

Finding Love After a Breakup: Should You Jump In?



By Kelly Seal

When someone leaves us broken-hearted, our natural reaction is to find love again as quickly as possible. Unfortunately, healing a broken heart takes time and patience. It's necessary to spend some time alone so you can build your own strength and move on to a happier, healthier relationship in the future.

Like us, many celebrities move from one relationship to the next, hoping that this will ease their pain and help make the transition easier. Eva Longoria started dating Penelope Cruz's brother Eduardo shortly after her split with Tony Parker. Jake Gyllenhaal quickly started dating after breaking up with Reese Witherspoon, leaving a trail of girlfriends behind including Taylor Swift, Carey Mulligan and Jennifer Aniston. While romance creates a sense of happiness and excitement for a brief time, eventually old pain can start to

resurface.

If you've recently endured a break-up, try giving yourself some time off and do the following before rushing back in to the dating pool:

Allow yourself to grieve: A break-up is a huge transition. When you've been with someone you love, it's natural to feel pain and anger. Allowing yourself to grieve over the relationship is part of letting go.

Hang with uplifting friends: We all have friends who can lift our spirits, be supportive and are just fun to be around. If you spend time around people with positive energy, it has an affect on your mood and can help lift your depression. Avoid friends who would rather complain about exes; this won't help you move on.

Do things that make you happy: Maybe you haven't been surfing in a few years, but have always enjoyed it. Or perhaps you put off taking those cooking classes because you didn't have time. Now is the perfect opportunity to do things you enjoy, and remember why you liked them in the first place.

Get to know yourself again: Sometimes, we feel so lost after a break-up we don't even know who we are without our exes. If you feel adrift, try doing something new, whether it's going to a new restaurant or paragliding on a Saturday afternoon. Trying new things lifts our spirits and puts us back in touch with the part of ourselves that is willing to take risks and grow.

When you've gone through these steps and feel like it's time to start meeting people again, go for it. Just be sure to take your time and keep living your own life. Look at dating as a chance to meet many different kinds of people, rather than a way to get back into a relationship. The right man or woman will come into your life when you're ready to move on.

A New Hollywood Trend: Dating with Kids



By Kelly Seal

Considering dating someone with kids?

Celebrities without children are daring to date single parents these days, at least according to the tabloids. Rocker Matt Bellamy recently started dating single mom Kate Hudson. Brad Pitt became an adoptive father to Angelina Jolie's oldest son shortly after their relationship took off. And let's not forget Jake Gyllenhaal's romance with Reese Witherspoon, single mother of two.

I have to admit, I never thought I'd be dating a man with children, let alone marry him. I don't have any myself, and had never dated any single dads previously. It's one thing to

figure out the twists and turns of being in a relationship, and quite another when you add children to the mix. And yet I decided to pursue this path, not only because I fell in love with my husband, but because I saw him as a compassionate, caring, and loving father with his kids.

Whether this is a new trend in Hollywood or not, dating a single mom or dad comes with its own unique challenges. If you find yourself in this situation and are looking to navigate your way through, here are some considerations that may help guide you in the right direction.

1. Are you looking for a long-term relationship? Perhaps you've fallen for a single mom or dad, but you aren't really sure if it's just a fling or something more substantial. Until you decide that you are in it for the long-term, don't meet the children. They do not need more instability added to their lives, and it's more confusing when girlfriends or boyfriends come and go. Take your time so you really know what you want.

2. Be flexible. Single parents are going it alone, so remember if a child gets sick or has a change in schedule, the parent has to take care of things. If you planned a nice evening out or a trip with your beloved and it gets canceled due to the kids, recognize that sometimes you have to go with the flow.

3. Do you want to form a relationship with the kids, too? When you date someone with kids, you're also entering a relationship with his/her children. If you are uncomfortable with the idea of taking the kids places or getting to know them, you may want to reconsider.

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