

Rumer Willis Moves On With New 'Glee' Beau



Rumer Willis and beau Micah Alberti have officially parted ways, reports [People](#), but it doesn't seem to be keeping Willis down! Demi Moore's famed daughter was spotted with new *Glee* cast member, Chord Overstreet. The duo was seen in Beverly Hills at the Night Vision presents an Evening Affair with Seth Macfarlane party holding hands and sharing kisses. The two were first spotted last week acting flirty in Las Vegas partying with Overstreet's *Glee* co-star, Mark Salling.

What are a few things you can do before jumping back into a relationship?

Cupid's Advice:

Being in a relationship can be amazing. Always having someone who is a phone call away can be hard to let go of when a relationship ends. But if you are continuously jumping into a new relationship, you may be avoiding the one relationship that may need the most work: the one with yourself:

1. Take a break: If you find that you are spending most of your time partnered up, take some time off. Going to a movie and out to eat alone can be peaceful and rewarding. Plus, you won't feel pressured to order the lighter option on the menu.

2. Learn from your mistakes: Acknowledge what wasn't working in your last relationship in order to prevent the same things from happening in your next one. Couldn't stand your old smoker boyfriend? Make sure your next one is tobacco-free. If something didn't work in the past, it won't work in the future.

3. Write it out: Sit down and make a list of all the qualities you want in a partner, as well as a list of "deal-breakers." Don't settle but be realistic. There is no such thing as the "perfect man." Keep the list in a place you'll see it, and be patient. It's often when you're not looking that you'll find someone worthy of your time.