating about Miranda Lambert and Anderson East's [celebrity relationship](#). According to [UsMagazine.com](#), East has not posted any photos on Instagram with Lambert since November, and he hasn't liked any of her photos since December. Since these rumors have been present, the public has also noticed that East does not follow Lambert on Instagram. But, we are not sure if he ever did. It may be a large leap to judge a [celebrity break-up](#) by mere social media, but East performed on Bobby Bones' syndicated

radio show on Wednesday, February 28, and sang a song about heartbreak: "If You Keep Leaving Me." We are not jumping to conclusions, but hopefully Anderson and East will comment on these [celebrity break-up rumors](#) soon!

## **Rumors are stirring about a potential celebrity break-up. What are some ways to decrease break-up speculation?**

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

People have a tendency to be nosy. They may begin to assume things in regards to your relationship if there are notable changes on social media, or in person. Whether these changes have any truth to them, it can be annoying to have people constantly discussing these rumors. Luckily, Cupid is here with some advice on how to decrease this talk:

**1. Be honest:** If you don't mind people knowing the truth, then share your break-up right after it occurs. This will stop people from formulating their own conclusions as to if you and your partner have broken up and why. Let people know about your break-up, and give them an explanation to the extent at which you feel comfortable so that further rumors don't begin to arise regarding the reasons why.

**Related Link:** [Celebrity Break-Up: Alicia Silverstone & Husband Christopher Jarecki Split After 20 Years](#)

**2. Delete social media:** After your break-up, you may want to take a break from social media anyway. Also, if you temporarily delete your social media during this time, it will decrease speculation that can form from people analyzing who you are following, who is liking your pictures, and such.

Sometimes it's nice to take a break from it all.

**Related Link:** [Celebrity Break-Up: Jennifer Aniston & Justin Theroux Announce Separation](#)

**3. Be yourself:** The number one reason why break-up speculation arises is because people notice changes in individual's personalities. If you and your partner actually did not break-up but you are just going through some other personal changes, let your friends and family know so that they don't assume otherwise. If you and your partner did break-up but you don't want people to know yet, try your best to still act like yourself so speculation doesn't occur.

**What are some other ways to decrease break-up rumors? 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!**