

Sofia Vergara Breaks Silence on Frozen Embryo Saga with Celebrity Ex Nick Loeb



By

Maggie Manfredi

Let's hear it, Sofia! According to [UsMagazine.com](https://www.usmagazine.com), Sofia Vergara finally came forward about her frozen embryo drama with [celebrity ex](#) Nick Loeb. Vergara and Loeb broke off their celebrity engagement a year ago, and with that came a contractual agreement on what to do with the frozen embryos the celebrity exes produced. The founder of Crunchy Condiment Company wrote an Op-Ed in the *New York Times* about his strong feelings that these embryos should be thawed. The *Modern Family* star, who is happily engaged to Joe Manganiello, spoke

on the matter with Howard Stern on his radio show. Vergara stated, "Joe and I try not to even talk about it," she said. "We have lawyers. We're having so much fun right now. We just moved into a new house. We're planning a wedding. We try not to think about this, we can't do anything. It's signed, it's done, and that's it."

These celebrity exes are still fighting! What are some ways to keep the drama at a minimum post break-up?

Cupid's Advice:

Not all break-ups end amicably. Dealing with the backlash can be a little stressful, but Cupid has some tips on how to keep the drama to a minimum:

1. Avoid commentary: Don't go sharing every thought and feeling about your ex with the world, especially if the wounds are still fresh. Sofia waited it out and commented when it was appropriate, so you can exude patience, too.

Related Link: [Sofia Vergara Misses Hospitalized Boyfriend at the Emmys](#)

2. Don't mix new with old: Have you moved on to a fetching new love (here's hoping you're having as good of luck as Joe and Sofia)? Try to keep the paths from crossing, as the last thing you want is to bring in drama to your new relationship or pile more on to your old one.

Related Link: [Modern Family's Sofia Vergara and Beau Step Out Post-Accident](#)

3. Handle with care: Be very aware of your ex's feelings,

especially if you did the dumping. Be kind and think of their feelings before speaking publicly about your relationship and love life.

Are you glad Vergara broke her silence, or do you think this relationship drama should be kept under wraps? Share your thoughts below!

Nick Loeb Is Dating New Actress Post-Celebrity Break-Up From Sofia Vergara



By

Maggie Manfredi

These celebrity exes aren't wallowing! According to UsMagazine.com, Sofia Vergara has publicly moved on since her celebrity break-up with Nick Loeb, and it didn't take long for Loeb to do the same. The Onion Crunch creator is now dating actress Katheryn Winnick. The famous couple have been dating for a few months now and were spotted at Golden Globes parties together. Loeb and Vergara split in May after their celebrity engagement.

Celebrity break-ups are hard due to the public nature of them, but social media has now made our everyday relationships and love life more public, too. How do you cope when everyone knows about your break-up or divorce?

Cupid's Advice:

Dealing with a break-up or divorce is hard enough without having to add social pressures to the mix. Cupid has some tips:

1. Delete a post if necessary: Unlike celebrity break-ups, you won't have celebrity photos in the tabloids. However, you will still feel pressure if you have the old pictures of you and your ex online. It isn't fun to have the relationship right in front of your face every time you scroll through your feed. So, delete what you need to in order to feel better.

Related Link: [Celebrity Couple Sofia Vergara & Joe Manganiello Spend Golden Globes Evening Eating Dessert!](#)

2. New partner means new rules: When you have taken the time you need from your past relationship and moved on like these celebrity exes, be honest with your new fling. Everyone has a past, so having an open and honest conversation about moving forward together will be a great start to your relationship.

Related Link: [Sofia Vergara and Joe Manganiello After Only 6 Months of Dating](#)

3. Don't sweat the small stuff: People will always talk. There is an old saying that "all press is good press" which may either be true or false. But, the point is that there's no need to release your own announcement in the form of a Facebook status update. Don't take things personally, and commit yourself to having a bright future.

How do you keep a low profile post break-up? Share your advice below.

Sofia Vergara's Ex Nick Loeb Sneaks Up On Her at Red Carpet Event





By

Amanda Boyer

At the Angel Ball in New York City on Monday, things got a little awkward for *Modern Family* star, Sofia Vergara! According to USMagazine.com, her ex-fiancé, Nick Loeb, was caught sneaking up on her on the red carpet. This left Vergara with a stunned look on her face while, according to an eyewitness, he whispered, "Good to see you."

How do you remain civil with your ex while keeping your distance?

Cupid's Advice:

After your relationship ends, the last you want is to see your prior partner. To remain civil with them when needed, read ahead for some tips:

1. Be independent: You are single now, so flaunt it. Do not be afraid to be in the same room with them! As long as you remember that you don't owe them anything and are your own person, it becomes easier to be civil when you come in contact.

Related: [Sofia Vergara, Joe Manganiello Go On Double Date With Channing Tatum and Jenna Dewan Tatum](#)

2. Have conversation: To avoid the awkwardness, talk to them about how they are doing and what they are doing. Keep it to small talk and stay away from heavy topics, especially ones you know you disagree on.

Related: [Sofia Vergara Speaks Out About New Boyfriend Joe Manganiello](#)

3. Do something different: If you were together a long time, you probably have mutual friends. It may be time to branch out and meet some new people so that you're not forced to be in constant contact with your ex. This goes a long way to keeping things civil.

Have another way to stay civil and keep your distance? Share here!

Rumor: Is Sofia Vergara Engaged?





After breaking up almost two months ago, it seems that Sofia Vergara and Nick Loeb are back on, perhaps for good. Just recently, Loeb surprised Vergara with a beautiful diamond ring for her fortieth birthday. While one source tells [People](#) that the couple is engaged, others say Vergara wouldn't say that they are. Although the couple got back together in June, a source tells *People* that there are still "compromises to work out on both sides."

What are some ways to know it's time for marriage?



Cupid's Advice:

No matter how long you've been with your man, it can be difficult to decide whether it's time to get married. Here are some ways to know you're ready for a life together:

1. You have complete trust in your partner: In order to have a successful marriage, you and your partner must have complete trust in each other. If you have no worries or doubts in his words or actions, it may be time to tie the knot.

2. You understand that people change: Make sure you are mature enough to accept that over time, people grow and change. Although it's unlikely that your beau will grow to be someone completely different, their views and opinions may begin to alter after a few years. Be prepared for this possibility.

3. You have similar goals for the future: Have you both communicated your expectations for the future? If you understand and are open to each other's ideas about family, finances and living situations, you may be ready to say "I do."

How did you know that it was time to get married? Tell us below!

Sofia Vergara and Ex-Beau Nick Loeb Meet for Hot Chocolate





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dern Family star, Sofia Vergara, was spotted having hot chocolate with her ex, Nick Loeb, in New York City this week. In May, Vergara went to the Met Gala solo and sources confirmed that the pair had called it quits. Could the two just be friends? According to [People](#), a source said, “They were not romantic at all.”

What are some ways to remain amicable with an ex?

Cupid’s Advice:

Breaking up is hard to do, and staying friends after the break-up can sometimes feel impossible. However, you can keep a meaningful friendship intact when the romantic connection is gone. Here are some ways to remain amicable with an ex:

1. Let go of grudges: If you want to get past the reason your relationship didn’t work out, forget about the past and focus on your future as friends or just being civil with one another.

2. Take baby steps: Do not go from a huge break-up to a dinner and movie date with your ex. When the time is right, go out

for coffee or a quick chat in the park.

3. Group meetings: To make things even more relaxed and friendly, meet with your ex in a group of each other's friends or family.

How do you remain amicable with an ex? Share your comments below.

Find Out Why Sofia Vergara and Nick Loeb Broke Up



Sofia Vergara and Nick Loeb seemed to have the perfect

relationship. But, underneath their success and PDA, it turns out the couple were on completely different wavelengths. While Vergara's focus was on her entertainment career, his was more concentrated on politics. As an insider told [People](#), "It was never a good match. She is fiery and free-spirited and wants to enjoy life to the fullest by traveling and going to parties and events. He's very concerned with his businesses, political aspirations and ultimately settling down." Though the couple are said to have broken up and gotten back together many times, the *Modern Family* star also has a history of sticking by her man both after a serious car accident and during Loeb's run for the Florida U.S. Senate.

What are some signs that it's time to call it quits?

Cupid's Advice:

Being in a relationship can be a beautiful thing, but not if it's the wrong relationship. If it really isn't working out, there's no shame in ending your relationship and starting over. Cupid has some tips:

- 1. Separate interests:** While having a certain amount of independent interests is part of any healthy relationship, if you are on totally separate levels of stages of life, it may be time to call it quits.
- 2. Infidelity:** If you can't be loyal or honest with one another, you're not in a good relationship.
- 3. Lack of interest:** Once you've lost interest in your relationship to the point where you've stopped fighting because it's just not worth the energy, it's time to get out.

Is there ever a bad reason to break up with someone? Share your thoughts below.

Sources Say Sofia Vergara Has Split from Nick Loeb



Modern Family star Sophia Vergara has called it quits with her boyfriend, environmental businessman Nick Loeb, says reports.

On Monday, the actress attended the Met Gala without Loeb and told other guests the relationship has ended, after being together for more than two years, according to [People](#). In March, Vergara said she wasn't ready to get married or start a family with Loeb. "They have been fighting a lot recently and have been on the brink of splitting many times," a source told the *New York Post*.

How do you know when the fighting has gotten to be too much in

a relationship?

Cupid's Advice:

While you and your partner shouldn't strive to be the perfect couple, you should at least aim to be healthy. Here are some signs that your relationship has taken a turn for the worse:

1. You constantly argue: When you spend your time together arguing more than appreciating each other's company, it may be time to call it quits.

2. It becomes physical: No one in the relationship should be suffering from any form of abuse, especially physical. If that's the case, get out of the situation and get help.

3. Loss of intimacy: When you and your partner's hostility toward each other impacts your physical connection, then it could be time to part ways.

How do you know when the fighting has gotten to be too much in a relationship? Share your comments below.

Modern Family's Sofia Vergara and Beau Step Out Post-Accident





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Modern Family's Sofia Vergara and her boyfriend, Nick Loeb, were seen out together last night. [RadarOnline](#) reports that this is the first time since his terrifying car accident that the couple has been seen in public. The two were spotted leaving Madeo restaurant in Beverly Hills. Loeb, 35, was using crutches as part of his recovery from his car crash in Bel Air, California earlier this year. After the accident, Loeb was rushed to UCLA Medical Center's intensive care unit. He suffered from a broken leg, pelvis and a deep cut to the chest. A former Florida politician, he was by himself when the accident occurred. Vergara and Loeb began dating earlier this year. **What can a near-death experience teach you about your relationship?**

Cupid's Advice:

If you ever needed a reason to be thankful for the one you love, a near-death experience is just that. Nothing's worse than realizing that your loved one may not be with you the next day. These experiences are scary indeed, but they also leave you a little humbled:

1. Forever yours: Sometimes a near-death experience makes you put your life into perspective. Suddenly the issues that were plaguing you yesterday don't mean anything today. People tend to take that time to reflect on what and *who* means the most to them. They also learn to let the little things in their relationships go, because they're simply not important.

2. Cutting to the chase: Your loved one almost dying is a life wake-up call. If you're dating somebody, the experience may help you realize that he/she is the love of your life. On the other hand, it might also teach you that you deserve someone better. Now that you realize how your life can change in an instant, don't you want to change it for the better?

3. Getting closer: Once the general shock of a scary experience wears off, a couple's bond can become stronger. If one person needs some extra help during his/her recovery, the added one-on-one time with your partner will show him how much you care. Playing nurse for your beau will show him how much you care.

Sofia Vergara Misses Hospitalized Boyfriend at Emmys





After an exciting night at the Emmys, *Modern Family* star Sofia Vergara had every reason to celebrate. Her show won three awards including Outstanding Comedy Series, and her family flew all the way from Colombia to be with her on her special night. But for Vergara, the night was incomplete without her leading man, Nick Loeb, a businessman and former Florida Senate candidate. [Access Hollywood](#) reports that Loeb has been hospitalized since last week after he was involved in a serious car accident. "He's not going to be good to go for a long time, but I miss him," said Vergara. **What should you do if your partner is sick?**

Cupid's Advice:

While it can be scary when a partner gets sick or injured, it is also the perfect opportunity to show him how much he means to you. Cupid has some ideas on what to do if your partner is sick:

- 1. Help him heal:** When a partner gets sick, whether it's a cold or something more serious, it can help you realize how important he is to you. Show him how much you care by taking

steps to help him get better. Stop by the pharmacy, make him soup, and drive him to the doctor's office. Helping him through a tough time will make your bond even stronger.

2. It's the thought that counts: It's easy to feel helpless when a partner is sick, especially when you've already done everything you can to ease his suffering. Do something thoughtful for him, even if it doesn't help even if it doesn't technically stop a runny nose or soothe a sore throat. Try watching his favorite movie with him (even if you hate it) to make him feel better.

3. You're not alone: If your partner has a serious illness or injury, let other people help. Friends and family can take lessen your burden by helping to care for your mate and by giving you much-needed emotional support.