

Is Bethenny Frankel Dating a New Man?



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Hedge fund mogul Warren Lichtenstein has been helping Bethenny Frankel during her [divorce](#) with Jason Hoppy, [People](#) reports. She stayed at the billionaire's Manhattan home for one night with her 2-year-old, Bryn, while he was away, according to a *Daily Mail* source. The publication also reports that Hoppy is still living in the former [couple](#)'s Tribeca loft.

What are some ways to know it's time to enter the dating scene after divorce?

Cupid's Advice:

The sense of loss and [loneliness](#) that washes in [post-breakup](#) can leave you fragile and bitter. Don't reminisce about the good times. There's no point in dwelling on someone who doesn't want to be a part of your life. Cupid has some advice:

1. You've moved on from your ex: You have to accept your ex-spouse is no longer part of your life. It's hard to identify yourself now as single. Don't weigh yourself down with the lingering feelings of the past. You can only find love again once you've moved on. Otherwise, you could risk sabotaging future relationships.

2. You've found strength independently: Your sense of worth and purpose are being challenged by this recent breakup, don't let it dominate your self worth. If you've put more into your life, and that void has started to close up, maybe it's time to get back in the [dating](#) game.

3. You've developed other relationships: If you've formed a community of support out of friends and family, then it becomes a lot less intimidating to [play the field](#). Rely on those connections you already have as you look for a new partner. You shouldn't have to rely on finding romance to be happy with your other relationships.

How did you know it was time to date again after a split? Share your experiences below.