

# Sofia Vergara and Ex-Beau Nick Loeb Meet for Hot Chocolate



☒ *Modern Family* star, Sofia Vergara, was spotted having hot chocolate with her ex, Nick Loeb, in New York City this week. In May, Vergara went to the Met Gala solo and sources confirmed that the pair had called it quits. Could the two just be friends? According to [People](#), a source said, “They were not romantic at all.”

**What are some ways to remain amicable with an ex?**

## **Cupid's Advice:**

Breaking up is hard to do, and staying friends after the break-up can sometimes feel impossible. However, you can keep a meaningful friendship intact when the romantic connection is gone. Here are some ways to remain amicable with an ex:

- 1. Let go of grudges:** If you want to get past the reason your relationship didn't work out, forget about the past and focus on your future as friends or just being civil with one another.
- 2. Take baby steps:** Do not go from a huge break-up to a dinner and movie date with your ex. When the time is right, go out for coffee or a quick chat in the park.
- 3. Group meetings:** To make things even more relaxed and friendly, meet with your ex in a group of each other's friends

or family.

**How do you remain amicable with an ex? Share your comments below.**