

Sandra Bullock Explains Why She Returned to Acting Post-Split



After splitting with her husband, Jesse James in 2010, Sandra Bullock did not rush back to work. In fact, she told the [Associated Press](#), “I was perfectly content to be permanently broken.” And by broken she means not able to act. Director Stephen Daldry pushed for her to be in *Extremely Loud and Incredibly Close*, and that finally changed her mind. “I honestly didn’t think I was in a place where I wanted to work or wanted to step out of where I was... I wasn’t prepared. But that opportunity was louder than my head,” she said according to [People](#). “We had a great time. It’s no longer ‘selfish actress’ in the moment,” she says. “I wanted to have an

amazing time with him and, fortunately, Mr. Daldry presented it. In every possible way, it was the best!"

How can your career help you move on after a breakup?

Cupid's Advice:

After a rough break up, the career route is often the best road to take. Working on a project and being successful are the keys to moving up and moving on:

1. Your mind will be occupied: With a challenging project at work, you will be more focused and not on your ex. Focusing all of your negative energy on something positive can certainly do no harm to the healing process.

2. You can focus all of your energy on work: Your ex probably took up a lot of your time and energy. With him in the past, you can accomplish all of your career goals easily. No distractions and plenty of free time will allow you to achieve more.

3. A promotion could be headed your way: With all this new focus and motivation, a promotion might be the next exciting and needed change in your life. Working towards becoming number one in the office is a great way to distract yourself from a break up and an excellent way to boost your confidence.

How did your career help you after a breakup? Share your stories below.