

# 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.

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**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: Cheating Didn't Play a Role in Jennifer Aniston & Justin Theroux's Split**





By [Carly Horowitz](#)

The [Jennifer Aniston](#) and Justin Theroux [celebrity break-up](#) has been the [latest celebrity gossip](#) in everyone's ears the past few days. According to [UsMagazine.com](#), in order to decrease speculation, a source explained that cheating didn't play a role in the celebrity break-up between Aniston and Theroux. "The split is very mutual. They truly want each other to be happy and wish the best for one another," the source said. "Cheating is not the reason for the split and did not happen." A source also said that even though cheating did not play a role in this split, distance may have.

**This celebrity break-up didn't involve a cheating scandal. What are some ways to know if your partner is cheating?**

**Cupid's Advice:**

It is definitely not beneficial to be on guard all the time about if your partner is cheating on you, but it isn't bad to be aware that it could happen. Here are some signs that may indicate that there is some infidelity occurring in your relationship:

**1. Less time together:** If your partner randomly begins to have less time for you, they may be spending time with someone else. Obviously if your partner just got a new job or is dealing with some occurrence, they might have less time to spend with you because of that. Talk to your partner and ask why your time together has decreased.

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**2. Emotional distance:** You may begin to notice that something in your relationship just doesn't feel the same. You're not connecting on that emotional level anymore. That may just be because you have gotten very comfortable in your relationship, or it may indicate that the emotional energy that your partner used to put into you is now going towards someone else. Be open and bring this emotional distance to your partner's attention.

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**3. They guard their phone:** Your partner should be relatively open with their phones around you if they have nothing to hide. If out of the blue your partner starts making sure you cannot view their phone, that may not be a good sign. Overall, you can't be sure of anything unless you have proof and you don't want to go out searching for signs of cheating. Just live happily in your relationship and if you really do feel like something may be up, talk to your partner. Hopefully they will be honest with you.

**What are some other indicators that your partner may be**

cheating? Comment below!

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# Celebrity News: Rob Kardashian's Ex Adrienne Bailon Says 'He's a Great Guy'



By Mackenzie Scibetta

At an event for *Latina* magazine, Adrienne Bailon kept the tabloids on their toes when she didn't technically deny recent

[celebrity news](#) that she was back with her past love Rob Kardashian. According to [UsMagazine.com](#), when confronted with fans asking about their rekindled romance, Bailon replied, “It is what it is”. The celebrity dating rumors continue as she added, “He’s a great guy and I always wish him well”. The famous couple dated for two years in 2007, but had a rough celebrity break-up after Bailon got into a social media fight with his sisters Kim and [Khloe Kardashian](#).

## **This celebrity news is a good thing in the wake of rumors surrounding Rob Kardashian. What are some ways to keep rumors from affecting your self-confidence?**

### **Cupid’s Advice:**

While gossip can often seem trivial and childlike, it can actually do serious damage to a person’s mindset. Once you realize that rumors are simply designed out of boredom, confusion, and jealousy then you can move on and focus on yourself. Overcoming and ignoring rumors is a step towards mental peace. Cupid has developed a few ways to keep your confidence high while dealing with distracting rumors:

**1. Get to the heart of why the rumor exists:** If you can have a basic understanding of where the rumor came from and how it developed then you will see it is just one big misunderstanding. In our minds rumors are thrown out of proportion to seem like the end of the world. Putting your mind at ease to realize that gossip is nonsense talk will help you disregard its message. A clear head equals a happy mind.

**Related Link:** [Celebrity News: Kim Kardashian Is Sick to Her Stomach when Khloe Flirts with Lamar](#)

**2. Look at the situation positively:** Not letting a rumor hurt or degrade you is an accomplishment that should be celebrated. Relish in the fact that you are mightier than a combination of reckless words. You can gain something from every hard situation, especially from conquering, or even destroying, gossip.

**Related Link:** [Kim Kardashian 'Secretly Loved' Rumors She Was Faking Celebrity Pregnancy](#)

**3. Smile:** The easiest and most over-looked way to achieve self-confidence is to literally fake it until you make it. Psychology shows by smiling more often and thinking positively you can trick your brain into being happier. Not only does smiling reduce stress levels, but it will make you look great too.

**Has a rumor ever affected your self-confidence? Let us know how you overcame it in the comments below.**