Celebrity Break-Up: Justin Theroux Is Spotted with Aubrey Plaza Post-Split from Jennifer Aniston

By [Jessica Gomez](#)

In [celebrity news](#), Justin Theroux was spotted with his co-star from back in the day, Aubrey Plaza. According to [*People.com*](#), they were photographed in New York City and went to Theroux's apartment. "They met to discuss a potential film project," a source said. As for his relationship with [Jennifer Aniston](#), the two continue to be friends after their [celebrity break-up](#).

Justin and Jennifer's celebrity break-up is fairly new, but it looks like at least one of them is moving on. What are some things to consider before moving on after a break-up or divorce?

Cupid's Advice:

Moving on after a break-up can be extremely difficult sometimes. What can be even worse is deciding whether to move on or not. Here are somethings you should consider before moving on:

1. Why did you both break up?: Was the break-up over something not worth it or was it over something that was? Sometimes we break-up out of anger or over something that we think we cannot move past, but do. Evaluate things, make sure that the break-up happened for the right reasons and you're okay with that decision.

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2. Is there even a future with this person?: Is this person worth getting back with in the future? If you no longer see a future with an ex flame, it's time to move on. If you know this valuable piece of information, then you're on track to move on.

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3. Has the other person moved on?: If so, then it is probably safe to say that you should too. It may hurt to see them with

someone else, but things happen for a reason. Don't let seeing them with someone else throw you into a jealous fit that makes you want them more. No bueno!

What things have you considered before moving on? Share with us below!