

Olivia Wilde Says She Feels 'Wobbly' After Divorce



Olivia Wilde is back on the market after a painful divorce from Italian prince Tao Ruspoli, reports [People](#). The couple eloped when Wilde was just 18, separated last winter and officially divorced in March. The 27-year-old actress told *Marie Claire*, "The trauma of the whole thing has been humbling, and for the first time, I'm a little bit wobbly." Although Wilde has been spotted out and about with Bradley Cooper, Justin Timberlake, Ryan Reynolds and Jake Gyllenhaal, she says she's still single.

How do you get your confidence back after a divorce?

Cupid's Advice:

Going through a divorce can be so traumatic, it's easy to lose your confidence. Cupid has some tips on how to get your swagger back after a split:

- 1. One is the loneliest number:** Being by yourself after being part of a couple for so long is one of the hardest parts of a divorce. But it's important to relish the time alone to figure out who you are without another person to define you.
- 2. No regrets:** When you think back on your marriage, remember the love you had for each other and everything you learned. This will give you hope that you can find love again.
- 3. Bounce back:** After you've spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

How do you get back to your old self after a divorce? Share

your comments below.