

# Celebrity Break-Up: 'Vanderpump Rules' Star Stassi Shroeder Gets Dumped By Boyfriend on 4-Year Anniversary



By [Mar](#)

[issa Donovan](#)

Stassi Shroeder had her heart broken big time! The [Reality TV](#) star shared on her [Twitter](#) that, after her four year relationship with boyfriend Patrick Meagher, he dumped her on their anniversary. According to [UsMagazine.com](#), the two had a rocky long-distance relationship. The *Vanderpump Rules* star booked a trip to Mexico to celebrate their anniversary, but once Meagher called their relationship off, Shroeder brought

her best friend instead. Hopefully she can find a future partner to treat her better!

**This [celebrity break-up](#) isn't necessarily surprising, but it's still sad. What are some ways to know your relationship is on its way out?**

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

Sometime break-ups can be predictable depending on what has happened in your relationship. Here are some signs you and your partner could be ending your time together soon:

**1. Long distance effects you both:** Distance doesn't always make the heart grow fonder in relationships. For some couples, being apart for long periods of time can strain your relationship and allow for you and your partner to grow apart. If this seems to be a problem, you can expect to be breaking up soon.

**Related Link:** [Celebrity Divorce: 'Vanderpump Rules' Star Sheana Shay Finalizes Divorce from Mike Shay](#)

**2. It's always on and off:** Couples who keep making up and breaking up will eventually get tired of their old routine. Instead of getting back together or trying to stay together while being unhappy, it might be best to break it off permanently.

**Related Link:** [Celebrity Wedding: 'Vanderpump Rules' Stars Katie Maloney & Tom Schwartz Are Married](#)

**3. Wanting to see other people:** Knowing that one of you is interested in seeing other people should be enough to cut ties

in your relationship. If you sense that you or your partner plans on ending the relationship for a new relationship, then your intuition is most likely right.

What positive advice would you give Stassi Schroeder after her brutal break up? Let us know in the comments!

---

## Celebrity Break-Up: Aaron Carter's Ex Madison Parker Didn't Understand His Sexuality



By [Mar](#)

[issa Donovan](#)

Aaron Carter has recently opened up as being bisexual. Many of his fans have respected his sexual identity, but the pop singer revealed that it was the reason why his relationship with former girlfriend Madison Parker ended. According to [EOnline.com](http://EOnline.com), the [celebrity couple](#) called it quits because Parker didn't understand him and had no intentions on supporting Carter any longer. Carter began crying when he revealed the news that their relationship ended. He also shared that he would like to be in a relationship now. Hopefully the pop singer will find the love that he deserves!

**Like this [celebrity break-up](#), your partner may not be as supportive as you thought. How can you support yourself after a messy break-up?**

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

Having an unsupportive partner that leaves you in the dark can make for a painful break-up. Emotions can get the best of us and we can forget how to support ourselves. Here are some ways you can support yourself after a messy break-up:

**1. Learn how to cook:** Discover new [food](#) recipes and teach yourself how to make dishes for yourself. It is important to stay healthy while coping through sadness. Although take out may be tempting, find it within yourself to learn new skills and have a balanced meal.

**Related Link:** [Hilary Duff Says Aaron Carter's Love Declarations Are 'Uncomfortable'](#)

**2. Workout:** Channel your aggression into laps on the treadmill or lifting weights after a bad split. Tearing yourself down after you part ways from an ex is normal, but do not let it get to your will power to be the best you. Staying on top of

your [fitness](#) can change your energy and might allow you to meet someone new!

**Related Link:** [Nick Carter Ditches Sister's Wedding for His Bachelor Party](#)

**3. Become the person you want to be:** Ultimately you should become who you are most happy being. If your ex has held you back from becoming the person you want to be, then now is the time to express yourself.

**What are some other ways you could support yourself after a messy break-up? Let our readers know in the comments!**

---

## **Celebrity Exes: Miranda Lambert Didn't Want A Breakup Album About Blake Shelton**







By [Mar](#)

[issa Donovan](#)

The last thing Miranda Lambert wanted to do was make her new album all about her split from [Blake Shelton](#). Although the former [celebrity couple](#) was married for four years, the country singer wanted to channel her softer side compared to the confident and bold persona she has in the music world. According to an interview with [Billboard.com](#), Lambert does share that her side of the break up is on the record, but it showcases more vulnerability than just her break-up from Shelton.

**This [celebrity break-up](#) has inspired the country singer to show a different side of herself. How can music help you after a breakup?**

**Cupid's Advice:**

Music can be used to help the sting of a bad break-up. Here are some ways this creative outlet can help you after a

breakup:

**1. Try songwriting:** Like any famous musician, let out your heartache by writing songs about what you're feeling. Not only will it help you express yourself, but you can also learn a new skill as well!

**Related Link:** [Celebrity News: Miranda Lambert's Boyfriend Anderson East 'Couldn't Be More Proud' After ACM's Wins](#)

**2. Listen to your favorite songs:** Go listen to your favorite records or play your Ipad for your favorite music. Try listening to your favorite sad songs first and then work your way to some happy music. This will gradually help you transition through a bad breakup.

**Related Link:** [Celebrity News: Gwen Stefani & Blake Shelton Joke About Her 'Makeout Playlist' on 'The Voice'](#)

**3. Search for new music:** The positive aspect of a breakup is that it allows you to have a fresh start. Finding new music from artist you've never heard before can help you move in a new mindset of who you want to be now that you're single!

**Will you be listening to her new album in November? Let us know in the comments!**

---

**Celebrity Break-Up: Ben Higgins Is Still Upset Over Split From Lauren Bushnell**



By

[Marissa Donovan](#)

Last month was a disappointing surprise to season 20 fans of *The Bachelor*, as [Ben Higgins](#) and Lauren Bushnell called off their celebrity engagement. According to [UsMagazine.com](#), Higgins recently expressed his feelings about the [celebrity break-up](#). He said, “When you really care about somebody and you really love somebody and that has to end – for whatever reason, even for reasons that either person can’t really explain, it’s just a feeling and you have to go your separate ways – it hurts. It hurts bad.” Bushnell has said the two are friends, but this [celebrity news](#) has us hurting along with the former couple!

**This couple is still feeling the effects of their celebrity break-**



# up. What are some ways to cope with a split?

## Cupid's Advice:

Break-ups can take time to heal. Sometimes we can feel helpless on how to deal with the heartache. Here are some tips to help make the split easier to deal with:

**1. Listen to music:** This is one of the best remedies to a heavy heart. [Brad Pitt](#) also listened to music after getting a divorce with his ex-wife Angelina Jolie. Any music genre is acceptable for coping with a break-up. Start making a playlist!

**Related Link:** [Celebrity News: Angelina Jolie & Brad Pitt Are Talking Again](#)

**2. Binge episodes of Netflix:** Cue up your Netflix and search for a hilarious sitcom or a murder mystery. Engaging episodes will distract you from getting upset over the split. Watching an amazing series will give you the comfort you deserve during this difficult time.

**Related Link:** [Celebrity Break-Up: 'Bachelor' Ben Higgins Sheds Light on 'Tough' Split from Lauren Bushnell](#)

**3. Reconnect with old friends:** Meeting up with friends you haven't seen in ages can make you feel happier during this upsetting time. Your friends will remind you of fun memories and most likely want to make weekend plans. Having friends around will keep you optimistic about the future.

**What are some other tips in helping you cope with a break-up? Leave your advice in the comments bellow!**

---

# Celebrity News: Amanda Stanton Is Returning to 'Bachelor in Paradise'



By

[Marissa Donovan](#)

In [celebrity news](#), *Bachelor in Paradise: Season 3* sweetheart Amanda Stanton is coming back for Season 4! Since her split from Josh Murray, Stanton is returning for another chance at love. Last month, she spoke with [UsMagazine.com](#) and shared how the connection between the couple faded once the show ended. It has been difficult for her to move on from their [celebrity break-up](#), but maybe this time she will meet Mr. Right. Best wishes to Amanda in the upcoming season!

# In this celebrity news, Amanda Stanton is taking another shot at love. What are some unique ways to find love?

## Cupid's Advice:

Unlike Amanda Stanton, we might not be able to meet our soulmate on a television show. There are many opportunities this summer to meet someone new. Here are some ideas in how to bump into that special someone soon:

**1. Sign up for an adult summer camp:** If you can remember your childhood crushes, the idea of going to summer camp may bring back some memories. Now you can meet other singles looking to have fun and make memories that will last a lifetime.

**Related Link:** [Date Idea: Embrace a Physical Activity](#)

**2. Participate in The Color Run:** You probably have one of these cool races in a city near you. Many people run or walk just to experience the fun of color being splashed on their white clothes. You never know who you may run into along the way!

**Related Link:** [Relationship Advice: Turning Your Summer Fling Into Something That Lasts Longer](#)

**3. Attend summer classes:** Whether you're interested in brushing up on your pottery skills or learning how to cook certain meals, summer classes are a great way to meet new people. Make sure there's still openings available for your interest.

**Can you think of some interesting ways to find love? Leave your answers in the comments below!**

---

# Celebrity Break-Up: Hilary Duff & Michael Koma Split



By

[Delaney Gilbride](#)

In [celebrity news](#), [Hilary Duff](#) and Michael Koma are finally coming clean following their [celebrity break-up](#) in early March. According to [EOnline.com](#), the [celebrity couple](#) had only dated a few months before busy schedules ended their short relationship last month. Following the duo's red carpet debut at the pre-SAG Awards at the end of January, Duff and Koma enjoyed multiple romantic vacations around the globe. The 29 year-old actress shared a snuggly photo of the two on a beach from a getaway to Costa Rica in February entitled, "Take me back to Costa with him," only months ago. We're sad to see

them split!

## The writing seemed to be on the wall for this celebrity break-up. What are some tell-tale signs that your relationship has run its course?

### Cupid's Advice:

When you're blinded by love it may be difficult to tell when your relationship just isn't working out anymore. So, how are you supposed to know when it's time for something new? Cupid's here with some [relationship advice](#):

**1. You're picking fights with each other:** Of course it's completely normal for couples to bicker – it would be weird if they didn't. But if you're aware of the fact that you and your partner are constantly picking fights with one another, you have to be aware that you feel the relationship is ending. You may be nudging at the idea that you want them to break up with you first rather than the other way around.

**Related Link:** [Celebrity Exes: Harry Styles Talks Past Romance with Taylor Swift](#)

**2. Your significant other is your source of stress:** Life is already stressful as it is... why would you want your significant other to be your source of stress rather than a source of love? Your partner is supposed to be the person you come home to in order to *de-stress*, not the other way around. If this is the case your relationship is going nowhere fast.

**Related Link:** [Celebrity Divorce: Ben Affleck Still Living at Family Home with Jennifer Garner](#)



**3. You're happier alone than with your partner:** If this isn't a reality check then I don't know what is. If you genuinely feel better being *alone* rather than being with your partner, you've already made the big decision about your relationship. Stop stressing about the person that isn't making you happy and focus on yourself for once!

**Have you just gone through a break-up? Comment below and let us know when you knew enough was enough.**

---

## **Celebrity Break-Up: Olivia Munn & Aaron Rodgers Split After 3 Years of Dating**





By

Christa Ganz

In [celebrity break-up](#) news, [celebrity couple](#) Olivia Munn and Aaron Rodgers decided to call it quits after 3 years. According to a source at [UsMagazine.com](#), the Green Bay Packers quarterback became estranged from his family after beginning his [celebrity relationship](#) with actress Olivia Munn. "Aaron is the one that has pulled away from the family, not the reverse. When he got together with Olivia Munn, his family told him they didn't trust her and thought she wasn't with him for the right reasons. That made him furious, and he ended up choosing Olivia over his family." A source at [EOnline.com](#) stated that the two only split because they were "on two different pages in life."

**This celebrity break-up was a long time coming. What are some ways to know your relationship is over?**

**Cupid's Advice:**

While hindsight is 20/20, there are certainly some obvious

signs that your relationship is coming to an end. Here are some ways of recognizing those signs:

**1. Your priorities:** Suddenly, the person you always put first has been put on the back burner without question. When your priorities start to change, try to examine the reasoning behind them. It may be because the spark in your relationship is fading out.

**Related Link:** [Celebrity News: Olivia Munn Dishes on New Holiday Traditions with Boyfriend Aaron Rodgers](#)

**2. Fights:** An obvious sign of relationship tension. Constant bickering, criticizing and back and forth arguing are not signs to ignore. Could you just be stressed? Possibly. Either way, it's always best to talk it out to get to the root of the problem.

**Related Link:** [Celebrity Break-Up: Amanda Stanton Gets Emotional Talking Josh Murray Split & Drama](#)

**3. Lack of interest:** When you no longer want to spend the day together, or making plans becomes increasingly difficult, maybe it's best to take a step back. Needing some space here and there is one thing, needing constant breaks from your partner speaks volumes about where the relationship is headed.

**How did you know your relationship was just about over? Comment below.**

---

## **Celebrity Divorce: Mel B's**

# Sister Slams Her Ex Stephen Belafonte After Abuse Claims



By

Noelle Downey

One dramatic [celebrity divorce](#) took a turn for the disastrous recently when Danielle Brown, former [Spice Girl](#) Mel B's sister, lashed out at her past brother-in-law, Stephen Belafonte, amid allegations that Belafonte had emotionally and physically abused her sister during their almost ten years of marriage. According to [People.com](#), in spite of the sister's eight years of estrangement, Brown took to Instagram to defend sister Mel B., writing to Belafonte, "you are a sorry excuse of a man" and telling the world that she hopes Belafonte and the [celebrity couple's](#) former nanny, whom Belafonte allegedly impregnated, would "go to jail and rot in hell!" She ended the post with a series of hashtags, calling Belafonte everything from a "wife beater" and a "psychopath" to an "animal killer"

and a “devil man.” Belafonte, meanwhile, remains adamant that no such abuse occurred, maintaining that the allegations “shocked” him, despite Mel B.’s attempts to file a restraining order against him.

## **This celebrity divorce has drama written all over it. What are some ways to cope with negativity during your divorce proceedings?**

### **Cupid’s Advice:**

In this [celebrity break-up](#), things are heating up in a noticeably nasty way! While every divorce comes with its own set of problems to be resolved, some are far more complicated than others. If you’re experiencing a difficult divorce, never fear! Cupid is here with the top tips on how to cope with conflict during your divorce proceedings:

**1. Rely on your close friends and family:** Despite the fact that these celebrity siblings haven’t spoken in years, Danielle Brown is still clearly rooting for her sister. If you’re going through a difficult time with your divorce, reach out to friends and family that you trust and let them know how they can help you. Chances are they are dying to assist you in dealing with your drama in any way they can because they care so much about you!

**Related Link:** [Mel B. Speaks Out About Husband Stephen Belafonte’s Alleged Abuse](#)

**2. Get some professional help:** There’s no shame in visiting a therapist when you’re going through a tough emotional time, or even if you just need an unbiased listening ear to help you sort through your feelings. Whether you were in a [celebrity relationship](#) or not, a failed marriage can feel like earth-



shattering headline news. Making sure you have someone to talk to can help you get perspective on this painful time in your life.

**Related Link:** [Mel B. Walks Out on Husband Amid Domestic Abuse Rumors](#)

**3. Spoil yourself a little:** Are you feeling as though your world is crashing down around you in the midst of your divorce? Then don't delay, give yourself a reason to smile again by luxuriating in a little self-care. Visit a spa, plan a relaxing trip, splurge on an expensive item just for you or even just escape to a luxury hotel for a night. By treating yourself, you'll be reminded that in spite of your conflicted feelings, you are still worth being cared for and pampered.

**[Celebrity exes](#)** Mel B. and Stephen Belafonte are locked in a dramatic and emotionally devastating divorce battle. What are some ways you deal with emotionally difficult times in your life? Let us know in the comments!

---

## **Celebrity Exes: Scarlett Johansson Attends Event with Romain Dauriac Amid Divorce**





By

Noelle Downey

Former [celebrity couple Scarlett Johansson](#) and Romain Dauriac were spotted out together on April 5th, less than a month after Johansson had officially filed for divorce from Dauriac. While there's no doubt this must be a troublesome time for both of them, according to [UsMagazine.com](#), these [celebrity exes](#) seem at peace with their decision to separate, and remained amicable throughout the night as they sipped on cocktails and admired the art at 53W53 Gallery in NYC. Despite Dauriac's lawyer recently stating that there would be a custody battle in this [celebrity divorce](#) over the couple's now two year old daughter, Rose, both Johansson and Dauriac seem determined to remain civil, even posing for photographs together throughout the night despite their conspicuously bare ring fingers.

**It seems these celebrity exes are absolutely amicable! What are some**

# ways to keep the drama out of your divorce?

## Cupid's Advice:

In a [celebrity break-up](#), just like any other, there's bound to be some conflict and crushed feelings. But just like these sensible stars, there's no need to bring that angst into the public eye. Here are Cupid's top three tips for keeping your divorce cordial and calm:

**1. Define your boundaries:** In an early statement to the press about her impending divorce, Johansson clarified, "I would only like to say that I will never, ever be commenting on the dissolution of my marriage. Out of respect for my desires as a parent and out of respect for all working moms, it is with kindness that I ask other parties involved... to do the same." Just like this celebrity parent, be careful who you choose to divulge the dirty details of your divorce to. While confiding in close friends and confidants is healthy, don't be afraid to tell someone when they're prying into your personal business – and let them know, firmly and kindly, that your divorce is between you, your family and your lawyers.

**Related Link:** [Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage](#)

**2. Form a friendly truce with your ex:** Just like Johansson and former flame Dauriac, it's possible to be able to associate casually with your ex even when tensions are high. By forming a working friendship, these celebrity co-parents are presenting a united front to the world despite their recent separation, which will help them in future negotiations, especially over their daughter, Rose. Try doing the same with your ex to ease the stress of separation.

**Related Link:** [Scarlett Johansson Says She 'Hit Rock Bottom' in](#)

## [Celebrity Relationship](#)

**3. Focus on what really matters:** Whether that's your child's happiness, your own personal mental and physical health or making sure that you and your ex can remain on friendly terms even after the divorce is finalized, prioritize what really matters, and try not to get caught up in petty squabbles over things that don't. While it can be tempting to lash out at your ex for hurting you, remember that in the end, focusing on the most important things will help you heal faster and adjust more quickly to this life change.

**Do you think that Johansson and Dauriac will be able to maintain their drama-free divorce throughout the struggles of their custody battle? Let us know in the comments!**

---

# **Celebrity News: Miranda Lambert's Boyfriend Anderson East 'Couldn't Be More Proud' After ACM's Wins**





By

[Delaney Gilbride](#)

In [celebrity news](#), Anderson East continues to be in awe of Miranda Lambert! According to [UsMagazine.com](#), East couldn't contain his excitement over the "Queen of Country's" record-breaking eighth consecutive Female Vocalist of the Year Award win at the American Country Music Award's on April 2. East took to Instagram to congratulate Lambert's win writing, "Couldn't be more proud of this little lady and the amazing art she brings with her." The [celebrity couple](#) has been dating for over a year after Lambert's split from [Blake Shelton](#) back in 2015. Lambert also took home Album of the Year for *The Weight of These Wings*, which was inspired by her [celebrity break-up](#) from Shelton.

**This duo clearly celebrates one another's accomplishments. What are some ways to show you're proud of your partner?**

**Cupid's Advice:**



Watching your loved one succeed is the absolute best! What are some of the best ways to show your significant other how proud you are of them? Cupid's here to help you out with some [relationship advice](#):

**1. Say it out loud:** It seems simple but your loved one will appreciate it. You may assume your partner knows that you're proud of all that they do, but sometimes that isn't the case. Let them know how proud you are – say it again and again and again!

**Related Link:** [Celebrity News: Gwen Stefani & Blake Shelton Joke About Her 'Makeout Playlist' on 'The Voice'](#)

**2. Cheer them on:** Nothing says "I'm proud of you" more than being supportive of your loved ones actions. Be their cheerleader! Attend the important things, pick them up when they're down, and most importantly, cheer them on when they need it the most!

**Related Link:** [Celebrity Wedding: Justin Theroux Says He and Jennifer Aniston Wanted Their Wedding to Be 'Peaceful'](#)

**3. Show them:** Ever heard the phrase "actions speak louder than words"? Show your significant other how proud you are of them by doing something about it. Whether you make a candlelit dinner at home or take them to their favorite place, show your loved one how proud you are of them by doing something for them.

**Are you proud of your partners accomplishments? Comment below with how you show it!**

---

# Celebrity News: Rob Kardashian Reunites with Blac Chyna in Snapchat Videos



By

Christa Ganz

Former [celebrity couple](#), Rob Kardashian and Blac Chyna, seem to be working out their differences. According to Chyna's Snapchat story, the two were laughing, singing, and kissing each other on camera. One of Chyna's Snapchat stories had a video of the two with the caption "Dream's Daddy." Dream is the 4-month-old [celebrity baby](#) of Kardashian and Chyna. According to a source at [UsMagazine.com](#), "They can't even get through a day together – logistically they can't do it. They co-parent Dream, but they don't spend time together with Dream." Chyna had revealed to *Cosmopolitan South Africa* that she and [celebrity ex](#) Kardashian are still living apart, but

working on rekindling their relationship through therapy sessions. Chyna goes on to explain, “I feel like everything isn’t going to be perfect, but I know we love each other and we’re fighting for each other, and the people we surround ourselves with are rooting for us. It makes everything much easier.” The couple appears to be in favor of working out their differences and continuing to be positive influences on their daughter.

## **In celebrity news, this former duo seems to have reunited. What are some ways to decide whether to give your ex another chance or not?**

### **Cupid’s Advice:**

Sometimes we find ourselves wanting to rekindle old flames. Whatever the reason may be, here are some tips to decide whether it’s a good idea or not:

**1. Make sure it’s real:** Are you sure you’re missing your ex, and not the attention you got from them? If you miss the attention, that’s something you can find in a better match for you. If you miss the person, maybe it’s not a bad idea to meet up for coffee.

**Related Link:** [Celebrity Wedding: Blac Chyna & Rob Kardashian set a wedding date.](#)

**2. Who’s reaching out to who:** If your ex is the one begging for another chance, remind yourself what it was to make you split in the first place. If it was over inexcusable actions, block their number and don’t let them wear you down.

**Related Link:** [Rob Kardashian & Black Chyna Are Having a Celebrity Baby Girl](#)

**3. Make sure it's what you want:** Don't settle on a lover for weak reasons. If you want to go back to your ex because your mom liked them, or you guys have mutual friends, remember that you wanted to end it for a reason. Be absolutely sure this is what you want, and no one else. Always do what's best for you.

**What are some reasons you decided to get back with an ex? Comment below!**

---

## **Celebrity Break-Up: Amanda Stanton Gets Emotional Talking Josh Murray Split & Drama**





By :

Christa Ganz

*Bachelor in Paradise* alum, Amanda Stanton, gets emotional when speaking about recent ex Josh Murray. This [celebrity relationship](#) began last year on the third season of *Bachelor in Paradise*. Stanton, a single mother of two from California, accepted a proposal from Georgia native Josh Murray on the last episode. After their [celebrity break-up](#) in January, the two attempted another shot at love in February. That rekindled romance didn't last very long either. In an emotional interview with [EOnline.com](#), Stanton opens up about her ugly split, and the "red flags" she overlooked throughout their relationship. "It's hard for me to even talk about it without crying. I think he knew he was going to date me, so I think he kind of pretended to be exactly what he knew I wanted," Stanton stated, while getting emotional. Stanton also mentioned another red flag for her, which involved mentioning her previous ex Nick Viall. "I guess, a red flag for me was, if he was falling for me, he should've just been happy," she said. "Instead, he focused so much on Nick and what everybody else was saying." Stanton says she learned from this relationship and hopes to grow from it. "This whole break up has been really, really hard on me and the aftermath has been



really hard on me.” For now, Stanton explains that she is focusing on her kids, keeping up with her blog, and writing a book.

## **This celebrity break-up was anything but drama-free. What are some ways to keep the drama to a minimum mid-breakup?**

### **Cupid’s Advice:**

Messy break ups are far from easy. Here are some tips to remain drama free during this hard time:

**1. Stay private:** Try to keep your business to yourself and, if needed, your close circle of friends. It can become increasingly difficult if you let other people influence you or spread your news around. Make sure anyone you speak to is trustworthy and won’t spread rumors like wildfire.

**Related Link:** [Are ‘Bachelor’ Nation’s Josh Murray & Amanda Stanton a Celebrity Couple Again?](#)

**2. Compromise:** Remember this is a hard time for both you and your ex. Try your best to be civil and come to an agreement you both can live with. Set clear boundaries on what is yours and what is theirs.

**Related Link:** [Celebrity Break-Up: ‘Bachelor in Paradise’ Couple Josh Murray & Amanda Stanton Split](#)

**3. Take time:** Try not to let your anger influence you in the heat of the moment. Take deep breaths, give yourself time to think the situation over. It’s better to stay silent rather than say something you don’t actually mean.

**How did you keep the drama to a minimum during your break up?**

Comment below.

---

# Celebrity News: Jodie Sweetin Ends Engagement to Justin Hodak and Gets Restraining Order



By

[Delaney Gilbride](#)

In [celebrity news](#), *Full House* alum Jodie Sweetin has called off her year long engagement to Justin Hodak. According to

[EOnline.com](#), Sweetin's representative contacted E! News concerning the [celebrity break-up](#) and stated: "We can confirm that actress Jodie Sweetin and her fiancé Justin Hodak have ended their relationship. She appreciates everyone's understanding for their need for privacy at this time." The [celebrity couple](#) announced their engagement in January 2016 after dating for two years; Sweetin took to Instagram to show off her diamond ring claiming her fiancé did "a great job" picking it out. Sweetin had been married three times prior to her engagement to Hodak. She shares her daughter Beatrix Carlin Sweetin-Coyle with ex-husband Marty Coyle and her eight year-old daughter Zoie with Cody Herpin.

## **This celebrity news has us fearing for Jodie Sweetin. What are some ways to protect yourself from an abusive partner?**

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

Nothing is more stressful than having an abusive ex and it's extremely important to know what to do when you run into this problem. Protect yourself from your abusive ex by taking our [relationship advice](#):

**1. Be aware that there are domestic violence shelters:** It may not be well known, but there are domestic violence shelters available for those in need. They will provide you with safety services, support, and resources for you and your children. These shelters will give you all of the resources to help you get back on your feet following an abusive relationship.

**Related Link:** [Celebrity News: Find Out About Sandra Bullock's Life After Jesse James](#)

**2. Secure your new home and be aware of who you share your**

**information with:** Make sure that you're careful when it comes to moving into your new home following an abusive break-up. It's a good idea to change locks, windows, and to install a good security system. Also, make sure only people that you trust know the address to your place... you don't want your ex finding this information out.

**Related Link:** [Relationship Advice: How Far Will You Go for a Relationship?](#)

**3. Change your routine:** If you were in your relationship for a long period of time, chances are that your ex knows your day to day routine and may want to use this information to their advantage. Avoid this by changing your day to day patterns; although this may be inconvenient, it's better than having your ex follow you around. Go to different shops, grocery stores, and take new ways to work.

**Have you ever been through an abusive relationship? Comment below with how you protected yourself following your break-up.**

---

## **Celebrity Break-Up: Scarlett Johansson Reportedly Files for Divorce From Romain Dauriac**





By

[Delaney Gilbride](#)

In [latest celebrity news](#), it looks like this is the end of the road for actress [Scarlett Johansson](#) and Romain Dauriac. *Page Six* reports that Johansson has officially filed for divorce after two years of marriage with her French husband. [EOnline.com](#) publicized that the news comes only two months after the [celebrity couple](#) had split, although the two had been spotted together on multiple occasions *supposedly* on good terms. The two are parents to their daughter, Rose Dorothy Dauriac, and the couple has kept their family life under wraps following her birth in Fall 2014. Dauriac's attorney Harold Mayerson released a statement explaining that Dauriac "would like to move to France with his daughter and Ms. Johansson does a lot of traveling." This will be Scarlett Johansson's second divorce as she split with Ryan Reynolds in 2010 after two years of marriage.

**This [celebrity break-up](#) will definitely be hard on the whole**

# family. What are some ways to make your divorce easier for your kids?

## Cupid's Advice:

Although getting a divorce is undoubtedly difficult for you and your spouse, it's only that much harder for your kids. So, how can you make the transition easier for your children? Cupid's here with [relationship advice](#) that both you and your partner will need during the divorce process:

**1. Keep yourself together around your kids:** Everyone goes through the process of divorce differently. If your divorce is hitting you hard you have to make sure you don't show it around your children. Your emotions will rub off on your kids when they're looking to you on how to cope; keep your emotions in check so you can help them in the best way possible.

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

**2. Be prepared to answer the tough questions:** Your kids will have a lot of questions following your divorce and you have to be ready to answer them in a calm manner. Their lives will change drastically after you and your spouse split and it's important to keep the conversation between you and your kids relaxed. No matter what happens, let them know everything will be okay.

**Related Link:** [Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance](#)

**3. Let them know this isn't their fault:** It's extremely important to remind your children that what's happening is between you and your spouse and that they are not at fault. You and your spouse *need* to remind your kids time after time that nothing they did had to do with the divorce and that you



will continue to love them unconditionally no matter what.

Are you going through a divorce with kids? Comment below with some ways you made the transition easier for your children.

---

# Celebrity Break-Up: Katy Perry & Orlando Bloom Break Up After 10 Months Together



By

[Delaney Gilbride](#)

In [latest celebrity news](#), it looks like Orlando Bloom may just be the one that got away. World renowned pop star [Katy Perry](#) and British actor Orlando Blooms reps released this statement

regarding the [celebrity couples](#) relationship: “Before rumors or falsifications get out of hand we can confirm that Orlando and Katy are taking respectful, loving space at this time.” According to [EOnline.com](#), the two posed for a photo at *Vanity Fair*’s 2017 Oscar After-Party but failed to walk down the red carpet together during the event. After confirming to *E!News* that the two were in fact a couple following the 2016 Golden Globes, Perry and Bloom weren’t afraid to flaunt their relationship. Although they traveled abroad together, spent holidays together, and even talked about marriage and children together, it looks like the two couldn’t quite make the relationship work in their favor.

## **This [celebrity break-up](#) caught us by surprise. What are some ways to fight rumors after a messy break-up?**

### **Cupid’s Advice:**

Although we don’t truly know what happened between Katy Perry and Orlando Bloom, the news is heartbreaking! The vagueness surrounding this celebrity break-up is sure to start some rumors. What are some ways to avoid this? Cupid’s here with [relationship advice](#):

**1. Make an announcement:** We may not be lucky enough to have our own personal reps break the news for us, but we do have social media. In order to avoid rumors regarding your failed relationship it might be best for your to clear the air for everyone else. Even if it’s just a couple of words, it’s better than hearing nasty rumors about you and your ex.

**Related Link:** [Celebrity Exes: Late George Michael’s Ex Opens Up About Relationship](#)

**2. Tell your close friends and family what happened:** If you feel uncomfortable talking about your break-up online, you're not alone. A break-up is something very personal, and if it ended badly you may not want to discuss it with the world. Talking to your friends and loved ones is a good way to get it off your chest, and they'll be able to shut down rumors quicker than they begin.

**Related Link:** [Celebrity Break-Up: Jennifer Lopez and Drake End Their Whirlwind Romance](#)

**3. If people ask, just tell them the truth:** Even if your break-up ended badly, you don't have to get into detail. Just let people know the truth even if it isn't the full story – people don't need to know everything! This way it's straight from your own mouth and that's the only confirmation people need.

**Have you just gone through a bad break-up? Comment below with some ways you avoided nasty rumors about what went down.**

---

## **Celebrity Break-Up: Amber Rose & Val Chmerkovskiy Call It Quits**





By

[Delaney Gilbride](#)

In [latest celebrity news](#), Amber Rose and Val Chmerkovskiy are 2017's latest victims of recent [celebrity break-ups](#). The [celebrity couple](#) met on the set of *Dancing With the Stars* last year as the 33-year old model paired up with Maksim Chmerkovskiy, the 30-year old professional dancer's brother. The duo wasn't afraid to flaunt their relationship after first being spotted together at a birthday party in October. They took on social media, posting several back-to-back photos of themselves on Instagram. However, after five months of family outings and holidays together, the [celebrity relationship](#) came to an end. Late Sunday night, Chmerkovskiy took to Instagram to let the public know his break-up with Rose was mutual saying she is "an amazing mother, an awesome friend, a loving human period."

**Yet another celebrity break-up has hit Hollywood! What are some**

# immediate ways to cope after a tough split?

## Cupid's Advice:

Even if your break-up with your partner was mutual, breaking up is never easy. How are you supposed deal with losing someone you were once so close with? Cupid's here to help you cope:

**1. Lean on your loved ones:** Who would your friends be if they weren't there for you during rough times? Finding comfort in your loved ones is one of the best ways to deal with a break-up. This is a good way to let out all of your emotions, receive some love, and curl up with chocolate and a good movie.

**Related Link:** [Celebrity Break-Up: Scarlett Johansson & Husband Romain Dauriac Split After Two Years of Marriage](#)

**2. Get active:** There's no better remedy for a heart break than boosting up your endorphins. Exercising gets your blood flowing and adrenaline pumping which, in turn, raises your level of endorphins. This lowers your stress levels and boosts your mood, so why not give it a try?

**Related Link:** [Celebrity Break-Up: Jane Fonda & Richard Perry Split After 8 Years Together](#)

**3. Do the things you love:** Focus on the positive aspects of your life by doing the things you love the most. It's time to focus on yourself rather than the things you can't control. Even if it seems hard at first, go out and enjoy doing what makes you feel good!

**Did you recently go through a break-up? Comment below with some coping mechanisms that helped you out!**



---

# Celebrity Break-Up: Naomi Watts Breaks Silence After Split from Liev Schreiber



By [Mal](#)

[lory McDonald](#)

Naomi Watts comes forward after her [celebrity break-up](#) from longtime partner Liev Schreiber. [UsMagazine.com](#) learned what Watts shared with Australia's *Daily Telegraph* about the split, saying, "I feel I'm in a good place in my life and I want to make sure my kids are healthy, my kids are happy and things are going to go well. Those are my hopes for me and for all of us." Watts is focused on her [celebrity kids](#) and moving forward in her life. She said, "I feel, whether you're famous



or not, transitions are scary for anybody. I feel like change is always scary, but that's only because transition for anyone is new, and you wonder how things are going to go.

## **This celebrity break-up has us sad. What are some things to do soon after a split with someone you've been with for a long time?**

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

Splitting with someone who has been part of your life for so long can be a struggle. Here are ways to handle a new split:

**1. Spent alone time:** After being with someone for so long it can be good to spend some time to yourself. Learn who you are on your own again and what you want your next move to be.

**Related Link:** [Naomi Watts Wishes Celebrity Ex Live Schreiber Happy Birthday One Week Post-Split](#)

**2. Friends forever:** There is nothing better than spending time with your close friends after a break-up, especially one that was a part of your life for so long.

**Related Link:** [How to Pursue Your Man Like Naomi Watts](#)

**3. Do something special:** Now that you are on your own, use this time to do something you have always wanted to do but just haven't gotten around to it. Bring the spark back into your own life!

**What do you do to handle a split from a long-term relationship? Comment below!**

---

# Celebrity News: Miranda Lambert Stuns at CMA's with Boyfriend Anderson East



By [Mal](#)

[lory McDonald](#)

In recent [celebrity news](#), Miranda Lambert's [celebrity relationship](#) with Anderson East is heating up, and the two couldn't be more stunning! This year at the CMA's, Lambert killed the red carpet with East looking dashing next to her. [UsMagazine.com](#) reported that post [celebrity break-up](#) with her ex [Blake Shelton](#), she was really struggling, and like most artists she used her music to get through it. But now, Lambert is looking happier than ever with East, and they are becoming

one of Hollywood's favorite couples! East and Lambert starting dating last winter and have been keeping their relationship low-key. However, the two killed the CMA's with coordinating outfits. " East was in a white dress shirt, black tie and black suit, and Lambert in a low-cut, black-and-sheer Georges Hobeika gown that showed off her tanned and toned figure, along with Monika Chiang heels, a Lee Savage clutch and jewelry by Hearts on Fire, Borgioni, Butani and Doves."

## **This celebrity news has us happy that Miranda Lambert moved on from Blake Shelton. What are some ways to know you're ready to move on after a split?**

### **Cupid's Advice**

Splitting up with someone who has been in your life for a long time is a difficult decision to make. Cupid is here to help you decide about the right time:

**1. Silence:** Sometimes it can be easy to say a relationship is over when there is a lot of fighting and screaming going on. While fighting isn't necessarily a good thing, when a relationship becomes silent and there is no longer any communication, this can be the clearest indicator it is over.

**Related Link:** [Celebrity Couple Miranda Lambert & Anderson East Talk Marriage and Kids](#)

**2. Constant contest:** When the relationship is getting to its end, it can be easy to see that you both don't agree on anything. If you can never come to an understanding or meet half way on issues, the relationship may need to end.

**Related Link:** [Relationship Advice: Prepare For The Unexpected Love Like Blake Shelton & Gwen Stefani](#)

**3. Depressed:** If you are not happy in your relationship anymore and it is leaving you both feeling drained and depressed, staying in the relationship is only making it worse for both of you.

**When did you know you were ready to move on post-split?  
Comment below!**

---

## **Taylor Swift & Tom Hiddleston End Celebrity Relationship After 3 Months of Dating**





By

Mallory McDonald

It looks like there may be some bad blood between former [celebrity couple](#) Taylor Swift and Tom Hiddleston. The couple decided to split after three months of dating and are now [celebrity exes](#). A source told [UsMagazine.com](#), “She was the one to put the brakes on the relationship. Tom wanted the relationship to be more public than she was comfortable with. Taylor knew the backlash that comes with public displays of affection, but Tom didn’t listen to her concerns when she brought them up.” Although this relationship had a hot and steamy start, they just couldn’t make the spark last and it ended up fizzling out.

**This celebrity relationship is no more! What are some reasons to say goodbye to your relationship early on?**

**Cupid’s Advice:**

When entering a new relationship, the hope is that it will

last, but sometimes you have to know when to call it quits. Cupid can provide you with some [dating advice](#) on when to say goodbye:

**1. Fading chemistry:** Sometimes a relationship can be hot and steamy from the start, but the true test is if it can last. If the romance is already starting to fizzle out and there isn't much else you are getting out of the relationship, it may be time to end it.

**Related Link:** [Calvin Harris Didn't Thank Celebrity Ex Taylor Swift at VMAs](#)

**2. Bickering:** The beginning of a relationship is supposed to be fun, easy and light. If you and your new partner are constantly bickering, it is most likely going to get worse as the relationship continues, and you may have to end it.

**Related Link:** [Celebrity News: Taylor Swift Kisses Tom Hiddleston During 4th Of July Party](#)

**3. Disconnected:** When you are first entering into a relationship, you want to get to know and learn about the person. But if you are not having open communication and your partner feels distant, this is a sign that the relationship is not going to last and it is probably best to say goodbye.

**When do you know a relationship is over? Comment below!**

---

# **Celebrity News: Courteney Cox Says Split From Johnny McDaid**



# Was 'So Brutal'



By

[Stephanie Sacco](#)

In [celebrity news](#), Courteney Cox is typically linked to David Arquette, but more recently, she started dating Johnny McDaid of Snow Patrol. The [celebrity couple](#) got engaged in June 2014, but have hit a few rough patches. According to [UsMagazine.com](#), they broke up in December 2015. Cox said, "I definitely have learned a lot, and no matter what, I will be a better person from that breakup, even though it was so brutal." However, the couple are now giving it another go.

**In celebrity news, Courteney Cox is opening up about her split. What**

# are some ways to get over a particularly brutal split?

## Cupid's Advice:

Break-ups are always followed by heartache, whether you are the heart breaker or not. It's never easy to end a relationship, no matter how long it's been. Cupid is here to help with some [relationship advice](#):

**1. Closure:** Always try to get closure at the end of a relationship. It will help with the moving on process as well as keeping the break-up in a positive light. Save the important stuff, but trash the rest.

**Related Link:** [New Celebrity Couple? Courteney Cox & Will Arnett Grab Dinner After Her Split](#)

**2. Friendship:** Surround yourself with a good support system in the form of great friends and family. Stay close to them in your time of need and be grateful that you have such strong bond. Be sure to be there for them in their break-ups as well.

**Related Link:** [Are Former Celebrity Couple Courteney Cox & Johnny McDaid Getting Back Together?](#)

**3. Laughter:** Laughter is always the best medicine so laugh as much as possible. Laugh through the pain, laugh with your friends, and laugh when you feel like crying. Once you start accepting the break-up, you'll feel a whole lot better.

**How do you handle a messy split? Comment below!**

---

# Celebrity Couple News: Lady Gaga & Taylor Kinney Split



By

[Stephanie Sacco](#)

This [celebrity couple](#) is on the edge of heartbreak. Lady Gaga and Taylor Kinney have been taking a break from their relationship, but it might not be forever. According to [UsMagazine.com](#), the pair is on the same page on this one. She said, "We are both ambitious artists, hoping to work through long-distance and complicated schedules to continue the simple love we have always shared." In [celebrity news](#), the long distance was the real reason for their separation. Let's hope they can find their way back to each other and rekindle their love because they really are soulmates.

# In celebrity couple news, Gaga says that she and Kinney are “on a break.” What are some factors to consider before going on a break from a relationship?

## Cupid’s Advice:

Couples break-up all of the time and half the time they get back together. Being ‘on a break’ is common even if it’s only temporary. Cupid is here to help with some [dating advice](#):

**1. If he’s driving you crazy:** Sometimes couples are too close for comfort and that causes every little thing to annoy you. Space is key when it comes to not overdoing it. Make sure your partner is aware that you need a break and why.

**Related Link:** [Celebrity News: Calvin Harris Unfollows Taylor Swift on Social Media](#)

**2. If he needs a time out:** When your partner takes it too far or steps over the line, take a break. As long as he’s not being mean or cruel and it’s not the end of the world, a break isn’t going to kill the relationship. But occasionally he might need to get put in the dog house.

**Related Link:** [Celebrity News: Iggy Azalea Sets Record Straight About Moving Out of Nick Young’s House](#)

**3. If you aren’t sure about him:** Stepping back and assessing the relationship is healthy. It doesn’t have to be a formal break, but a few days between visits or dates will help you figure out where you stand with him.

**Have you ever been ‘on a break’? Comment below!**

---

# Celebrity News: Calvin Harris Goes Off on Ex Taylor Swift on Twitter



By

[Stephanie Sacco](#)

Surprisingly, it's [Calvin Harris](#) doing all of the talking when it comes to his [celebrity break-up](#) with [Taylor Swift](#). He freaked out over the fact that Swift took credit for the song "This Is What You Came For". According to [UsMagazine.com](#), Harris took to Twitter to discuss his feelings towards his ex. He tweeted, "I wrote the music, produced the song, arranged it and cut the vocals though." He continued, saying, "And initially she wanted it kept secret, hence the pseudonym."



Hurtful to me at this point that her and her team would go so far out of their way to try and make ME look bad at this stage though.” In [celebrity news](#), he was not impressed with Swift this week. “I figure if you’re happy in your new relationship you should focus on that instead of trying to tear your ex bf down for something to do.” he said. It looks like this [celebrity couple](#) can’t possibly stay friends.

## **This celebrity news spells d-r-a-m-a! What are some ways to keep drama to a minimum post-split?**

### **Cupid’s Advice:**

Break-ups can be messy, and nobody wants to deal with the drama. The aftermath is almost always tragic, but there are ways to minimize it. Cupid is here to help:

**1. Walk away:** You don’t have to shake hands or hug it out in the final stages of your break-up, but it doesn’t hurt to walk away. Instead of prolonging a fight, just get up and leave. Forget about closure, and worry more about your mental health.

**Related Link:** [Celebrity News: Taylor Swift & Calvin Harris Split, and Celebs React](#)

**2. Clean break:** Try to have a clean break when it comes to your split. If you can part ways as if you are saying goodbye as opposed to a relationship coming to an end, take advantage of that. It’s not worth it to try to keep up appearances when it’s too far gone.

**Related Link:** [Celebrity News: Calvin Harris Responds to Fans About Taylor Swift Split](#)

**3. Stay friends:** If it’s possible to stay friends with your ex, by all means do so. A great way to avoid drama is to not



have any. People find ways to work around their issues all the time, and you and your former man might be able to, too.

How do you handle drama in the aftermath of a break-up? Comment below!

---

## Relationship Advice: Prepare for Unexpected Love Like Blake Shelton & Gwen Stefani



By Dr.

Jane Greer

Country star [Blake Shelton](#) revealed that his current love, [Gwen Stefani](#), was “the last person” who he expected to have

his back after his [celebrity divorce](#) from Miranda Lambert. They've only been a [celebrity couple](#) for six months, but already he's crazy about her. This is a great example of a couple finding love when they least expect it. Sometimes when you aren't actively looking for it to happen is exactly when love may find you.

## **These pieces of [relationship advice](#) will dive into the unexpected love found between celebrity couple Blake Shelton and Gwen Stefani.**

When you are getting over a betrayal or heartbreak, as both Blake and Gwen were after their respective marriages ended, it is hard to imagine yourself in another relationship. At that point, the last thing you want to do is take a chance and risk being wounded again by someone else. But if you can trust yourself in turning to someone who is supportive and there for you, not only can you start anew, but it's even possible that a new romance could blossom.

It can be difficult to talk about what you've been through and share your pain with a friend. A lot of times people want to shut down, and are not always comfortable reaching out and asking for support. They might feel embarrassed, humiliated, or unsure about trusting that the friend won't gossip about their story and private thoughts with someone else. However, you may find that in expressing your situation to a friend, and giving them the chance to offer empathy, you might begin to feel understood in a way that makes all the difference in the world.

**Related Link:** [Famous Couple Blake Shelton and Miranda Lambert Are Divorcing After Four Years](#)

The tendency is to shut down when you've been hurt, but letting yourself remain open can become the first step in the process of healing. They're able to see the best in you, and help bring out that side of you, so that you can move forward feeling stronger and better about yourself. This is a key piece of [relationship advice](#) of falling in love, which is being made to feel valued, terrific about yourself, desired, and, especially on the heels of losing all that when you are dealing with a break up, it can be an elixir of the heart. In fact, Blake was quoted as saying Gwen saved his life. There is no underestimating companionship – it can feel lifesaving.

While you may have only seen this person in one light – strictly platonic – that can shift as your circumstances and interactions with each other change. If that does happen, it can be a bonding experience and bring you together in a way that feels like a gain, where before you felt only lost and alone. With this in mind it can be positive to share your emotional pain with someone, rather than remaining closed off and keeping the heartache to yourself. It's natural to feel vulnerable if you suddenly find yourself being drawn to this person after everything you've been through, but it is worth it to let the relationship go forward. A good piece of relationship advice is to not be afraid to let these feelings naturally progress.

**Related Link:** [Celebrity Couple Blake Shelton & Gwen Stefani Show Their Love at Billboard Music Awards](#)

The celebrity couple recently sang a duet together on The Voice called, "Go Ahead and Break My Heart." Blake explained that they chose that title and the words to go with it because they are smart enough to know at this point that all relationships will have ups and downs. So why not just put it out there? They've been through it before, and they know there will be good and bad ahead, but right now they are so happy they found each other and they will deal with what's ahead. After a celebrity break-up or any kind of break-up, sometimes

you just need someone there for you.

While Blake and Gwen are *singing* about it, it is equally beneficial to *talk* about it. Though it can feel scary, being involved in this relationship, facing your fears and acknowledging your insecurities can actually make you stronger. While you want to protect yourself and might typically look to keeping these feelings private, if you can instead be honest and genuine with someone you feel has your back, who knows where it might lead you, maybe even to a new love.

*Please tune in to the Doctor on Call radio hour on [HealthyLife.net](http://HealthyLife.net) every Tuesday at 2 PM EST, 11 AM PST. First and third Tuesdays are Shrink Wrap on Call, second Tuesdays are 'HuffPost on Call,' and the last Tuesday of the month is 'Let's Talk Sex!' Email your questions dealing with relationships, intimacy, family, and friendships to Dr. Greer at [askdrjane@drjanegreer.com](mailto:askdrjane@drjanegreer.com). Connect with Dr. Jane Greer on Facebook, at [www.facebook.com/DrJaneGreer](http://www.facebook.com/DrJaneGreer), and be sure to follow [@DrJaneGreer on Twitter](https://twitter.com/DrJaneGreer) for her latest insights on love, relationships, sex, and intimacy. For more on Dr. Greer, visit <http://www.drjanegreer.com>.*

---

## **Celebrity News: Yolanda Foster Says Ex David Foster 'Probably Saved My Life'**





By

Kyanah Murphy

The holiday season can really bring gratitude to people, celebrities included. Though they recently went through a [celebrity break-up](#), the latest [celebrity news](#) from [UsMagazine.com](#) reveals that Yolanda Foster and her now ex David Foster are still on good terms as Yolanda commented that her ex probably saved her life in a recent blog post. As Yolanda reminisced about the holidays spent with her family, she shared that David Foster made her do a full body scan before continuing treatment for her Lyme disease. Yolanda notes that the full body scan results really helped her make progress in her battle of her chronic illness. Though this celebrity couple is no more, it's wonderful to see that both Yolanda and David still care for one another.

**In latest celebrity news, these exes aren't throwing punches. What are some ways to throw anger away**

# in the midst of divorce or a break-up?

## Cupid's Advice:

This celebrity news reminds us that just because we may be going through a split does not mean we have to be angry at our now ex partners. If you're struggling with getting rid of your anger, Cupid has three tips on how to help you see less red:

**1. Remember the good times:** The relationship wasn't all bad, as you were once with your ex and happy. Think back on those times and appreciate the good times and happiness that you both shared.

**Related Link:** [Celebrity News: Ben Affleck & Jennifer Garner Have 'Cordial Relationship'](#)

**2. Forgive:** You've made mistakes and your ex has made mistakes. It's important to forgive yourself and your ex for the mistakes you've both made and learn from them. It'll help give you peace and help you be a better partner in the future.

**Related Link:** [Celebrity News: Madonna Sticks Up for Ex-Husband Sean Penn](#)

**3. Look inside:** Ask yourself why you are angry. Assess it. Ask yourself how does being angry benefit you? Ask yourself what you hope to gain out of your anger. Why can't you let go? Though hard to do, by looking inward, we can help find peace and forgiveness which will ultimately help you accept what has happened and move on.

**How did you put aside your anger regarding your split from your partner? What did you focus on instead? Comment below!**