

# Eva Longoria and Mark Sanchez Split



By Jennifer Ross

It's back to the drawing board again. The relationship between Eva Longoria and Mark Sanchez has officially ended, a source told [People](#). The insider went on to say that Longoria, 37, and Sanchez, 25, ended their very brief relationship amicably and without any hang ups. "There is no drama." The former couple has been seen in public together since last July, although Longoria denied any relationship back then. Previously, the former *Desperate Housewives* star dated Eduardo Cruz, while New York Jets quarterback was seen with supermodel Kate Upton.

**What are some ways to remain civil with an ex shortly after a breakup?**

**Cupid's Advice:**

After a breakup, there will be instances where you will need

to remain in contact with your ex, such as you both work together or share custody of a child. Whatever the situation is, you will need to be respectful and courteous with him/her, regardless of whether you want to reconcile or not. To keep things even keel and successful, here are a few tips on how to approach situations with your ex:

**1. Be kind:** A great way to get along with you ex is to be kind in a respectful manner. If your ex doesn't agree with your mature attitude, don't stoop to his/her level. Continue in the same way, and eventually, he/she will come around to understand that you are serious about moving forward positively.

**2. Avoid intimate history:** The only way to leave your intimate relationship in the past is to not bring it up in the future. Therefore, don't dwell on why you two broke up or any of the bitter/sweet moments you had together. While the breakup is still fresh and new, focus only on the important topics and being amicable towards each other.

**3. Don't get others involved:** So as not to start any fights with your former partner, and show the respect they deserve, don't get outside parties involved by talking negatively about the breakup. It simply is too risky. There are many ways your words can get misconstrued and relayed back to your ex.

**Were you able to remain civil with your ex shortly after your relationship ended? How did you do it? Tell us below.**