

# Taylor Swift Wrote Song “All Too Well” About Jake Gyllenhaal



By Nic Baird

Despite breaking up two years ago, Taylor Swift’s new song “All Too Well” reminisces about her romance with actor Jake Gyllenhaal, an insider reports to [UsMagazine.com](http://UsMagazine.com). Her latest album, *Red*, features the nostalgic track, and Swift declares it’s her most “adventurous album yet.” The Gyllenhaal ballad started out as a ten minute song, Swift said, but was filtered down to a digestible size. The pop-country songstress split from the well-bred Conor Kennedy in October, and has since been hanging out with One Direction’s Harry Styles.

**How can music help you cope with heartbreak?**

**Cupid’s Advice:**

Movies, commercials, and shopping malls have all figured out that music can alter your mood. Don't let those corporate fat-cats monopolize this strategy. Next time you're balling from a breakup, use music to your advantage:

**1. Explore your feelings:** The end of a relationship can hit hard or fast. And you feel it for sure, but you don't always know exactly what you're feeling. Obviously talking about it helps, but listening to some music can help you understand the break down of a breakup. This is a sudden change, and while you shouldn't take advice directly from songs, they can help you figure out the next step. Use them as a catalyst for your thoughts.

**2. Solidarity:** Not to undermine how difficult this is for you, but you're not alone. Ever since we evolved from the alpha male system and his harem of child-bearers, people have been getting dumped. Ask Taylor Swift, she'll tell you! By sharing the experiences of song writers it helps put this tragedy in perspective. These things happen.

**3. Get pumped up:** Breakup music can help internalize your emotions, and find the pieces of your scattered heart, but eventually it's time to put away the tissues and decide to be happy again. Play exciting music, songs that make you smile, funny songs that make you laugh, and tunes you can dance to! The world might have ended, but it's time for another big bang!

**What songs have helped you deal with the end of a relationship? Share your experiences below!**