

Anne Hathaway's Convict Ex Raffael Follieri Speaks Out



Relationships end for countless reasons. Unfortunately for Anne Hathaway, her four-year relationship with Raffaello Follieri was over once he was arrested in 2008. It couldn't have been easy for the actor to find out her Italian suitor was being placed behind bars for wire fraud, conspiracy and money laundering, especially when the two "were talking about marriage," Follieri told [People](#). Their situation left their romance without much of a chance. However, aside from the unfortunate circumstances, they were still in love, making it difficult for each of them to let go of each other.

What are some ways to get over an ex you're still in love with?

Cupid's Advice:

Breakups would be so much easier if we could simultaneously relinquish both our feelings and our significant other, but that's not usually realistic. It takes a long time to get over an ex, especially when you really loved them, but these tips could help ease the process:

1. Be honest with yourself: Oftentimes, both men and women try to put on a front for the world and say, "I'm fine," which isn't always true. Take the time you need to heal and don't feel like you have to instantly be over your ex. It's rarely that easy, but no one expects it to be.

2. Start something new: Always wanted to take some kickboxing classes? Here's your chance. Put effort into a new hobby or interest not only to distract you, but in an effort to love something new. It's a healthy way to keep busy and make yourself happy.

3. Remove the reminders: You don't have to erase this person from your memory completely—after all, you did at one point love them. However, it's important to take down the pictures of you two together and ditch the keepsakes that are keeping you emotionally connected to your ex.

What has helped you get over an ex that you still loved? Share your experiences below.