

# Taylor Swift Cuts Off Selena Gomez Post-Reunion With Justin Bieber



By Sanetra Richards

Taylor Swift is far from believing Justin Bieber is a good luck charm. According to [UsMagazine.com](http://UsMagazine.com), the 24-year-old songstress has dropped Selena Gomez as a friend after the Disney starlet rekindled things with Bieber. The “I Knew You Were Trouble” singer is disgusted by their relationship. During the summer, tweeted a birthday post to Selena, referencing her as “the closest thing I’ve ever had to a sister.” However, this is not the first strike. The source also claimed that Gomez used Swift’s good friend Ed Sheeran as a rebound last June to ruffle Bieber’s feathers. “After Selena pulled that move, Taylor started distancing herself,” said the source.

## What are some ways to help your friend make good relationship decisions?

### Cupid's Advice:

No one ever said being a friend is easy, especially when it is time to pitch in decision advice about relationships. The conversation can go either two ways, good or bad. Here are some ways to help your friend out without being offensive:

**1. Remain courteous:** Take into consideration your friend's feelings at all times. There is a way to be honest without delivering a harsh tone. Let him or her know of the signs in their relationship that may concern you, but do not repeatedly bring up this conversation. Your friend is completely aware of your possible worry. It is up to them to try to ease your apprehension.

**Related:** [Justin Bieber Dedicates Song to 'My Baby' Selena Gomez at SXSW Show](#)

**2. Give all ears:** Keep an open mind and be understanding of their perspective. The less interruptions, the better. However, do not be afraid to give your input – talk about your past experience(s) that are relatable. Avoid over sharing and being overbearing. Remember, you are there to help.

**Related:** [Justin Bieber and Selena Gomez Kiss Over Breakfast](#)

**3. Being straightforward is not the enemy:** Let your friend know if they are in the wrong or the right. They will try to find every possible way to defend themselves or the situation – sugarcoating is not the way to go.

**How do you give relationship advice to a friend? Share your thoughts below.**

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# Justin Bieber Dedicates Song to 'My Baby' Selena Gomez at SXSW Show



By Louisa Gonzales

Could former lovebirds Justin Bieber and Selena Gomez have reunited? That's the question on everyone's mind after Bieber's surprise performance at Scooter Braun Projects Sunday Funday Showcase during 2014 SXSW in Texas on Sunday, March 9, with Gomez in attendance. According to [UsMagazine.com](http://UsMagazine.com) the 20-year-old singer dedicated one of his songs just for Gomez on stage on Banger's Sausage House and Beer Garden. Fans captured Bieber telling the crowd his next song, 2012 hit, "As Long As You Love Me" was for his "baby". The on-again, off-again

couple, according to insiders didn't stop at showing their affection during the concert, afterwards they hung out together in the beer hall, being very friendly and affectionate with each other.

**What are some ways to show you love your partner publicly?**

**Cupid's Advice:**

Everyone shows affection in a different way. Couples who express their love toward their partner have stronger relationships. It can be hard to show or share your feeling, especially in front of other people, but it is important to give your lover the reassurance that you are into them and care about them. Cupid has some advice on ways to show you love your partner publicly:

**1. Show physical affection in public:** The number one way to show your love is through physical affection. Next time you see your significant other give them a big hug or a quick kiss on the cheek or lips even when they're with their family or friends: Hold their hand walking down the street or wrap your arms around their waist. It doesn't matter what you do just doing little physical gestures now and then is nice way to show you are with them and aren't ashamed of being with them. Both parties in a relationship need that reassurance from their lover and indulging in PDA from time to time can't hurt you.

**Related:** [Justin Bieber and Selena Gomez Kiss Over Breakfast](#)

**2. Perform a grand gesture in public:** There are many cool ways to publicly show you love someone. Be creative or do something you haven't done before. Sing a song for them at Karaoke or dedicate a song for them next time you go out to a club or restaurant. Go to a sports game and make arrangement to be on the kiss cam, sky write, the possibilities are endless. Being able to openly show your love shows them you

are happy and comfortable with your relationship.

**Related:** [Selena Gomez Opens Up on Life After Justin Bieber Split](#)

**3. Make it online official:** These days there are many social media's. One way to tell the world that you are off the market or love someone is by making it online official. Post something about your love or mentioning them on Facebook, Twitter, Instagram or whatever else you may have, it doesn't matter. It's nice for couple's to share their love with family and friends, you don't have to share all the intimate details about your relationship, a simple compliment toward your honey or a couply picture is enough to show your sweetheart you appreciate them.

**What do you think are good ways to show your love toward your partner publicly? Share your tips below.**

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## **Justin Bieber and Selena Gomez Kiss Over Breakfast**





By Louisa Gonzales

Could ex-flames Justin Bieber and Selena Gomez have reignited their passion? It looks like a definite possibility. According to [People](#), the on-again and off-again couple were seen meeting up for breakfast up in McAllen, Texas and were later spotted shopping. One of the workers at the Don Pepe's McAllen restaurant reportedly saw the two come in and indulged in some PDA. The singing starlet is reportedly in town to perform in a concert scheduled on Saturday at the Hidalgo State Farm Arena.

**How do you know whether to get back together with your ex?**

### **Cupid's Advice:**

Sometimes when a relationship ends, the connection doesn't go away. Deciding whether you should get back together with someone is hard, especially if you don't know what the best choice to make is. Cupid has some advice on how to know if you should get back together with your ex:

**1. You've worked past issues out:** The first major thing you need to think about before even considering on rekindling the flames with an ex is if the two of you have talked and worked on past relationship mistakes. It's not good to bury issues,

because they will come back to haunt you. There was probably a reason you broke up in the first place. Unless you've worked out the problems or have come to a mutual understanding, you might just end up breaking up again for the same reasons.

**Related:** [Selena Gomez and Justin Bieber Split](#)

**2. The attraction is still there:** If you still get butterflies in your stomach every time you see or speak with them, chances are you're not over them. If you feel like you will regret not giving your ex lover another chance, especially if you still have the hots for them, take the plunge and get back together. Make sure you are still attracted to them emotionally and physically before dating again however, because a solid relationship foundation needs both.

**Related:** [Back Together? Justin Bieber and Selena Gomez reunite in Instagram photo](#)

**3. You're not ready to let them go:** If you or your ex can't move on chances are you're both not over each other. After all, no one knows what's in your heart better than you, and if you feel like the best thing for you and your ex to do is to be sweethearts again, than go for it. Giving your relationship another go might give you the closure you both need, or could be the beginning to a long-lasting union.

**How do you know when it's right to get back together with an ex? Share in the comments below.**

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## **5 Cutest Teen Celebrity**

# Couples



By [Whitney Johnson](#)

Lately, it seems like the heavyweights in Hollywood are getting younger and younger. After all, it was just last year that Jennifer Lawrence won her first Academy Award for Best Actress Oscar at only 22 years old. Given their full-time jobs and big paychecks, these stars often grow up a bit faster than your average youngster – which means they also experience love and heartbreak earlier in their lives. With this thought in mind, we developed a list of our five favorite teen celebrity couples:

**1. Bella Thorne and Tristan Klier:** The 16-year-old star of Disney's popular show *Shake It Up* has been dating her blonde-haired boyfriend since 2012. When we caught up with the actress earlier this year, she revealed her favorite date night with her beau: "Just to sit on the couch and watch



Netflix!”

**Related Link:** [Bella Thorne Shares Her Tips for Having a Memorable Valentine’s Day](#)

**2. Britney Spears and Justin Timberlake:** Will there ever be a teen couple as adorable as these two pop stars? The pair, who met on the set of *The New Mickey Mouse Club*, were only 18 years old when they started dating and split after 3 years together. Recently, Spears even confirmed that Timberlake was her first kiss. Aw!

**3. Gigi Hadid and Cody Simpson:** The *Sports Illustrated* model and Australian singer, ages 18 and 17 respectively, were spotted at the Vanity Fair Oscars Party, looking every bit like a teenage dream. The lovebirds maintain a long-distance relationship – Hadid is at New York University, while Simpson lives in Los Angeles – but we hope to see the blonde beauty cheering her man on from the audience of *Dancing with the Stars*.

**4. Kylie Jenner and Jaden Smith:** While this duo hasn’t confirmed their relationship status, they’ve been spotted around New York City, London, and Los Angeles. Plus, the so-called “best friends” have exhibited PDA on multiple occasions. Only time will tell if these teens have found true love!

**Related Link:** [Kendall and Kylie Jenner Make Celebrity Gossip Headlines Cozing Up to Chris Brown and Trey Songz at Party](#)

**5. Selena Gomez and Justin Bieber:** Even though the problem-plagued pop star exited his teen years on March 1st and his on-again, off-again girlfriend is already a year into her 20s, we couldn’t help but include this duo on our list. While Bieber may be trying to prove his age with his recent antics, his fans are still primarily tweens and teens, making his love life of utmost importance to this age group.

Do you have a favorite teen celebrity couple? Tell us in the comments below!

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## Austin Mahone Denies Dating Selena Gomez



By Brittany Stubbs

Despite the rumors going around, Austin Mahone, 17, and Selena Gomez, 21, are **not dating**. “We’re **just friends**,” Mahone says. “She’s really cool...I mean, I think she’s really pretty but every time I’m in L.A., she’s like, ‘Hey, you’re in L.A., lets hang out,’” he added at the Aquafina FlavorSplash press conference this Wednesday. “So it’s cool.” An industry insider, having worked with both of the teen stars, claims

that though they are not dating, Mahone and Gomez certainly have a special connection. "They've been hanging out over the last few months," the source tells [People](#). "They have a lot of respect for each other."

## **How do you know whether to risk your friendship for a relationship?**

### **Cupid's Advice:**

Deciding whether or not you should take your friendship to a romantic level is tough; it can often be messy and end badly. Despite the potential consequences though, sometimes the best relationships begin with a friendship, so it is important to know when to take the risk:

**1. If the feeling is mutual:** If you're starting to feel something for your friend that's more than just friendly, it's important to try and assess their feelings before taking it to the next level. If you haven't actually spoken about these feelings, pay attention to the way he speaks to you, speaks about other girls in front of you, etc. If you're going to risk your friendship by telling him how you truly feel, you want to make sure there's at least a chance he could feel the same way, because once you speak up, your friendship will never be the same.

**Related:** [New Couple: Selena Gomez is Hooking Up with Ed Sheeran](#)

**2. If the timing is right for both of you:** Timing is everything when it comes to any relationship. Deciding whether or not to take it to that next level, consider where you both currently are. Are either of you seeing other people, even if they're not serious? Are either of you fresh out of a relationship? It's important to consider these complications before deciding to be something more.

**Related:** [Justin Bieber and Selena Gomez Confirm Rumore They're Back Together!](#)

**3. You can no longer see them as just a friend:** If you're at the point where you no longer can look at each other without wondering if you could be something more, you might as well risk your friendship because you're already past the point of acting as friends. Although things might go south down the road, it will beat a long friendship of wondering, what if?

**Have you ever risked a friendship for a relationship? Share your experiences below.**

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## Back Together? Justin Bieber and Selena Gomez Reunite in Instagram Photo





By Louisa Gonzales

Selena Gomez gazes at Justin Bieber longingly in one of the singers latest Instagram photo posted on Friday January 3. The Instagram photo posted a day after the pair pictured riding segways together on January 2, near Bieber's home in Calabasas, California. It was the first time in months the on and off again couple spotted out together according to [UsMagazine.com](http://UsMagazine.com).

**What are some things to consider before getting back together with an ex?**

### **Cupid's Advice:**

Couples break up and get back together all the time. There are many causes for breakups. For example, maybe the relationship wasn't healthy or maybe you just weren't ready for one. Sometimes partners break up because they drift apart, but what happens when you find yourselves drifting closer together once again? Cupid has some advice on the subject:

**1. Have you talked and resolved all the issues behind your break up?** Any conflicts or issues you may have had should be

worked out. As partners you need to be on the same page and know the direction of where you want your relationship to go.

**Related:** [Justin Bieber's Music Video Crush Talks Selena Gomez's Diss, Kissing the Superstar](#)

**2. Is the romantic connection still there?** If both parties still have feelings for one another it might be good to give your relationship another shot. Especially, when you can't stop thinking about each other and the love is still there.

**Related:** [Rumor: Are Miley Cyrus and Kellan Lutz Dating?](#)

**3. Are your intentions good?** If you just want to get back together with your ex lover because you can't stand the sight of seeing them with someone else it probably isn't a good idea to reconcile. Make sure you are getting back together for the right reasons. Remember trust your gut, be honest with yourself and follow your heart.

**Do you have advice on if you should get back together with an ex or not? Share your tips below.**

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# Justin Bieber's Music Video Crush Talks Selena Gomez's Diss, Kissing the Superstar





By Brittany Stubbs

Jealousy might be in the air for Justin Bieber's ex Selena Gomez. In the superstar's latest music video "All That Matters," Cailin Russo stars as the object of Bieber's obsession. He later posted a picture of the blonde babe kissing him on the cheek. According to *UsMagazine.com*, Gomez recently posted a picture of herself on Instagram with a caption that said, "I thought he only liked the Latina category. Smh... #nomakeup #hatewhengirlssaythat," and Bieber's latest crush is convinced this was directed towards her. "It was clearly directed at him with me in the video, but like I said I was just doing my job," Russo shares in a recent interview with [Cosmopolitan](#). "Selena is a superstar and I'm just a girl in a video. She's his ex, and I'm sure they still have feelings for each other."

**How do you deal with your ex dating someone new?**

**Cupid's Advice:**

It's always difficult seeing your ex move on with someone else, even if you had an amicable breakup. But unfortunately this is inevitable when any relationship ends. The best thing

you can do is handle your situation with maturity and class:

**1. Avoid contact:** Nothing good ever comes from sending your ex a snarky text message about their new significant other or posting a passive aggressive comment online. So hide them from your social networks, even delete or block their number if necessary. We're all guilty of doing a little Facebook stalking to find out who our ex has moved on to, but honestly, when has this ever helped or made us feel better?

**Related:** [Selena Gomez Pulls Plug on Live Interview After Justin Bieber Question](#)

**2. Remind yourself why you broke up:** Sometimes seeing your ex with someone new can stir up old feelings, but remembering why things didn't work out between you two can often help you avoid feeling jealous. It might even make you happy your ex has met someone else.

**Related:** [Justin Bieber Surprises Selena Gomez with a Single Red Rose at her Birthday Party](#)

**3. Focus on you:** Remember that break ups mean moving on for the both of you. Use this as your motivation to do something for yourself. Whether that's getting back into the dating scene, or just devoting some time and energy to a new hobby, project, etc. While break ups signify endings, they also hold potential for bright, new beginnings.

**How have you handled an ex moving on? Share your experiences below.**

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# Top 3 Common Dating Mistakes College Students Make



By Chau Nguyen,

“America’s Hottest Dating Coach”

No parents, no rules and unlimited alcohol can trigger a lot of heartbreaks for many unsuspecting college students. Look at what happened to Justin Bieber and Selena Gomez. They have great songs, but their relationship is a train wreck! Protect yourself by learning the top 3 common mistakes college students make in dating.

## **1. Thinking that dating doesn't exist in college anymore.**

I've interviewed hundreds of college students and asked them one question, *“Does dating still exist in college?”* Some students would tell me, *“Of course! I'm in a relationship*

*right now,”* and others would say, *“No way! Dating is taboo in college.”*

Everyone has an opinion on this topic, but the truth is that dating *does* exist in college.

Even if all of your college friends are hooking up, there are many others who are in exclusive relationships. So if you want to be in a serious relationship, remember there are guys who are looking for the exact same thing right now.

**Related:** [The Good, Bad and Ugly of Dating of Dating Advice Guides](#)

## **2. Believing that you have to put out.**

One college woman at the University of California, Irvine told me, *“All the girls are putting out, so if I don’t do it, I can’t compete with them.”*

All her friends immediately nodded in agreement. That’s a huge misconception among smart and beautiful college women. If they just want to explore their sexuality, then by all means, be safe and have fun! But many of the guys I interviewed told me that they would never consider getting serious with a woman after having a one-night stand with her.

Is that a double-standard? Completely. It’s not fair for women, and I can sympathize with that. That’s why the best cure for this is to control the pace of the interaction.

Women *do* have the power to veto. If you think he’s moving too fast, stop him. He will respect you for standing your ground, and more importantly, you will respect yourself more.

**Related:** [Returning to the Dating World](#)

## **3. Waiting too long to bring up the “relationship status” talk.**

Most women understandably hesitate to bring this topic up because they worry that it might scare the guy away. So they just play along until they find out that he's been hooking up with other girls on the side.

You don't have to force him to be your boyfriend the first day you meet him. But you need to make one thing very clear early on—is this going to be an exclusive relationship, or are you both free to date other people too? Just be sure to approach him from a place of confidence.

Tell him, *“Hey, I'm curious. We obviously like each other. So where is this going?”*

If he wants to be exclusive with you, you've hit the jackpot! If he doesn't, you've saved yourself a lot of time, energy, and heartache. Either way, it's a win-win situation for you.

*Chau Nguyen, “America's #1 Dating Coach for Tech Guys,” helps men and women skyrocket their confidence and succeed in dating. He is the founder of The One Who Gets It. For more information, please visit [www.TheOneWhoGetsIt.com](http://www.TheOneWhoGetsIt.com) or follow him on twitter @datingcoachchau.*

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**Justin Bieber Surprises  
Selena Gomez with a Single  
Red Rose at her Birthday**

# Party



By Kristyn Schwiep

Selena Gomez celebrated the big 2-1 with family and friends at Revolve Clothing beach house in Malibu on Saturday, July 27. According to [UsMagazine.com](http://UsMagazine.com), on-again, off-again boyfriend Justin Bieber made an unannounced appearance. "Justin flew in specifically for the party on a day off from his tour," the source said. "He wasn't dressed in costume, but carried a single red rose in his hand." Best friend Taylor Swift could not attend due to performing at a show, but other celebrity guests including Julianne Hough, Nina Dobrev, Derek Hough, Ashley Benson and Jaden Smith attended her themed soiree. Later in the night, Smith helped Gomez and Bieber sneak out of the house under a blanket and an umbrella. The duo were holding hands.

**How do you surprise your partner for his/her birthday?**

## **Cupid's Advice:**

Tying to surprise your partner for his/her birthday? Cupid has some advice for you on how you can surprise your partner for their birthday:

**1. Surprise gift:** One of the best ways to surprise your spouse is a gift. It is easy and thoughtful, so it can really surprise your partner and show that you really care. It doesn't have to be expensive. Think about surprising them with their favorite meal or if they have been talking about something for a while, buy it for them. Just show them that you care and that you are thinking about them.

**2. Surprise party:** Surprise parties are a great idea no matter how old you are. They are fun, they show you care, and it brings family and friends together. Make a party your partner will remember for a lifetime. Surprise parties are a great way to celebrate your partners special day.

**3. Surprise getaway:** Have the car packed and ready to leave for the weekend for your surprise get away trip. Don't tell your partner where you are going, just get in the car and go. Even if it is as small as a bed and breakfast your partner will love the thought and excitement behind and it and will make for a great birthday getaway.

**How have you surprised your partner for his/her birthday? Share your story below.**

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# **Selena Gomez Pulls Plug on**

# Live Interview After Justin Bieber Question



By Petra Halbur

Selena Gomez took fairly drastic measures to avoid discussing her on-again-off-again relationship with Justin Bieber on July 22. According to [UsMagazine.com](http://UsMagazine.com), the 21-year old singer was making a live television appearance on WGN Entertainment when the host, Dean Richards, brought up the 19-year old heartthrob. "Is there something about him that we don't get or we don't understand?" he asked. "I mean there's one story after the other of pretty outrageous things that we are reading about. What don't we get about him? Or what is it that he's not getting out there?" Gomez smiled awkwardly before her team cut off her footage and uploaded a black screen with the words "Star Dance Tour With Selena Gomez. Tickets Available At Ticketmaster.com."

**What are some ways to address questions about your ex post-breakup?**

**Cupid's Advice:**

The only thing worse than a breakup is the endless series of questions you have to face afterwards. How do you deal with them? Cupid is here to help:

**1. Keep it civil:** As angry as you may be after a breakup, resist the temptation to bash your ex. Unless your partner was abusive, he or she does not deserve such treatment and you won't feel good about it either in the long run.

**2. Provide short answers:** "It was mutual" or "He didn't see a future with me" are simple, short answers to complicated questions. If you find yourself fed up with the constant inquisition or reluctant to disclose all the ugly details, honest yet succinctly replies might be the best way to go.

**3. Decline to answer:** If a question is too personal or you just don't feel like addressing such a painful topic, politely explain that you'd rather not talk about it. It's not rude to make clear that some topics are off the discussion table.

**How have you dealt with post-breakup questions? Tell us below.**

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**Celebrity                      Couples                      That  
Reunited**



By [Whitney Johnson](#)

There are no set rules in the game of love, and it's easy to question if you're dating Mr. Right or Mr. Right Now. Such doubt often leads to broken hearts, but as many Hollywood pairs have proven, time apart may be just what the doctor ordered during the search for happily ever after. Here are five celebrity couples that reunited after a breakup and found lasting love (for now at least):

**Katy Perry and John Mayer:** This musically-talented twosome is keeping us all guessing! The couple was first seen together during the summer of 2012; they split briefly in August and then reunited, even spending the holidays together. However, in March 2013, they broke up again. Addressing the split, Mayer reportedly said, "I'm on the same journey as everyone else. Coupling is a tricky thing." Even so, as recently as June 2013, they were seen together with pals at Chateau Marmont in West Hollywood.



**Related:** [Celebrity Couples Who Don't Need Marriage to Prove Their Love](#)

**Jessica Biel and Justin Timberlake:** Biel and Timberlake first dated for over four years (a lifetime in Hollywood!) before splitting in March 2011. However, they were together again by fall, and in December, Timberlake proposed in the mountains of Jackson Hole, Wyoming. The star-powered duo married in a top-secret ceremony in Italy on October 19, 2012.

**Kristin Cavallari and Jay Cutler:** This Chicago-based pair first began dating in fall 2010 and confirmed their engagement in April 2011. However, the Chicago Bears quarterback called things off just a few months later. The couple reunited in November 2011 and announced the *Laguna Beach* star's pregnancy in January 2012. They took the next step in their relationship, tying the knot in Nashville on June 7, 2013.

**Selena Gomez and Justin Bieber:** It's hard to know if these two songbirds are on-again or off-again. The twosome split in November 2012, but always stayed in touch. In April 2013, they confirmed their renewed relationship when the *Spring Breakers* actress flew to Norway to be with her ex-beau. Keeping the romance alive, the couple appears to be going strong at the start of summer.

**Related:** [Celebrities Who Are Unlucky in Love](#)

**Pink and Carey Hart:** Pop singer Pink proposed to motocross racer Hart in June 2005, and the couple married soon after in Costa Rica. After two years of marriage, the couple separated in February 2008. However, they remained friends – Hart even appeared in Pink's video for her song "So What!" – and sought marriage counseling in hopes of reconciling. They reunited two years later, and the tattooed twosome have been happily together ever since.

**Tell us: Who is your favorite reunited celebrity couple? Comment below.**

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# New Celebrity Couple: Selena Gomez is Hooking Up with Ed Sheeran



By Petra Halbur

Rumor has it that Selena Gomez has moved on from Justin Bieber and has started seeing singer-songwriter, Ed Sheeran. "They are hooking up," a source told [UsMagazine.com](http://UsMagazine.com). Though Sheeran said that he was single at the MuchMusic Video Awards on June 16, he admitted that he "wouldn't complain" to being paired with a pop star. A second source explained that Gomez is attracted to Sheeran's independence and maturity. "She got sick of having to take care of Justin [Bieber] like he was her child. This is a nice escape from the drama," the source said.

**How do you know when it's time to move on from an on-off relationship?**

**Cupid's Advice:**

You can only put up with an on-again-off-again relationship for so long. Eventually, you have to decide whether or not to just move on. Cupid has some advice:

**1. The situation isn't improving:** If you keep breaking up over the same issues, then chances are those problems are not going away- *ever*. If these aren't flaws that you can live with, then you need to break things off now.

**2. You're attracted to someone else:** If you've noticed someone else who you think could offer you a more stable relationship, that might be a sign to end things with your current partner.

**3. You're unhappy:** You don't need a long, articulate excuse to justify ending your relationship. If being with your on-off partner isn't making you feel good, then that's validation enough to call it quits.

**How did you know when to end your on-off relationship, tell us below.**

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**Relationship Advice from Justin and Selena: Should You Get Back with Your Ex?**



By Marni Battista

In recent years, Justin Bieber and Selena Gomez have had quite the whirlwind romance. The two pop stars were in a much-talked-about long-term relationship before they broke up and have subsequently reunited multiple times...although as of publication, their relationship status could easily have changed again. One thing we do know: breaking up and getting back together multiple times is mostly a good indicator that you should NOT get back together. So should *you* get back with your ex?

There's no simple black-and-white answer. The answer will differ for each person and each situation. For example, if you ask your mom, she'll have a bevy of "solid" advice based on her experiences. Your sister will issue forth another set of breakup rules she created during her formative relationship experiences. Perhaps one best friend says "forget him," while the other, who just reconciled successfully with her ex, urges you to take it slow and give it a try.

If you're considering taking your ex back (and it isn't the fifth time around like Justin and Selena), what do you need to know first? Here are five things Dating with Dignity advises that you think about before you get back together with your ex.

**Related Link:** [Justin Bieber and Selena Gomez Confirm Rumors That They're Back Together!](#)

**1. Why do you want to get back together?** Is it because you're lonely? If you feel as if you'd literally be in a relationship with ANYONE – including the Starbucks barista – because you're missing a warm body next to yours each night (and he's not half bad-looking), you might need to reevaluate getting back together with your ex. However, reasons such as "I don't think we gave it a good enough shot" or "We've both been doing a lot of internal work, and I actually think it will be healthier and more fulfilling if we try again" are both good reasons to give it another go.

If you need to think about it, take at least a few hours and really make sure you're getting to the core of why you want to try again. Our best advice is don't respond to his text, email or call immediately. Let it soak in. Consider all the options and **then** form a responsive (rather than reactive), solid reply to his request.

**2. Why did you break up?** If any of the reasons for breaking up include addiction, behavior dysfunction, physical or emotional abuse or cheating, the answer is always going to be a clear-cut no. According to most addiction specialists, a person must be sober at least one full year before engaging in a relationship. That said, make sure the timing is right if the reason you broke up involved any form of addiction.

However, if it was a reason such as one of you wasn't fully out of a prior relationship or one of you needed to focus on some "loving myself" time to really be ready for a

relationship, a redo could be a good idea to consider.

**3. Is the issue something that's consistent or a one-time event?** If cheating was the reason you broke up but it was an isolated incident, getting back together can be put on the table. However, if it was consistent cheating or a repetitive cycle of adultery or being disrespectful, the chances your relationship will be successful the second time around are very low. One-time events can be something that each individual can work on over time, but it still absolutely needs to be addressed.

**Related Link:** [Lessons We Can Learn from Queen of Heartbreak, Taylor Swift](#)

**4. How has your life changed since the split?** Evaluate your current lifestyle. Has it improved since your breakup? If yes, it's probably a good idea to steer clear of your ex. Perhaps you just didn't feel as good about yourself when you were with him, or your health wasn't a priority because you were so focused on the relationship. In that case, don't even think about it.

But if you feel like giving it another try could improve your quality of life, it may be worth reaching out or responding to him if he's been attempting to contact you. The reason to get back into a relationship isn't because you feel like you need him to be complete or happy. Instead, make sure you're coming from a place of "wanting" the relationship to enhance an already fulfilling and sweet life.

**5. Let him show you, not tell you.** Is your ex starting to show up repeatedly? Can you see the changes in his life? Did he finalize his divorce or get a new job? Has his demeanor changed? Are your interactions different? Does it really seem as though he's worked on the shortcomings that led to the end of your relationship? Words are great, but actions are everything. So if you can see notable changes in someone, it

can be a great indicator of a high chance of success in your “new relationship.”

Remember, if you get back together with an ex, you must start over. The time you spent apart allows you a clean break for you to begin to date again. Don't rush into anything and don't try to pick up where you left off. Have realistic expectations and pace the relationship just as you would with a brand new suitor. Hopping into bed with your ex right away and assuming you'll be back to exactly how you were before is a great way NOT to be successful in trying again. Collect data, have fun, make sure to keep your non-negotiables in place, and make sure you keep your three c's top of mind: compatibility, chemistry and communication!

*Marni Battista, founder of Dating with Dignity, is an expert dating and life coach with a 10-step system to manifesting love for your self and others. You can contact Marni at [marni@datingwithdignity.com](mailto:marni@datingwithdignity.com).*

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## **Celebrity Couple: Justin Bieber and Selena Gomez Confirm Rumors They're Back Together!**





By Andrea Surujnauth

It seems that Jelena is back in the spotlight! Justin Bieber and Selena Gomez are back together and according to [Usmagazine](#), they announced it by posted pics for the world to see. The pictures were posted on each of their Instagrams. One picture shows Bieber with his shirt off and Gomez hugging him from behind. The picture, captioned by Bieber, stated, “‘You’ve been makin music for too long babe come cuddle’ – her.” Rumors about the couple rekindling their love have circulated ever since they were seen kissing backstage during Bieber’s concert in Norway. Gomez also went on record to say that the fans should not take every move they make seriously. The couple broke up in December 2012, but a source close to Gomez said, “Justin pursued Selena and she gave in.” Will the relationship last this time? “Who knows with them?” the source said. “They’re always back and forth!”

**How do you keep rumors at bay in your relationship?**

**Cupid’s Advice:**

Rumors can endanger even the strongest relationships. How do you keep your relationship above water in a sea of gossip?



Cupid has some suggestions:

**1. Comment:** When a rumor is being spread about your love life, comment on the rumor if someone asks you. Let them know the truth. If you choose not to comment, the lies will spread and no one will know what is real and what isn't.

**2. Closeness:** You and your sweetie need to have a tight bond and trust each other. This way when rumors are being spread, neither of you will be insecure enough to fall for it.

**3. Verbalize:** Put the rumor out there for people to see. By acknowledging it in public, people will see that it is clearly just a rumor. Talk about the rumor with your partner so they know that the rumor is floating around so they can help publicly debunk it.

**How do you keep rumors at bay in your relationship? Comment below and let us know!**

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## **Celebrity Couple: Selena Gomez Admits She Made Justin Bieber Cry**





By Meghan Fitzgerald

Selena Gomez was a guest on this Monday's episode of David Letterman. Letterman started off by saying the last time you were on the show, you were with Justin Bieber. [People](#) stated that Letterman continued to say that the relationship is no longer going on. Gomez broke into a smile, saying she is single and that she's good. [NY Daily News](#) describes Bieber and Letterman's last meeting together on the show. Letterman recounted making the 'Biebz' cry, and Gomez chirped in and stated, "That makes two of us!"

**What are some ways to apologize for making your partner cry?**

### **Cupid's Advice:**

No matter the situation, it is never a great idea to make your partner cry. Although it is usually inevitable, you should try your hardest not to make your mate shed tears. Did you two get in a fight over money? Over the job you just lost? Or what your parents think of your love? Don't fume up over them, calm your temper and speak like adults. Cupid has some more advice:

**1. Flowers:** Flowers are pretty much the universal sign for 'I'm sorry.' They show your mate how much you care for them.

Not really by how much you spent on them, I mean picking weed flowers won't do. It shows how much they mean to you. Even if you did make your partner cry, the flowers are a symbol for the love you have for your partner. Make sure you pick out their favorite flowers if you really messed up!

**2. 'I'm sorry' letter:** Letters show words, words show everything in the world. Emotions, feelings, power, strength, love; words can describe anything you wish to say. Say you made your partner cry over a petty fight, quickly grab a pen and paper and start writing away. In the letter, obviously apologize for whatever the situation may be, and express your feelings for you mate. How much they mean to you, how you cannot ever lose them, everything you're thinking.

**3. Date:** Take your beau out on a date for your mess up. Of course you should always take your partner out every once in a while. However, if you made your partner cry, they deserve a date asap. Take them to their favorite restaurant, or cook a meal at home. Combine the first two with this last one. Bring them flowers and the heartfelt letter you wrote for them on the date and you're all clear!

**Have you ever made your partner cry? Explain your experience below!**

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# Justin Bieber and Selena Gomez Reunite in L.A.





By

Jessica Conigliaro

Only a month after they called it quits, Justin Bieber and Selena Gomez have been seen together. [UsMagazine.com](http://UsMagazine.com) reports that Gomez spending the night at his house in L.A. It is unknown if they will be getting back together or have even rekindled the romance in any way; however, the two celebrities can't seem to stay away from each other.

**How do you know whether to get back with your ex-partner or not?**

### **Cupid's Advice:**

Determining whether or not you should get back together with your boyfriend is something a lot of people struggle with. They were a big part of your life and now they are completely removed from it. You are left feeling empty and alone, no matter how the breakup occurred. Here are some ways to tell if you should get back together with your ex, or if the relationship was never meant to last:

**1. Offers emotional support:** In order to know if you are truly meant to be with someone, you have to figure out what is most

important to you; if you are the type of person who needs a sensitive guy that lets you know how he feels, don't settle for anything else. If your ex was not able to support you emotionally, they should remain your ex. However, if you realize the breakup only occurred out of a stupid fight, reconsider the situation.

**2. Remember why you broke up:** In every relationship there are obstacles to overcome. Having made the decision to end things, there was clearly a major issue between you and your partner. Don't just focus on what you miss in your ex—focus on how bad it got as well. Otherwise, you'll find yourself making the same mistake twice.

**3. Ask what your friends think:** A great way to get a second opinion on the matter is by asking the people that are closest to you. They usually know what is best for you and will have strong perspectives. If they are completely shocked by the breakup and didn't see it coming, it is possible you made a rash decision out of anger and should try talking to your ex again.

**How did you know getting back together with your ex was the right thing to do? Share your experiences below.**

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**Selena Gomez is 'Having a Good Time' Post-Split with Justin Bieber**



By Meghan Fitzgerald

Unfortunately, Selena Gomez and Justin Bieber are still broken up. Even though the couple were loved by many, they are learning to deal in separate ways. Gomez has been completely content with their breakup. According to [EOnline.com](http://EOnline.com), she said, "I've been recording, having a lot of fun with my girlfriends, having a good time." Bieber on the other hand is not handling the breakup well, reports [People](http://People.com). Gomez is even using her breakup to separate herself from her Disney image.

**What are some ways to quickly get over a painful breakup?**

### **Cupid's Advice:**

Breakups suck. It's as simple as that. They are not easy and they are not something a person wishes for; however, they do happen and there are ways to cope with them. Every person reacts to breakups differently and there are certain ways to get over them. Cupid has some advice:

**1. Rebound:** Although this may not be the most mature decision, rebounds get your mind away from the situation that you're in. You can simply delve into another person to forget about the person who just broke your heart. This will still hurt and it may not be easy for you to be intimate with someone else however, you will have fun and stop thinking about your ex.

**2. Drink your pain away:** Similar to the first scenario, drinking excessively may not be the best situation for you. Depending on how you live your life, drinking may not help you cope. However, for most women, a bottle of wine in, you will not remember the guy who broke your heart. All you will love is the bottle of Cabernet on your counter.

**3. Talk to your parents:** Who better to help you with your relationship problems than your mother or father? The most wise people on the planet are simply a phone call away. Even if your parents are not always the person you want to talk to, they have so much wisdom to spread. Also, you can cry to your parents and they won't judge you.

**Have you got over a breakup quickly? Explain below!**

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## **Selena Gomez Opens Up on Life After Justin Bieber Split**





By [Nic Baird](#)

Selena Gomez made several references to [moving on](#) from a [breakup](#) during a private UNICEF benefit concert on Jan. 19, according to a [People](#) source who attended the event. Gomez performed an acoustic cover of Justin Timberlake's "Cry Me a River," which recent [ex](#) Justin Bieber had done in concert a few months before. She "seemed so angry" during the song, the source reports. Gomez told the crowd that she'd "been through a lot the past few months. It's been weird and sad and cool."

**How do you move on from a bad breakup?**

### **Cupid's Advice:**

Even if you're still balling from a fresh [breakup](#), have hope! Your feelings will settle and things will get better. Life's not over and there's many more worthwhile connections to make. First of all though, you have to move on! Here's how:

**1. Understand your feelings:** The [end of a relationship](#) can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about with friends and family helps you sort things out. Listen to some music and use it as a catalyst for your thoughts. Make sure to



move towards closure, but don't shy away from your emotions.

**2. Find perspective:** Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting [dumped](#). Ask Taylor Swift, she'll tell you! No doubt the effect of a personal tragedy like a significant breakup can't be belittled, but, really, these things happen. Will you persevere despite this undeserved hit?

**3. Live life:** Go out and enjoy life as a single person. It can be a fantastic experience. You can be whoever you want and act with spontaneity Put more into your life, and you'll get more out of it. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything else that raises your interest. Spend your time wisely, even if you suddenly have much more on your hands.

**How have you moved on from a broken heart? Share your experiences below!**

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## **Justin Bieber and Selena Gomez Break Up 'for Good'**





By Nic Baird

Justin Bieber and Selena Gomez have ended their relationship for good, according to [UsMagazine.com](http://UsMagazine.com). Bieber has since been caught, days later, smoking weed in some TMZ photos. Bieber and Gomez did travel to Puerto Vallarta, Mexico, on a New Year's trip, but the holiday romance was cut short when Gomez abruptly flew home to Los Angeles on Dec. 30 where she spent the New Year with friends at a house party.

**How do you know when your relationship is truly over?**

### **Cupid's Advice:**

There's nothing more painful than a one-sided relationship. Don't pour your heart down a bottomless pit. Relationships need sharing, vulnerability, and devotion. Find out if your partner has these qualities by looking for these signs:

**1. No values:** Getting a baseline for the personal values of your partner is a good way to decide if they're ready for a serious relationship. Discuss the principles you hold when you enter into a relationship, such as monogamy and honesty. It should be clear if they're looking for one person, or if they

have a constant flirtatious attitude.

**2. Separate goals:** Does their lifestyle support your relationship? Recognize if they'd rather spend time with you, or go out drinking with mixed company. If they don't have room for you in their schedule, it could be that they're very career oriented, but make sure you're their preference. If they're willing to spend the time to develop as a couple, it shows sincerity.

**3. Growing distance:** Fostering a connection with your partner, takes time and patience. If they're afraid to open up to you, maybe they're afraid to be honest. Players, though charismatic will be reluctant to share too many details of their life. As zealously enigmatic creatures, the fact that you haven't yet figured out if they're a player or not is a bad sign.

**How did you clue in that your relationship was over? Share your experiences below!**

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## **Justin Bieber 'Hasn't Stopped Reaching Out' to Selena Gomez Post-Split**





By Jennifer Ross

It's a game of on-again off-again for these two confused love birds. Selena Gomez and Justin Bieber just can't seem to decide whether to call it quits or stay together these days. After breaking up on Oct. 31, Bieber has continued to reach out to Gomez, 20. On Friday, Nov. 16, the two had a sushi date that was followed by a horrible fight. Eventually, the couple made up sometime after Bieber had a great night at the American Music Awards. Bieber, 18, and Gomez have also been spotted together in Encino, CA on Nov. 19. The issue between them is Bieber's inability to stop looking at other girls. "Justin has a wandering eye," a source reported to [UsMagazine.com](http://UsMagazine.com). Also, Bieber wants to date other girls and possible hold on to Gomez. "He isn't sold on the possibility that this is forever but isn't sold on that it's not."

**How do you know when to call it quits in a relationship?**

**Cupid's Advice:**

A supportive and loving relationship can be the best thing in life. However, when necessary factors in keeping the relationship strong are abused or broken, it is time to say

goodbye. Important factors, such as the three listed below, will help you to understand when it's time to leave:

**1. Avoidance:** If either one of you stops talking to the other, especially about important matters in the relationship, it is time to end it all. Your love for each other will only survive with positive, and sometimes negative, communication. Once the communication stops, so does the love.

**2. Lack of respect:** When the disrespect begins, such as bad name calling or yelling in public, this only leads to breaking up. In order to spend the rest of your life with someone, you and your mate will need more than just love to get you there. Respect to love and care for each other is vital for the times when life's challenges will stress you both.

**3. Isolation:** If you are in a relationship where your partner is driving all your loved ones away from you, leaving you completely reliant on one him/her for love and support, this is not a good sign. It's one thing for your mate to want to support you. However, this type of support is more like domination. Get out fast!

**When did you know to call it quits in a relationship? Share your story below.**

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## **Justin Bieber Brings His Mom Patti to the AMA Awards**





By Nic Baird

Without ex Selena Gomez at his side, Justin Bieber brought his mom to the 40th American Music Awards, Sunday, according to [UsMagazine.com](http://UsMagazine.com). The 18-year-old pop icon, escorted by mother, Pattie Mallette, walked down the Nokia Theatre red carpet in Los Angeles and returned as the top winner. Bieber took home the awards for Favorite Pop/Rock Artist, Favorite Pop/Rock Album, and brought his date on stage for his biggest triumph, Artist of the Year. "This is my mom," Bieber said. "She's little, but she's beautiful . . . It's hard growing up with everything going on, with everyone watching me. I wanna always make you proud."

**What are some ways family can help you get through a breakup?**

### **Cupid's Advice:**

Some great advice, just for life, is to spend time with your family. People used to marry each other, just so two families wouldn't start warring. It's a powerful institution because of the transcending love and zealous loyalty it creates. A significant other could cut you loose, but there's no such thing as breaking up with your family:

**1. You're loved:** You might feel empty, and incomplete. It's impossible not to doubt your self worth when someone who was crazy about you moments ago now wants to go their separate way. But you are not unloved! Familial love is deep and unconditional. It's there for you to rely on in moments like these.

**2. You're supported:** Your family has a duty to support you and lift you out of this rut. While you don't always agree with them, they always have your best interests at heart. Tell them what you need and they will rise to the occasion. This isn't charity, or pity, they want to help you, so let them!

**3. You're needed:** Your family needs your love as much as you need theirs. You're not an affection parasite, you're symbiotic! They know that if you give them the opportunity to help you, you'll be there for them when tragedy strikes. Mothers lift cars when their children are trapped underneath. Don't underestimate this power!

**How has your family supported you after a rough split? Share your experiences below!**

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## **Find Out About Justin Bieber and Selena Gomez's Date Disaster**





By Nicole Weintraub

It seems that Justin Bieber and Selena Gomez are not completely over, according to [UsMagazine.com](http://UsMagazine.com). It seems the two recently reunited for a date disaster. Arriving separately at the restaurant, the couple got together to try to sort things out over a meal. Before even ordering, the two started arguing, which left Gomez stalking out of the restaurant. Bieber followed her home, but was denied access inside. The singer reportedly cursed and yelled when he noticed he was being photographed. The couple split back in October, which was initiated by Gomez. While rumors are going around that Bieber is texting other girls constantly, it seems that he cannot move on from Gomez. The two dated for two years and are still figuring things out

**How can you fix a date that's heading south?**

**Cupid's Advice:**

The worst feeling is when you are on a date and you just know it's going downhill. Here are some ways to turn that date around:

**1. Excuse yourself:** If you are fighting or are feeling



nervous, excuse yourself to the restroom to compose yourself. Calm down and take a few deep breaths before returning.

**2. Change plans:** If everything about your date is turning out to be a disaster, change the night's agenda. Instead of going out to dinner, go to an arcade to break the ice.

**3. Laugh it off:** If you are being socially awkward or are fumbling every other word you are saying, laugh it off. Laughing at yourself is a sign of confidence and nothing is sexier than a girl with confidence.

**Do you have dating disaster stories? Share your experiences with us in the comments below!**

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## **Selena Gomez Beams at Bash Post-Split with Justin Bieber**





By Jennifer Ross

Even though her breakup with ex Justin Bieber is still fresh, Selena Gomez is out on the red carpet, looking fabulously single. At Glamour's 22nd Annual Women of the Year Awards in New York City, Gomez looked "bubbly and upbeat," sources reported to [UsMagazine.com](http://UsMagazine.com). "She looked genuinely happy...not like she was sad or bummed out at all." Dressed in all white by Giambattista Valli, with a deep v-neck up top, this singer was especially excited when she won her Woman of the Year award and gave a hopeful speech to the audience. "I just want to share with all the girls out there – you have a voice, you have a chance. Just do what you love."

**What are some ways to move on quickly after a breakup?**

### **Cupid's Advice:**

Although it's difficult to go through, a breakup is not the end of the world. Sometimes, it can actually be a good thing. You now have time to re-find yourself and do the things you love again that got lost in the relationship. Don't know where to start? Here are three tips to get you moving forward:

**1. Clean house:** First, collect all the things around your home

that remind you of your relationship and move them out. The goal is to make a space that is only yours, not a shrine to a past love. Also, don't worry about getting your things back from your ex. You're better off buying them again than risking a relapse.

**2. Make plans:** Now that you have free time, make plans for all the things you didn't have time for when you were dating. Meet up with old friends, dust off your surf board or roller blades take up a new class. Whatever it is, get out there again and have fun.

**3. Take time:** Regardless of whether you or your ex broke up, you are going to need time to heal. Therefore, save some of your time to be alone and reflect back on what went wrong. You must reevaluate the past issues in order not to repeat them.

**What did you do to move on quickly after a breakup? Comment below.**

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## **Justin Bieber Vaguely Speaks Out About Split with Selena Gomez**





By Nic Baird

Pop star Justin Bieber and actress Selena Gomez split on Halloween, according to [UsMagazine.com](http://UsMagazine.com). "I don't know what to say," the tween idol said in an interview with Open House Party, Nov. 10. "I don't know what's going on in my life ... To even assess that it doesn't make sense 'cause I have not made any comment." Since their Oct. 31 breakup, Gomez has been keeping a low profile. However, a Gomez insider saying the couples' challenging schedules and trust issues were at the core of the breakup. The couple had been dating for two years.

**What's the best way to begin coping with a recent breakup?**

### **Cupid's Advice:**

The sense of loss and [loneliness](#) that washes in post-breakup can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

**1. Forget the past:** While this person may have been important to you only days ago, it's hard to accept that they've lost all relevance to your life. If you saw this person as your partner, and now they can't fill that role, trying to figure

out a new dynamic or identity is useless and painful. Don't weigh yourself down with issues that aren't your problem anymore! Move on, and find someone better.

**2. Focus on yourself:** People always say this, but what does it mean? Basically 'be the person you want to be.' Your sense of worth and purpose are being challenged by this recent breakup, don't let it dominate your self image. Put more into your life, and that void will start to close up. Sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here's your chance to do the things you've always wanted to do without needing your partner's approval. Take advantage, especially if they were the bossy type.

**3. Socialize:** Olivia Wilde had this to tell *British GQ* about her divorce from Tao Ruspoli: "it's never easy... And anyway, you fall in love again. Oh God, to think that you only fall in love once in your entire life is such a depressing thought." Thanks, Olivia, for reminding us that whatever your feelings are for your ex, they'll soon be overshadowed by a fresh love. Go out and have fun! Rekindle old friendships! Explore your options thoroughly as a newly single bachelor/bachelorette. This doesn't mean start looking for a replacement, instead establish your power as a single individual.

**How have you dealt with a recent breakup? Share your experiences below!**