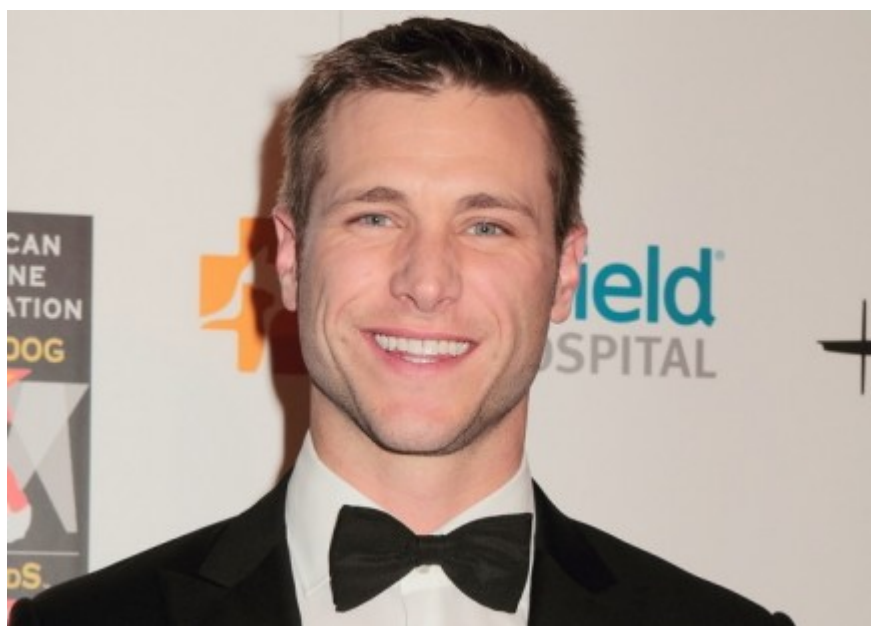


Jake Pavelka Remains a “Bachelor” for Now



In the wake of his public breakup with Vienna Girardi after his stint on *The Bachelor*, Jake Pavelka is taking a break from dating, [People](#) reported last week. Though Pavelka has not ruled out any future love, he said he needed more “me time” after being in the limelight before getting back in the dating game.

How do you bounce back after a break up?

Cupid's Advice:

Breakups are hard enough for any person, but even more so in the case of a public and nasty breakup. Pavelka is doing the right thing in going at his own pace. Every person is different though, so act accordingly to *your* needs post-breakup:

1. Take time: Many people feel the need to rush back into the

dating game, but it's perfectly all right to take some time off for yourself. It will take a bit to find your stride again, so you shouldn't rush.

2. Be open: Post-breakup is the perfect time to re-evaluate and try new things, in both dating and in general. Take a risk and be bold. Get a new look, or date someone you never would have before. There's no better time to open up and start fresh.

3. Reconnect: When you're in a serious relationship, it's common to lose contact with other people in your life. With new opportunities and more time, go ahead and reconnect with an old friend, or with those in your life that have taken a backseat.