

Courteney Cox Steps Out with a Mystery Man



Since her separation from ex David Arquette, Courteney Cox has been slow to move on. In fact, she recently stated that she hasn't slept with anyone new since the split. Last weekend, however, Cox was caught with a mystery man in West Hollywood at Chateau Marmont, according to [People](#). The man wore a suit, and the couple were situated in a table toward the back of the patio. An onlooker says that the actress was smiling and pulled her hair up into a ponytail as she enjoyed the evening.

How do you know when it's time to move on after a separation?

Cupid's Advice:

Breaking up or separating can be very emotionally damaging, and sometimes it takes a while to get back up on your feet and move on. Cupid has some tips on how to know when it's time:

- 1. Grief completion:** You may still harbor hurt feelings as a result of your split, but if you've completed the grief process and no longer cry into your pillow at night, it may be time to start getting out and experiencing what life has to offer again.
- 2. Time limit:** Sometimes it's good to give yourself a set amount of time to heal after a breakup, and then move on after that point no matter what. You can't mope forever, as life is for living.
- 3. You're happy:** If you find yourself smiling a lot and re-establishing your independence, it's now okay to let someone in.

How did you know it was time to move on from a breakup? Share your comments below.