

# 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.

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**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.

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**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.

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# Celebrity News: Find Out Why Lady Gaga Called Off Her Engagement



By [Mara Miller](#)

In the [latest celebrity news](#), [Lady Gaga](#) revealed why she broke off her engagement to [celebrity ex](#) Christian Carino. It turns out he had some jealousy issues. According

to *UsMagazine.com*, a source revealed, “Chris didn’t really treat Gaga well toward the end of their [two-year] relationship.” He kept trying to find her and texted her a lot, according to the same source. In the weeks following Gaga’s broken engagement, she leaned on friend Jeremy Renner. Renner and Gaga have been spending time together since her split from Carino.

## **In celebrity news, the reason behind Lady Gaga’s broken engagement is finally coming to light. What are some tips for dealing with jealousy?**

### **Cupid’s Advice:**

A jealous partner does not mean you have to immediately break up with them. Cupid has some tips to deal with jealousy. But just remember, if it ever starts to feel too out of control, you are right in calling off the relationship:

**1. Stay calm:** Listen to your partner and the reasons that they are jealous. Most likely it isn’t something you have done and they might have some insecurities about the relationship that you both need to work on. Remember, a key to a strong relationship is communication, and if you can’t listen to their concerns, then it might not work out.

**Related Link:** [Celebrity News: Rita Wilson Opens Up About What She Told Tom Hanks After Breast Cancer Diagnosis](#)

**2. Create boundaries:** Your partner needs to know and respect your boundaries, but you also have to know and accept theirs. If they are concerned about your friendship with someone of the opposite sex, make it clear that you are only friends and

there is no reason to be suspicious of the friendship.

**Related Link:** [Celebrity News: Put Yourself First Like Lady Gaga](#)

**3. Show affection:** As long as you feel like the situation isn't abusive, show your partner some extra affection after you discuss their jealousy and dispel any reasons to be jealous. Holding hands or cuddling on the couch to watch a movie might help them feel more secure in the relationship.

**What are some other tips you have for dealing with jealousy? Let us know in the comments below!**