

Heidi Klum and Ex Martin Kirsten Step Out Post-Breakup



By Brittany Stubbs

Heidi Klum and Martin Kirsten may not be dating anymore, but they aren't acting like enemies or strangers. The former couple were spotted leaving a building in L.A.'s Brentwood neighborhood just eight days after a source confirmed to UsMagazine.com that they were broken up. Though looking casual, neither of them spoke as they returned to their separate vehicles. After dating more than a year, the insider claims, "He is no longer working with her or her family."

What are some things to consider before remaining friends post-breakup?

Cupid's Advice:

If you try to remain friends after a breakup, things can get complicated. Cupid has some advice:

1. The terms you ended on: How you leave a relationship usually has some influence on whether you're able to move on as friends or not. Evaluate the reasons for your separation. If your breakup was amicable and neither of you left with hard feelings, then having a friendship may be easy. But in messy and complicated breakups, salvaging anything for a while can be more difficult.

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2. Timing: The length of time that has past since you've broken up is certainly worth considering. Even if you ended on great terms, it's important you both have some space from each other in order to not only heal from the breakup, but adjust to be single again. Jumping into a friendship directly after a breakup often results in people just continuing with the behaviors and habits they had as a couple.

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3. Your Feelings: As always, your emotions are the most important part to consider when determining what you're capable of. If you're still not over your ex or the relationship you shared, this is a sign you need to hold off on beginning a friendship. You can't build a new relationship on the foundation of a broken heart.

What are some things you've considered before remaining friends with an ex?