

New Celebrity Couple: Gavin Rossdale Is Dating German Model Sophia Thomalla



By [Whitney Johnson](#)

There's a new [celebrity couple](#) in town! Following his divorce from [Gwen Stefani](#), Gavin Rossdale is moving on with German model Sophia Thomalla. According to [UsMagazine.com](#), the celebrity couple shared a romantic meal together earlier this month at Indianapolis' Iozzo's Garden of Italy. The Bush frontman and No Doubt singer announced their [celebrity divorce](#) in November 2015 after Stefani discovered Rossdale's longtime affair with their former nanny. "There's been a lot of pain and sadness. It really teaches you perspective on life. It's

really health, happiness and safety,” the rocker said of his divorce, which was finalized in April 2016.

There’s a new celebrity couple following Gavin Rossdale’s divorce from Gwen Stefani. How do you know when it’s time to move on after a split?

Cupid’s Advice:

This celebrity relationship is the first one for Rossdale since his split from Stefani. So how do you know when it’s time to date again following a break-up? Consider this love advice below:

1. You’ve allowed yourself to heal: There’s no right time to jump into a new relationship after a split. Don’t rush things. Instead, do whatever feels right for *you*. It’s important to heal your broken heart first. After all, no one wants to be part of a rebound relationship.

Related Link: [Celebrity Divorce News: Gwen Stefani & Gavin Rossdale Finalize Divorce](#)

2. You’ve spent some time alone: Self-reflection is always a good thing. Take your newly-found freedom to rediscover who you are. Allow yourself to grieve your loss and then focus on whatever makes you happy. Figure out what you want in your next relationship – and then, go after it!

Related Link: [5 Times the Nanny Has Been the Catalyst for Celebrity Divorce](#)

3. You’re truly over your ex: It’s normal to have lingering

feelings after a break-up. Before you start dating again, do a self-check: How would you react if your ex called you? What if you saw them out with someone new? How do you feel when you see old pictures of the two of you together? If you can handle these situations with grace, you're ready to move on.

What's another way to know you're ready to move on after a split? Tell us in the comments below!