

# Are Justin Timberlake and Jessica Biel Rekindling Their Romance?



Are they back on? Justin Timberlake was spotted biking with ex-girlfriend Jessica Biel on Sunday post-brunch. “They were in good spirits,” an eyewitness at the diner claimed. “They seemed happy ... They had a nice time.” A close source to Timberlake tells [People](#) that it wasn’t shocking to see the former couple hang out together. “They always remained friendly after the split and spent time together,” the source says.

**After a split, can you remain friends with your ex?**

**Cupid’s Advice:**

Remaining friends with your ex isn't difficult, unless your relationship ended terribly. Cupid offers tips on when to know you're ready to rekindle your relationship with your ex:

**1. Take a break:** Spend some time away from your ex for a while to process your feelings about him or her.

**2. Process your feelings:** After some time, if you realize that it was best for you to split with your former flame and you know that you wouldn't want to be in a romantic relationship with your ex, talk with him or her and figure out how you can remain friends.

**3. Spend time:** It's best to start off spending time with your ex by inviting him or her to get-togethers with your friends. If you're spending time alone instead of in a group, your feelings may return.

**Do you think one can remain friends with their ex? Let us know by commenting below.**