

Kate Hudson Muses About New Beau



Kate Hudson has finally broken the silence about her new boyfriend, Muse singer Matt Bellamy. Hudson calls Bellamy, “lovely” in the new issue of [Elle UK](#). She says, “Matt and I are just learning about each other and it’s wonderful.” Hudson has a long history of heartache, including ex-husband Chris Robinson and former flames Alex Rodriguez, Owen Wilson and Lance Armstrong. But Hudson hasn’t let her romantic past cloud her future. [Us Weekly](#) reports that although she’s not looking to marry again, she is still open to a new relationship. “I think a lot of times people are terrified of love and stop themselves from experiencing it. I don’t ever want to get that jaded. I do believe in love.” **How do you avoid being jaded by past relationships?**

Cupid's Advice:

It's easy to feel like giving up and turning into a reclusive cat lady when you look back on your history of failed affairs. Cupid has some ideas about how to stay open to new relationships:

- 1. Gain perspective:** Don't assume that just because your relationship's ended, you failed. Remember that every partner teaches you something about yourself and what you want, so that next time, maybe you *can* make it work.
- 2. Don't let your past dictate your future:** Just because your past boyfriends were jerks, doesn't mean the next one will be. It's up to you to make sure history doesn't repeat itself.
- 3. Be optimistic:** Kate had every reason to give up on finding the right man. But by staying open-minded and never losing her faith in love, she eventually found someone "lovely."