

Kelly Osbourne Says She is Head Over Heels for Ex-Fiance, Luke Worrall



Despite a recent rant about ex Luke Worrall over Twitter, Kelly Osbourne tells the British version of *Cosmopolitan* that she's still not over her former fiance. According to *People*, Kelly Osbourne says that she has not been with anyone since splitting from Luke Worrall six months ago. "I think we need to spend time working on ourselves, but it doesn't erase the fact that I'm head over heels in love with him... I haven't been with anyone since Luke."

How do you get over your ex?

Cupid's Advice:

Sometimes when we can't get over someone, we use anger to

cover up our leftover feelings. Here are some tips on how to stop getting mad and start getting over him:

1. Stop communication: Delete your ex from your phone, don't answer his e-mails and refrain from checking up on him on Facebook. A clean break is almost always the best bet.

2. Rebound: While you should avoid getting in another serious relationship too soon after a breakup, get back out there and date around. It'll give you the confidence you need to start over.

3. Lean on friends: Don't expect to get over your ex alone. Complain, cry and forget about him with the help of your friends.

Kelly Osbourne Trashes Ex-Boyfriend Luke Worrall





Christmas wasn't so merry for Kelly Osbourne, thanks to ex-fiance Luke Worrall. According to [Us Weekly](#), the 26-year old let her ex have it late Monday night via Twitter. At first, Osbourne kept it cryptic, tweeting: "Just found something out that has hurt my feelings so bad ☹ and christmas was going so well." Later on, she made it clear that since they parted in July, "he has been trying to get back with me, I only came home for Xmas to see him. Meanwhile, he has been f***ing hundreds of girls...behind my back." The E! Fashion Police critic is back in London with her family for the holidays and plans to go "off Twitter for a while." Osbourne noted, "Never felt heartbroken like this in my life."

What things should you keep to yourself in a relationship?

Cupid's Advice:

Kelly Osbourne was so blinded by anger that she got the whole media world involved with her relationship. However, there are many things in a relationship that should just stay between you and your special someone. Cupid has some examples:

1. Fights: Getting people involved in arguments between you and your partner could be fatal to your relationship. Whether it's your friends ganging up on him or his family judging you,

tension is bound to build.

2. Love life: Whether your love life is amazing or on the rocks, it's your love life. Even if you're okay with others knowing intimate details, he may not be. Respect your relationship with your partner by keeping certain details to yourself.

3. Money: If you and your partner are married or living together, money becomes a shared entity. Many people are sensitive about the amount of money they make, whether they admit it or not. Keep monetary details on the down-low.

Kelly Osbourne Parties After Breakup



Hello Sin City! The newly single Kelly Osbourne hit up Las Vegas and partied with friends last week after her recent breakup with British model Luke Worrall. Osbourne spent Thursday night celebrating best friend Blake Wood's birthday. "She seemed really happy and not phased by the breakup," a source who saw her that night told [People](#). The 25-year-old and her friends did lemon drop shots and danced the night away at Haze Nightclub after a lobster, crab, and steak dinner at Union Restaurant.

How can you bounce back after a breakup?

Cupid's Advice:

Finding out he wasn't your Prince Charming can be tough. Here are some of Cupid's ways to speed up the process:

- 1. Take the high road:** Don't spread rumors or make negative comments about your ex behind his back. Remember, there was something about that person that made you fall head over heels for him or her at one point.
- 2. Get your mind off the bad things:** Keep yourself preoccupied with work or hobbies to keep busy mentally. This will help you focus on the important stuff.
- 3. Channel your energy:** Take whatever feelings of resentment or revenge you may have for your ex, and use it towards something productive, like exercising or staying in shape.

Kelly Osbourne Calls Off

Engagement



Kelly Osbourne and her fiancé, model Luke Worrall, have called off their engagement, [People](#) reported last Wednesday. The split comes on the heels of reports that Worrall cheated on Osbourne. That day, she tweeted that she would not comment on the split. The two got engaged in November 2008.

How can you deal with a breakup online?

Cupid's Advice:

Osbourne used technology to communicate her feelings with her friends and fans. However, the web is a public forum that must be approached with care. Here are some of Cupid's tips on dealing with a breakup on the Internet:

1. Personal boundaries: In an avenue that basically has no barriers, it's important to have your own limits for the amount and content of the information you put out on the web.

2. Censorship: There are certain things that shouldn't be mentioned in a public setting. Avoid any of the "B" words: boys, breakups, bosses, bank accounts, and bodily functions. Add any others you feel necessary, but basically, if you wouldn't talk about a topic to a group of people you don't know, don't put it online.

3. Be true to yourself: You have the ability to create a whole image for yourself online. This means you also have the ability to recreate your online identity after the split. Revamp your profile, or tweet some inspirational quotes. Keep yourself positive and moving forward, even if it's just online.