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# Vicky Pattison 'better off staying away from social media' after break-up, according to relationship expert

Exclusive: Relationship expert Kate Mansfield has advised keeping a dignified silence can be the best remedy for moving on

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(Image: Instagram)

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Vicky Pattison would be better off 'stepping away' from her social media channels following the demise of her engagement to fiancé John Noble, according to a relationship expert.

Kate Mansfield claimed that blocking an ex partner and keeping a 'dignified silence' are both good remedies for moving on from a difficult split.

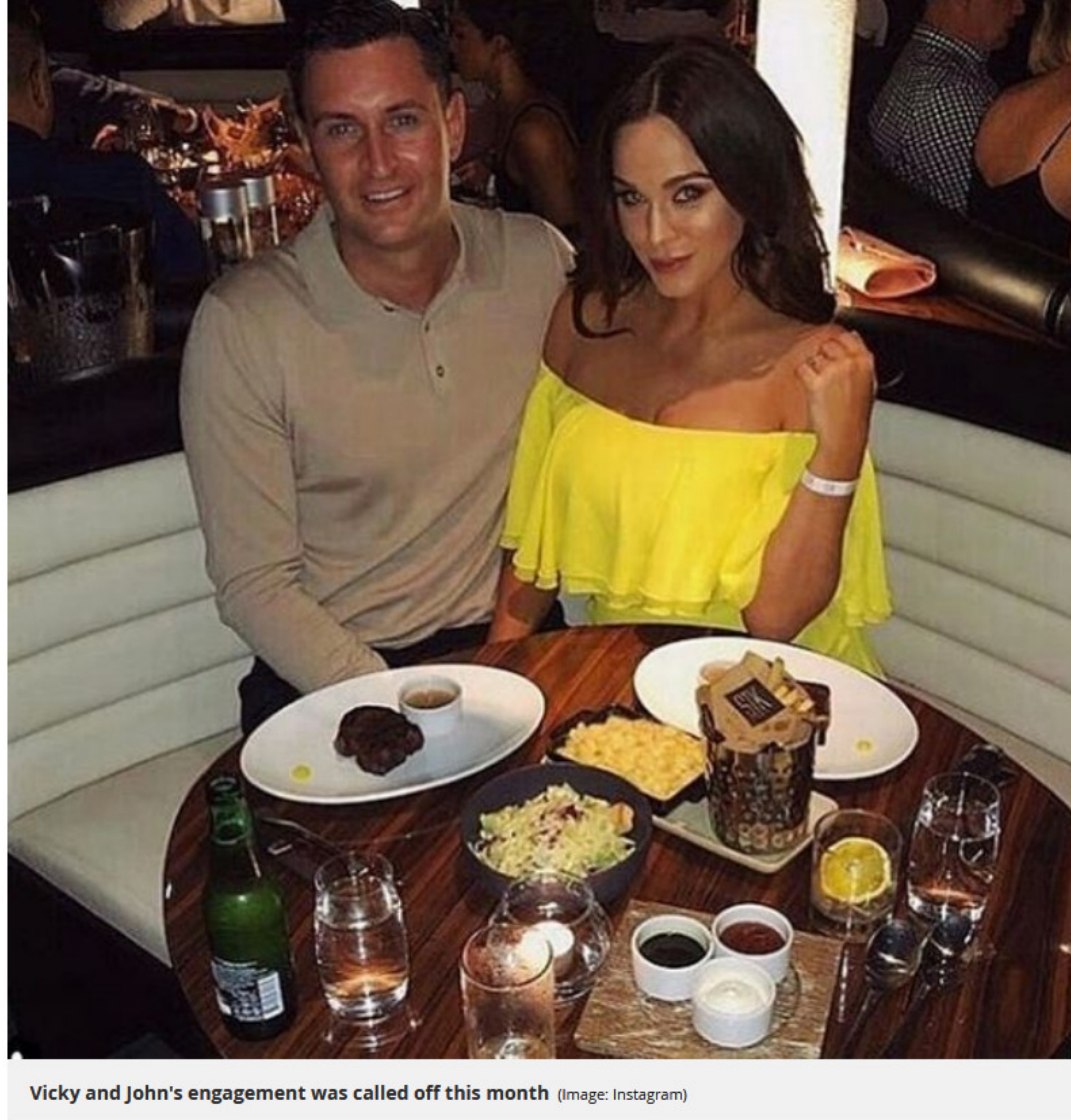
It comes after Vicky shared a sultry snap to Instagram of her posing on a staircase wearing nothing but a nude bodysuit.

In the caption the newly single reality star poked fun at clichéd 'new me' social media posts following a break-up.

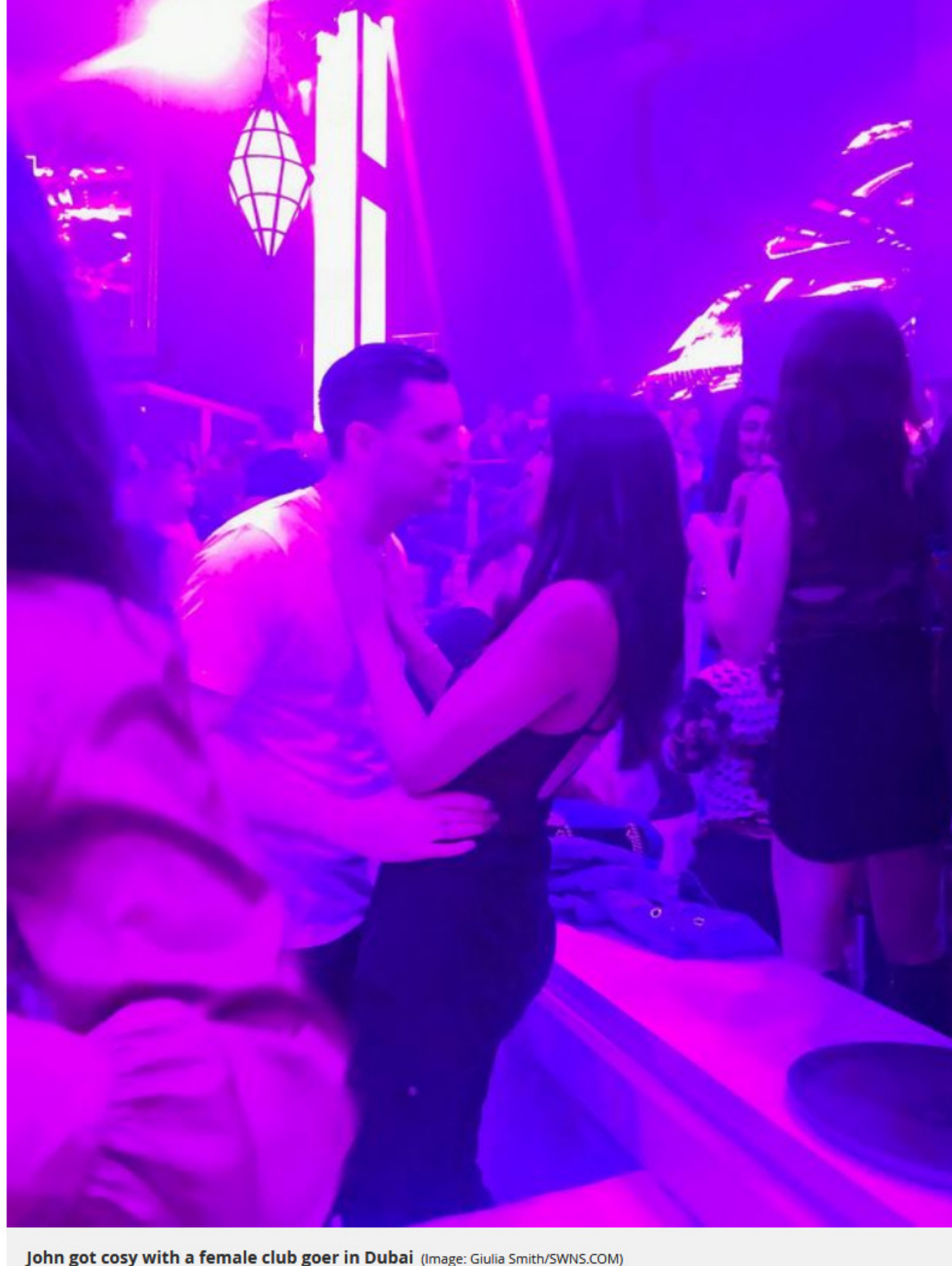
Alongside her saucy pic Vicky sarcastically wrote: "Insert irrelevant quote about strength, self improvement or something by Gandhi."



Vicky shared a sizzling snap to Instagram as she joked about moving on (Image: Instagram)



Vicky and John's engagement was called off this month (Image: Instagram)



John got cosy with a female club goer in Dubai (Image: Giulia Smith/SWNS.COM)

31-year-old Vicky further poked fun at her new single status by sharing a video of her stylist rubbing fake tan into her thigh. "This is the most action I'm getting a while," she quipped.

Despite Vicky's jovial tone, relationship adviser Kate suggested keeping a low profile could help mend a broken heart faster.

She said: "Definitely stay off social media - it will make you seem much more dignified and mature than your ex.

"When we are in pain we can often act out in ways that we regret and it's crucial to remember that often posts can't be undone, especially when you have a huge following like Vicky.

"I would also recommend blocking and unfriending your ex completely and going no contact. The less you see of them the quicker you will heal and be able to get some perspective and distance from the whole thing."

**M** READ MORE

► Vicky Pattison was filming a reality show with fiancé John Noble when he cheated



Vicky told her followers she was drowning her sorrows with a glass of wine (Image: vickypattison/Instagram)



Vicky had tried on wedding dresses and was filming a reality series with John before the break-up (Image: Instagram)

Vicky called time on her two year romance with businessman John earlier this month after he was caught grinding with another woman during a holiday to Dubai.

After keeping silent for days, Vicky opened up about her feelings in a candid post to her followers.

She wrote: "The worst thing is not the lies, the betrayal, the constant pain or crippling humiliation, or the resounding heartbreak that hurts so much I swear it is physical not emotional, the worst thing is that the person who made you feel so special yesterday can make you feel so truly low and unwanted today."



Vicky said she'd been humiliated by John's antics (Image: vickypattison/Instagram)

Relationship expert Kate said that although Vicky was hurting, it was important she didn't blame herself for what happened.

She said: "Despite how this feels this is never about you it is always about your partners insecurity or emotional problems, so remember, do not attach this to your own worth or value.

"People cheat to get power, validate themselves and to feel wanted and desired.

"It is not because they don't love you or value you. The reasons underlying this behaviour are complex and need professional help to resolve," she advised.

Kate also said for other people coping in the aftermath of a break-up: "Be gentle on yourself, take time out, be honest and tell people if you don't want to talk about it."

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- Joey Essex 'dating' gorgeous model Lorena Medina after Ex on the Beach meeting
- Jordyn Woods 'shades' Kylie Jenner over Travis split in cryptic tweet

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- Holly Willoughby struggles to say Strictly star's name in hilarious blunder
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- BGT fans in tears over illusionist Darcy Oake's moving tribute to late brother

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