

# Olivia Wilde Says She Feels 'Wobbly' After Divorce



Olivia Wilde is back on the market after a painful divorce from Italian prince Tao Ruspoli, reports [People](#). The couple eloped when Wilde was just 18, separated last winter and officially divorced in March. The 27-year-old actress told *Marie Claire*, “The trauma of the whole thing has been humbling, and for the first time, I’m a little bit wobbly.” Although Wilde has been spotted out and about with Bradley Cooper, Justin Timberlake, Ryan Reynolds and Jake Gyllenhaal, she says she’s still single.

**How do you get your confidence back after a divorce?**

## **Cupid’s Advice:**

Going through a divorce can be so traumatic, it’s easy to lose your confidence. Cupid has some tips on how to get your swagger back after a split:

**1. One is the loneliest number:** Being by yourself after being part of a couple for so long is one of the hardest parts of a divorce. But it's important to relish the time alone to figure out who you are without another person to define you.

**2. No regrets:** When you think back on your marriage, remember the love you had for each other and everything you learned. This will give you hope that you can find love again.

**3. Bounce back:** After you've spent some time alone, slowly start getting back into the dating scene. A few successful dates will definitely boost your confidence.

**How do you get back to your old self after a divorce? Share your comments below.**