

Hayden Panettiere and Scotty McKnight Call It Quits



By Jennifer Ross

From *Nashville* to splitsville, [People](#) confirms that Hayden Panettiere is calling it quits with New York Jets wide receiver Scotty McKnight. The once thought to be perfect couple dated for over a year. However, all is not lost. Even though the relationship has been over for about two weeks, Panettiere, 23, continues to remain friends with McKnight, 24. One friend even goes as far as to tell *TMZ*, “They will probably be back together sometime down the road.” This is the Hollywood actress’ second time dating a professional athlete. In previous times, Panettiere once dated Ukrainian boxer Wladimir Klitschko for approximately two years.

How do you make sure to stay friends with your ex?

Cupid’s Advice:

You and your ex have managed to get through the breakup without killing each other. Also, you both don't want to lose the friendship you had before, especially since you necessarily don't hate each other. Some people are worth keeping in your life. So as not to ruin everything, here are several rules every friends-with-ex relationship must have:

1. Platonic: To remain friends, you and your ex MUST keep "the benefits" out of the friendship. That means absolutely no kissing, no flirting, no hand holding, or anything else in the intimacy department. Even on nights of drinking, you cannot go down that road...EVER.

2. Find love elsewhere: Both of you must begin to meet and date other people. Remaining friends with your ex hoping to someday reconcile is only going to cause pain to both of you. Also, leave the details of your new relationship for your girlfriends' ears only. Your ex doesn't need to know everything.

3. No relationship analysis: When either one of you decide to analyze what went wrong in the relationship, do your analyzing with someone else, such as another friend, a therapist, parents. Remember, the goal is to remain friends with your ex. Therefore, keep the topics light.

What steps did you take ensure staying friends with your ex? Share your story below.