

Jason Hoppy Sports Wedding Ring Post-Split



By Nic Baird

Four days after his wife Bethenny Frankel announced their separation after a two year relationship, Jason Hoppy is still wearing his wedding band, according to UsMagazine.com. Hoppy sat alone in an NYC cafe on Thursday as he sipped a hot beverage while talking on his cell phone. TV personality Frankel said: "We have love and respect for one another and will continue to amicably co-parent our daughter who is and will always remain our first priority." Frankel will host the upcoming talk show *Bethenny*.

What are three first steps toward closure after a split??

Cupid's Advice:

There is a sense of loss that's unavoidable at the end of a relationship. Don't let this sinking feeling cripple you. It's time to move past the agonies of the present and look optimistically to the future. Here's how:

1. Accept it: It's supposed to be hard to sever an emotional connection that was so important to you. If you saw this person as your partner, and now they can't fill that role, trying to figure out a new dynamic or identity is useless and painful. Stop picturing a future with someone who's not there.

2. Be your best: Be the person you want to be. Don't question your sense of worth. Fill your life with positive energy, like sports, exercise, art, music, new skills, new projects, new friends, old friends, and anything to take up your time. Here's your chance to do the things you've always wanted to do. Take action and make your plans a reality!

3. Have hope: You haven't lost your shot at love. There are plenty more chances at a meaningful relationship that will come along. Don't feel that you have to go looking for them, but be open to the opportunities when they arise. Rekindle old friendships, and establish your power as a single individual.

How do you attain closure after a split? Share your experiences below!