

Celebrity Dating: Olivia Munn Denies She's Dating Chris Pratt & Shares Texts with Anna Faris



By [Jessica Gomez](#)

In [celebrity news](#), Olivia Munn took it all to Instagram. The 37 year old actress took it upon herself to shoot down rumors that she and Chris Pratt are dating, and even shared a screenshot of messages between herself and Pratt's ex, Anna Faris, according to [People.com](#). "1. Not every woman is scorned and upset after a breakup," Munn wrote on her Instagram story. "2. Not every woman is 'furious' at another woman for dating her ex. 3. So even if I was dating @prattprattpratt, some

tabloids got me and @annafaris all wrong,” she continued. “4. Women respect and love each other a lot more than some people like to think.” She then went on to make fun of her and Pratt’s potential [celebrity couple](#) names. She then shared a screenshot of some texts exchanged between her and Faris, showing that it’s all love between these ladies.

These celebrity dating rumors just aren’t true. What are some ways to shoot down untrue rumors about your relationship?

Cupid’s Advice:

Sometimes rumors go around, and it can really suck. People handle untrue rumors differently, and it depends on the situation and the type of people involved. Cupid has some ideas on how to approach false rumors:

1. Be straightforward: Don’t go around the bush. If you want to shoot down a rumor, being straight up is one of the best ways to go. Don’t stay quiet and act like things are just fine. Just like Olivia Munn did publicly, face it head on and express yourself – shoot it down! Whether you’re being upfront in person or otherwise, laying things down on the table is the simplest way to do it sometimes.

Related Link: [Jenni ‘JWoww’ Farley Talks Snooki & Jionni Divorce Rumors](#)

2. Don’t show frustration: Do not allow others to see how much the rumors are affecting you because it can lead to the rumors escalating. Many times people make up rumors out of jealousy, boredom, attention, revenge, etc. Therefore, it’s not a good idea to show that they’re actually getting to you. Try to stay as calm as possible and handle the situation with grace.

Related Link: [Celebrity Couple Jennifer Aniston & Justin Theroux Are Still Going Strong Despite Split Rumors](#)

3. Don't fight fire with fire: Handle things correctly. Don't let your emotions get the best of you because you need to think clearly. Think about what gives this rumor credibility, and tackle it from there. Find out where the rumor started and confront the source. Doing these things with a clear mentality is important because the situation can easily get out of hand when neither party is thinking straight.

**What are some ways you've handled untrue rumors decently?
Comment below!**