

'Mad Men' Creator Says Jon Hamm and Jennifer Westfeldt Are Having 'Tough Time' Post-Celebrity Break-Up



By Kyanah Murphy

To lose love, especially when you love someone so much and they love you is incredibly hard. UsMagazine.com shares that *Mad Men* creator Matthew Weiner stated that the former celebrity couple Jon Hamm and Jennifer Westfeldt are both having a difficult time dealing with their celebrity break-up. As a friend to Hamm and Westfeldt, Weiner sees the difficulties that these two are going through now that they've split after 18 years. Another source mentioned that the

celebrity break-up is due to differences in family goals; Hamm wanted children, while Westfeldt did not.

This celebrity break-up isn't an easy pill to swallow. What are some ways to cope with a break-up after a long-term relationship?

Cupid's Advice:

Whether it's a celebrity break-up or personal break-up, mending a broken heart is tough. Here are some tips on bandaging a wounded heart:

1. Accept the break-up: Even after a long-term relationship, you have to accept the fact that it's indeed over. You may be replaying over and over in your head what caused the problems but ultimately you just need to accept that it happened and time cannot be reversed or stopped.

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2. Let yourself feel everything: If you need to cry, cry. If you need to yell, yell. You're going to feel a bunch of emotions as your heart tries to process the end of your relationship and heal. It's perfectly OK to feel every emotion running through you.

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3. Take it a day at a time: Pain sucks and you're going to want it to end as soon as possible. The truth is, everyone heals differently from one another. Give yourself time. Focus on the present day and what you can do for yourself during

this 24 hour time period. In time, as you do more, you will heal and move forward.

Have you experienced a hard break-up after a long-term relationship before? Share with us how you coped!

Longtime Celebrity Couple Jon Hamm and Jennifer Westfeldt Break Up



By Mackenzie Scibetta

This week's [latest celebrity news](#) is shattering all of our hearts, as one of Hollywood's longest lasting [celebrity couples](#) is parting ways. According to [People.com](#), Jon Hamm and Jennifer Westfeldt confirmed that their celebrity romance of 18 years has come to an end. The duo has been plagued with break-up rumors ever since Hamm completed rehab for alcohol abuse earlier this year. The two started their Hollywood romance in 1997.

This celebrity couple is no more. How do you know when you're ready to break it off with someone?

Cupid's Advice:

Coming to terms with the end of a relationship takes a lot of strength and certainty. While breaking up with someone is never easy, there are some undeniable signs that can help you realize if you're with the wrong person. Cupid is here to help you decide if it's time to give your significant other the boot:

1. You don't have fun together anymore: If every time you and your partner get together seems like a chore or burden then the relationship has likely come to a halt. The point of being with someone is to share your happiness together, so if you're feeling negative emotions, it's probably not working anymore.

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2. You're tormented with feelings of doubt or insecurity: If you don't feel secure in a relationship that is a sign of ongoing or forthcoming trouble. Your partner should keep you feeling happy and confident, not constantly worried. Having no trust should be a deal-breaker.

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3. Your friends and family think it's a bad match: Sometimes the people closest to us know what's best for us. They can see things from the outside that we are blinded to and often have been in similar situations. If many of your close friends and family are hinting that a break-up would be healthy for you then you should consider it.

How did you handle a tough break-up? Let us know in the comments below.

Famous Couple Jon Hamm and Jennifer Westfeldt Slam Break-Up Rumors





By Maggie Manfredi

They're staying strong! According to UsMagazine.com, famous couple Jon Hamm and Jennifer Westfeldt are rejecting any and all break-up rumors. Hamm's rep stated, "The story that appeared in this week's edition of *In Touch* magazine is not true. The only gentleman Jennifer visited regularly in Connecticut was Jon, while he was in rehab. They continue to ask for the public's understanding and sensitivity during this challenging time." The Hollywood couple did prove other rumors true recently when Hamm did a 30 day stay in rehab for his alcohol addiction.

This famous couple is denying being on the rocks! What are some ways to avoid letting rumors affect your relationship?

Cupid's Advice:

People are always going to talk. Cupid has some tips to deny the dish like celebrity couple Jon Hamm and Jennifer Westfeldt:

1. Share what you want: When you're talking about your relationship and love life, be sure to only share what you want to be sharing. Rumors can be made up, but they can also start from the source and get twisted and turned into something else. Start by being cautious about what you bring to the public.

Related Link: [Jon Hamm Explains Why He Would Be a 'Terrible Father'](#)

2. Laugh it off: Rumors can be outlandish and just embarrassingly wrong. If they are ridiculous, just brush them off and find amusement in the sheer craziness of it. You know what your relationship means to you and your partner and where you stand, so take comfort in that and let the haters keep talking.

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3. Communicate: Ultimately the most important thing is honest and open communication between you and your partner. Stand by each other, defend each other, and just have fun together. Give them something good to talk about!

How do you keep the rumors at bay? Share your advice below!