

# Michael Lohan Shows Off New Girlfriend on Twitter



Michael Lohan has had a lot going on recently with his daughter Lindsey ever-present in the media as well as his recent split from girlfriend Kate Major last week. [Pop Eater](#) is reporting, however, that Michael Lohan has taken everything in stride and gone off to Fort Lauderdale, Florida with a new girlfriend, Bernadette, in tow-to whom he debuted via a Twitter photo. In one photo Bernadette and Lohan are locking lips with a tweet reading, "U R amazing". Michael claims Bernadette is opposite of his ex Kate Major saying Bernadette is "in great shape" and "hates tabloids".

**How do you deal with being jealous of an ex-partner?**

**Cupid's Advice:**

There's not much more in life that stings worse more than when you catch a glimpse of an ex happy with his new partner. In order to keep your cool, remember that everything happens for a reason.

**1. It wasn't meant to be:** When you become jealous over an ex, think back to all the reasons why you shouldn't be jealous. What flaws of his do you no longer have to put up with?

**2. Turn jealousy into pity:** Seeing your ex move on with another partner is never the easiest to swallow. Think of it as you being stronger and not needing a constant partner. You're better than that!

**3. Move forward:** If you find yourself being jealous of an ex, snap out of it! The sooner you find yourself being jealous the sooner you can make conscious efforts to refocus your energy to something more useful.