

# Jake Gyllenhaal and New Girlfriend Alyssa Miller Go Public



By Kristyn Schwiep

Jake Gyllenhall and Alyssa Miller have gone public. The new couple was photographed for the first time on Sunday, July 14, in New York City. Gyllenhall, 32, and Miller, 24, held hands after leaving brunch at Hudson Clearwater. According to [UsMagazine.com](http://UsMagazine.com), the couple was spotted being affectionate near New York University where they shared dessert off a plate as they were walking down the street. The new duo were first linked in late June.

**How do you announce your new relationship to family and friends?**

**Cupid's Advice:**

Being in a new relationship is an exciting time in your life, but how do you deal with the anxiety of telling your friends and family about the new relationship? Cupid has some advice for you:

**1. Parents:** Visit your parents in person if you can, if not pick up the phone and call. Announcing that you are in a new relationship to your parents can be the scariest announcement of them all, but if they show support and are happy for you, you will feel less anxious about the new relationship.

**2. Close friends and family:** Try to plan a dinner party. This is an easy, exciting, fun way to get the news out there. Also, it gives your friends and family a chance to meet your new partner.

**3. Outsiders:** For co-workers and friends you haven't been in contact with in a while aren't as important as your close family and friends. But if you want to announce your new relationship put it on Facebook and show them how happy and excited you are to be in a new relationship.

**What are some ways you have announced your new relationship to family and friends? Share your story below.**