

# Ben Affleck Discusses Staying in Touch With His Exes



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Even though Ben Affleck is happily married to wife Jennifer Garner with three beautiful children, he still keeps in touch with his former beaus according to [UsMagazine.com](http://UsMagazine.com). The actor revealed that he still keeps in touch with Jennifer Lopez whom he dated for approximately two years. The two e-mail back and forth to touch base with one another. "I touch base. I respect her. I like her," he explained. Prior to dating Jennifer Lopez, the actor has been linked to Gwyneth Paltrow whom he dated for three years. Though, the one who stole his heart permanently was Jennifer Garner. "She truly is kind. She means no one any harm. She doesn't have ill will for any person," he

gushed regarding his wife and the mother of his three children.

**What are some reasons to stay in touch with an ex?**

**Cupid's Advice:**

Friends with exes – it's a controversial topic that varies from person to person. If you are one of those people who want to remain in contact after a split, here are some reasons to back you up:

**1. Friends forever:** If you were friends before your relationship, you may want to remain friends after your relationship. Just because the two of you did not work out romantically does not mean that the two of you will make horrible friends. Sometimes two people are truly just better off as friends.

**2. Connections:** You never know whom you are going to come across in the future. You may want to keep in touch and touch base every now and then with an ex to see if they have any networking connections that can help you down the line in your career, especially if the two of you have or currently work together.

**3. Formality:** It is a small, small world. If you and your ex remain in contact and bump into one another at a function down the road, it will not be as awkward as if you go complete separate ways. You don't have to be best friends, but a simple smile and nod would do.

**Why would you keep in touch with a former partner? Share with us!**