

Rumer Willis & Micah Alberti Are No More

✖ Demi Moore's famed daughter Rumer Willis and beau Micah Alberti have called it quits, reports [People](#). But Willis isn't letting a breakup get her down. She was seen celebrating her 21st birthday at Tao in Las Vegas last weekend. Sources say Willis was dancing and having a good time: even chatting up *Glee*'s Mark Salling. It seems Willis has chosen laughter over ice cream when it comes to getting over her ex.

Is it necessary to “prove” you’re over your ex?

Cupid's Advice:

Rumer Willis' exciting 21st birthday may have been the extra boost she needed post breakup. Girls are often expected to maintain a low profile the first few days after a breakup, but going out and clearing your head with some friends and good music could be just the thing to let the world know you're okay:

1. A catch-22: Staying in post break-up is definitely the way to play it safe. Friends understand and are willing to keep you company while you mourn the end of your relationship. Although it's healthy to get out and distract yourself for a night, having too good of a time might send others the wrong message. Create a balance by giving yourself time to grieve as well as time to smile.

2. True to yourself: You don't have to prove to anybody that you're over your ex. If you find yourself going out on endless party binges, take a step back and ask yourself if you're just trying to prove to yourself that you're over him.

If the only person who needs convincing is you, perhaps it's time to call it a night.

3. Small-town girl: It seems to be nature's evil sense of humor that we always run into our exes when we're either looking our worst or right after a breakup. If it's the latter, keep your head held high. Smile politely and excuse yourself from the situation. By sticking around and exerting your "I'm over him" mantra, it may do more harm than good.