

# Scarlett Johansson Speaks Out About Divorce from Ryan Reynolds



Actress Scarlett Johansson opened up about the men in her life's past and present in an interview with [Vogue](#), including her painful split from actor Ryan Reynolds. Although the *We Bought a Zoo* actress is happy and in love once again with boyfriend, Nate Naylor, she says the memory of her divorce from Reynolds was devastating and painful, but something she doesn't regret, according to [The Daily Mail](#). The couple, who split in December of 2010, led a private and love-filled marriage, but their busy careers got the best of them. 'This was something I never thought I would be doing. And there's no way to navigate it,' said Johansson of her divorce. "Nobody can give you the right answer. It's never anything you want to hear. It's a very lonely thing. It's like the loneliest thing you'll ever do, in some way."

## **How do you move on after a divorce?**

### **Cupid's Advice:**

After a divorce, you can feel like you've lost your entire world or your best friend, but it doesn't have to be so bad.

Cupid has some tips to help you stay positive and move on gracefully:

**1. Don't waste time:** After a split, a grieving stage is necessary, but don't let it take over your life because regret can be a difficult emotion with which to cope. Give yourself time to accept the past, settle into the present and embrace what the future has in store for you. Life is filled with ups, downs and unexpected turns, so be strong and carry on because things will get better again.

**2. Get out of denial:** The marriage is over, and there's no use in thinking about the "what if's," or the "if I would have done this," because you can't go back. The only way to move is forward with a new perspective on how you're going to learn from your mistakes and improve your life.

**3. Find yourself:** You can't be that person you were when you were with your ex, because life is going to be different without them. There's an authentic "you" in there somewhere, and maybe you haven't revealed it in a while, but it's time to be independent again.

**What advice do you have for someone trying to move on from a divorce? Share your comments below.**