

Amanda Seyfried Admits to Dating Ryan Phillippe



Red Riding Hood

actress Amanda Seyfried has finally confirmed dating rumors circulating around her and actor Ryan Phillippe, reports UsMagazine.com. In the April issue of *Elle* Magazine, Seyfried discussed both her budding relationship with Phillippe and the end of her relationship with *Mamma Mia!* costar Dominic Cooper. Seyfried and Cooper split when she found out that Cooper and his previous girlfriend were still together. "I was just kind of foolishly thinking that the two of them were done and Dom and I were involved. But we weren't really as involved as I thought. So I got my heart broken pretty hard," says Seyfried.

"And then it took a long time for us to break up again. After that, it's really hard to open myself up to a new person. Really hard."

How do you trust in love again after being heartbroken?

Cupid's Advice:

Heartbreak is arguably the hardest thing to deal with, but there are ways to ensure that you move on. Here are a few tips:

1. Visit your family: Spending time with relatives may be the first step you need to take in order to cure heartbreak. Family almost always has the ability to brighten your day.

2. Spend time with friends: Even if you don't re-enter the dating world, going out with friends can help ease you back into a more social lifestyle.

3. Take it slow: If you get an anxious feeling when you think about being in a relationship, then you probably aren't ready. Give yourself some time, and eventually you will feel confident enough to put yourself out there again.