

# Hugh Hefner Introduces Second New Girlfriend Shera Bechard



A few days before walking down the aisle, Crystal Harris had a change of heart and called off her wedding to Hugh Hefner. The 85-year-old *Playboy* founder has wasted no time weeping over his broken heart. According to [People](#), a week after calling Anna Sophia Berglund his “new girl,” he introduced Shera Bechard as his new girlfriend as well.

**Is it healthy to date someone new after ending a serious relationship?**

## **Cupid's Advice:**

Just because your close relationship came to an end, it doesn't mean that you can never date again. Here's how you can decide if you're ready to re-enter the dating world without rebounding:

**1. Think “me,” not “us”:** During your intimate relationship, you came to see you and your partner as one unit. After you break-up, it’ll take some time before you can accept that you’re single and on your own. Before dating someone new, spend some time alone and do whatever makes you happy, in order to rediscover who you are as an individual.

**2. Don’t compare:** Once you’ve gotten to know yourself again, you can start seeing new people. But don’t fall into the trap of comparing your new potential mate with your ex, because you may be setting yourself up for disappointment.

**3. Go at your own pace:** There’s no specific amount of time you need to spend alone after you split with someone, but there’s no need to rush to replace your partner. Remember that it takes everyone different amounts of time to gain closure after their past relationships.

**How long did you wait before starting to date someone new after your split? Share your experiences below.**