

NoGamesLove Video Dating Tips: How to Deal When Your Ex Moves On



By [E!'s Famosly Single Dating Coach, Laurel House](#)

Dating Advice from E!'s *Famosly Single* Laurel House on What to Do When Your Ex Moves On

In this week's [dating advice](#) video, relationship expert and E!'s *Famosly Single* dating coach, Laurel House lets you in on why you're stressing so much about your ex's new relationship

and what you can do to get over it. You need to learn to be happy again – without him. “Get yourself out there in a better, stronger, wiser way,” the dating expert explains. “This is the time to work on you.”

For more information about our dating mentor, click [here](#).

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How did you handle it when your ex moved on? Share your story in the comments below!