

Jessica Simpson Runs Into Ex Nick Lachey



What happens when you run into your ex with his new girlfriend while you're on a date with your new boyfriend?

Well, Jessica Simpson and beau Eric Johnson found out over the weekend when they ran into Simpson's ex, Nick Lachey.

When asked about the incident by [USA Today](#), the singer said, "He was at the same restaurant. I didn't speak to him." But apparently she was much more willing to talk when asked about her current relationship with Johnson, according to [Us Weekly](#).

"He definitely makes me very happy," she said. "He brings out a lot of light in me and makes me very comfortable being who I am. It's nice to be with somebody who praises you for the right reasons." Is that a Nick Lachey burn? We'll never know for sure. **How should you handle your first sighting of an ex post-breakup?**

Cupid's Advice:

It's always awkward when you run into your ex for the first time after you've broken off your relationship, but there are right and wrong ways to deal with it. Cupid has some suggestions:

1. Act casual: There's no need to bring drama into the picture. Even though you may be feeling turmoil on the inside, keep it bottled up for the time being. Although they say keeping your feelings inside can sometimes be a bad thing, it's okay if you let it out in a different venue later on – away from your ex.

2. Be civil: Again, there's no reason to carry the reasons you broke up into your first meeting after your split. Your relationship is over, and it's time to move on. Why re-hash

old arguments when you can just keep it civil, and shrug it all off?

3. Keep it short: Don't prolong your first meeting post-breakup. If you happen to end up at the same location as your ex and there's no way to avoid each other's presence, deal with it briefly. The longer you confront your ex-partner, the more awkward you will feel and the more likely you may say something you'll regret later.