Kelly Bensimon Is Back in the Dating Scene with Good Morning America's Josh Elliott

Not afraid of trying things out the second time around, former *Real Housewives of New York* star Kelly Bensimon, has officially stepped back into the dating scene. After ending her marriage with ex-husband Gilles Bensimon, the new author is being urged by her daughters to search for Mr. Right again. "Both her daughters, Sea and Teddy, are encouraging her to get out and to find the right guy. Kelly would like to marry again," a source told *UsMagazine.com*. Taking heed to her daughters' advice, she stepped out to dinner with *Good Morning America* anchor Josh Elliot April 27. Though they appeared to hit it off over dinner, a source close to Elliot, 40, explains that their outing was a one-time thing and that the pair are not

"dating." The two met on set while she was promoting her new diet book, *I Can Make You Hot.*

How do you know when it's time to start dating after a split?

Cupid's Advice:

Breakups can be tough, and sometimes it can be even more difficult to jump back into the dating pool. But, how do you know when it's time to dive back in after calling it quits with your former flame? Cupid has some signs that it's time to get out:

1. You're feeling lonely: Your ex no longer considers you a factor in their life and your friends barely know who you are anymore since you've secluded yourself in your bedroom listening to Beyonce's *"Me, Myself and I"* on repeat. The split probably hurt, but you'll hurt even more if you continue to isolate yourself.

2. Lesson learned: After any breakup, there's always something you should mentally take from it. Things may not always work out as planned, but the important thing is to realize what mistakes you made and how not to make them again.

3. Time: After you've given yourself some time to regain your strength and you're no longer feeling vulnerable, then you should step back into the dating scene.

How do you know when it's time to start dating after a split? Share your comments below.