

# Celebrity Break-Up: Lena Dunham Talks Rebound Romances Post-Split from Jack Antonoff



By [Mara Miller](#)

In the latest [celebrity break-up](#) news, Lena Dunham opened up about her rebound romances post-split from Jack Antonoff, according to *UsMagazine.com*. Dunham recently wrote an article for *Vogue*, where she dropped the details of Jeremy (whose name has been changed), a guy who slipped into her DMs after she posted a picture of herself in plus-size panties. Dunham wrote this about meeting Jeremy: "I had missed all of this: the anxiety of constructing a new identity worth wanting, the jittery caffeine-high moments before the first kiss and an introduction to someone's second personality, the one they

have when lust is released.”

## **In celebrity break-up news, Lena Dunham opened up about her rebound romances after her recent split. What are some benefits to rebound flings?**

### **Cupid’s Advice:**

A rebound relationship can actually be beneficial after you’ve gone through a tough breakup. Cupid has a list of some these benefits:

**1. It helps your confidence:** If you’re the dumpee and you’re feeling hopeless, go on a few dates. You’re an awesome person—and a rebound can help you realize it, too.

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**2. It’s dating without a commitment:** It’s a *fling*. The sex without commitment can be a self-confidence booster. You can date and have fun without commitment. And if a fling turns into something more? Awesome!

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**3. They keep you from going back to your ex:** Breakups happen for a reason. Rebounding will keep you from thinking and wanting your ex back, especially if they have done something that isn’t forgivable.

**What are some of the benefits you’ve found to a fling after a breakup? Let us know in the comments below!**

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# Celebrity Break-Up: Jack Antonoff Has Moved On After Split from Lena Dunham



By [Jessica Gomez](#)

Jack Antonoff is seeing someone else after his recent split from Lena Dunham, according to [UsMagazine.com](#). The former [celebrity couple](#) broke up in December after five years together. According to a source, Antonoff is now dating a musician, and Dunham has no hard feelings and wishes her ex well.

# This [celebrity break-up](#) apparently isn't hitting Jack Antonoff very hard, as he's already moved on. What are some ways to cope with your ex moving on after a break-up?

## Cupid's Advice:

Some people take a while to move on after a break up, and some people don't waste anytime before moving on to the next. Cupid has some advice on how to handle things:

**1. Keep busy:** Work on you. Don't feel like you have to move on to someone new just because your ex did. Focus on yourself. After all, that is the best thing to do. Keep yourself busy by doing what you have to do, and add some new activities to your schedule.

**Related Link:** [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

**2. Stay off their social media pages:** Don't ask around either. It's time to move on, and checking up on your ex's new relationship is not going to help. It can be tempting to become your own "private investigator," but what would you really gain from it?

**Related Link:** [Naomi Watts Cheers On Ex Liev Schreiber at Golden Globes While at Home with Sons](#)

**3. Look forward:** Be positive about your future. There is someone else out there for you, and if you're sticking to a self-improving plan, then you'll definitely have a bright future to look forward to. Don't stay in the past by building a home there, you have better things to do with your time. Be excited about your new beginning!

What are some ways you coped with your ex moving on quickly?  
Comment below!

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# Celebrity Break-Up: Lena Dunham & Jack Antonoff Split After 5 Years Together



By [Karley Kemble](#)

In some very devastating [celebrity news](#), Lena Dunham and Jack Antonoff are no more. According to [UsMagazine.com](#), the couple has endured a [celebrity break-up](#). Antonoff and Dunham began

their relationship in 2012, but were simply growing apart, say sources close to the pair. The split comes as a shock to some, as they appeared to be going strong just months ago, as seen through Dunham's social media postings and on an article she penned for *Variety Magazine*. Hang in there, guys!

## **This celebrity break-up comes after a five year relationship. What are some ways to adjust after a long-term relationship?**

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

Breakups are always challenging, and even more so when the relationship is long in tenure. If you're having a difficult time adjusting to your newfound single life, check out these tips from Cupid to help ease the pain:

**1. Delete, delete, delete:** In this digital age, we are connected to everyone digitally. Do yourself a favor and unfollow, delete, and/or even block your ex on all social media platforms. When you're trying to get over them, seeing their face plastered everywhere you turn. It really will help the healing process!

**Related Link:** [Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality](#)

**2. Give yourself credit:** Some days will be easier than others. Instead of looking at the negatives, try flipping your perspective. You only cried five times today? Cool, yesterday it was seven so that's an improvement! You're allowed to mourn and allowed to be sad. Let yourself feel the pain for some time.

**Related Link:** [Rumor: Girls' Lena Dunham Is Dating Fun.'s Jack](#)

[Antonoff](#)

**3. Do things you love:** Reclaim your independence and do things on your own. This is super important because it helps to dissociate the past from the present. Just because you and your ex went on lots of trips together doesn't mean you have to be a hermit for all eternity! It's totally unfair and is only a disservice to you. You deserve happiness as a single person, too!

**How have you coped after a breakup? Share with us below!**

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## Lena Dunham Puts Off Celebrity Wedding in Support of Marriage Equality





By Jenna Bagcal

Wedding bells won't be ringing anytime soon for this famous couple. In the latest celebrity news, *Girls* Lena Dunham and Jack Antonoff from the band Fun have decided to postpone their wedding until, she says, "Everyone can get married in all 50 States." According to [People.com](http://People.com), during her appearance on *Ellen*, Dunham said that a celebrity marriage would not be taking place until everyone in the United States had marriage equality.

**Lena and Jack are holding off on their celebrity wedding. What are three other reasons people delay their big day?**

**Cupid's Advice:**

When you're in love, getting married may be at the top of your list of priorities. But sometimes, like with famous couple



Lena and Jack, weddings are postponed for a good reason. Cupid shares three reasons why you might put a hold on upcoming wedding plans:

**1. You feel like you don't fully know your partner:** Whether you've been in a relationship and love with your partner for nine months or nine years, people say that you'll know when the right time is for you to get married. While that may be true, and while you may be deeply in love, there are always new things to discover about your significant other. Before you tie the knot, make sure that you have taken a sufficient amount of time to get to know the ins and outs of your partner to ensure that you are prepared for this lifelong commitment.

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**2. You and your partner are not yet financially stable:** Before you get married, making sure that you have enough money saved to build your life together is an important factor to consider. If you find yourself struggling financially and living paycheck to paycheck, you might want to consider postponing your nuptials. Ensuring that you have financial stability will lead to a stable marriage for you and your partner.

**Related Link:** [Johnny Depp and Amber Heard Have Celebrity Wedding at Home Before Heading to Bahamas](#)

**3. You and your partner are not on the same page:** Before you say "I do," make sure that you and your significant other are on the same page. That includes topics such as, whether you want children, what your priorities are when it comes to having a career, or where you want to live when starting your lives together. If you and your significant other cannot agree on such serious topics, you two are not on the same page.

**What are some reasons that you would put a hold on your big day? Share with us below!**

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# Rumor: *Girls*' Lena Dunham Is Dating Fun.'s Jack Antonoff



By Erin Minty

*Girls* creator Lena Dunham is rumored to be secretly dating the lead guitarist of Fun., Jack Antonoff. Though the couple is trying to keep their relationship on the down low, a source tells [UsMagazine.com](http://UsMagazine.com) that the two are dating, as well as collaborating in their professional lives. A friend of Dunham says, "Lena's crazy about the band," and hopes to include a Fun. song on the show. Though the two have busy schedules, the same source reports that the couple has "a good time when they can get together!"

**What are some ways to keep your relationship under wraps at first?**

**Cupid's Advice:**

Sometimes, you want to be able to keep your personal life to yourself when starting off a new relationship. Cupid has some advice on keeping your new relationship a secret:

**1. Keep some distance:** If keeping your relationship on the down low is important to you, you need to make sure that your friends and family don't catch on to a secret affair, because then they will become more curious. Take phone calls in privacy, don't spend all your time texting, and don't give too many details about where you are going when you are meeting up with your partner.

**2. Be clear about your feelings:** If someone does catch on to a mystery person in your life, talk to them about how you feel. Explain that in these early stages, the two of you are choosing to keep your relationship a secret, and that when you are ready, you will tell them.

**3. Communicate:** Together the two of you need to decide whether or not your relationship will stay under wraps. You both need to be on the same page about what information to share and what not to share. Communication is key when making these important decisions.

**How did you keep your new relationship a secret at first?  
Share your story below!**