

Charlie Sheen Insists He's No Longer Insane



Charlie Sheen is really on “winning” streak these days. Although the first time he described himself as “winning,” he had departed from CBS’ *Two and a Half Men* and was generally unsuccessful in his other exploits, things are finally shaping up for the popular celebrity. Sheen has made the comeback of the century by starring in the hit new comedy *Anger Management* and mending his rocky relationships with ex-wife Denise Richards and his father. When asked about his unruly behavior last year, [E!](#) reports that he said, “It was a crazy time. It’s sort of like a dream I couldn’t wake up from... it’s something that could never happen again, so that’s pretty cool.” He continued by saying “My life’s different now that I’m not insane anymore. I’m accountable most of the time.”

What are some ways to know someone you used to date has truly changed?

Cupid's Advice:

When a former partner tries to win you back after you've broken up with them, it's important to determine if they've really made a change. You can only know someone you used to date has truly improved if they prove it, not say it. Here are some things to look for:

1. They do things for themselves: If your ex has done new and important things with their life, they might only be trying to win you back by bragging about these changes later. If they've really changed, they will be doing these things to better themselves, so try to figure out if that's the case.

2. They spent time alone to reflect: Your ex hasn't changed if they're still hanging around all of the same people, or found someone to instantly replace you. Only when you find out who you are as an independent person can you really change for the better.

3. They're friendly with you: No matter how terrible the split was, the past shouldn't affect your civility toward each other. If your ex dwells on the past and can't look at you without hashing out old fights, nothing has changed. Only a changed person would be able to move forward or start over.

What do you think are some signs to know your ex has truly changed? Tell us below.