

# Taylor Armstrong Says She's 'So Not Ready' to Date Again



It's been eight months since the *Real Housewives* star Taylor Armstrong lost her husband Russell Armstrong to suicide, and she said she hasn't even considered dating. "I'm just so not ready. I still think about Russell every single day, and I still miss him terribly and I feel like I'm so far from ready," said Armstrong according to [UsMagazine.com](http://UsMagazine.com). "I don't know if you just wake up and you're ready, or how that works. But for me, for now, I really got some growing to do, I think, before I'll be even ready to be a good judge of what's good for me." As for now, the reality star is putting her focus on raising her daughter Kennedy and learning to be a single mom and an independent woman.

**What are some ways to know it's time to enter the dating world after tragedy?**

## **Cupid's Advice:**

The loss of a loved one is not an easy battle of emotions to overcome, but someday you will be ready to date again. Cupid has some signs that might prove whether or not you're ready:

**1. Grieve:** It's important that you take time to grieve. We often try to put on a strong face for others, and pretend that we're ok when we're not, but it's ok to be sad, angry, hurt, or lonely. Once you go through the stages of grief you will be closer to accepting what the future has in store for you.

**2. Time:** Don't jump into a rebound relationship just because you're lonely, but don't wait forever to let someone else into your heart. Just because you move on with someone new doesn't mean you're forgetting the person that you lost.

**3. Content:** There will be a day when you've come to terms with your loss and you learn to be yourself without that person. However, don't waste time being alone when you can find someone else to share your life with and hopefully one day love someone else again.

**What do you think are some signs that someone's ready to enter the dating world again? Share your comments below!**