

# Lindsay Lohan Is Dating Former Football Player Matt Nordgren



By Kristyn Schwiep

Lindsay Lohan is back to dating! According to [UsWeekly](#), Lohan is dating former football player Matt Nordgren. Insiders told UsWeekly that Nordgren is a good guy for Lohan. "He's a great influence on her, and her friends and family love him." [Nordgren](#) says that she is sober and in a great place, thinking clear and working hard.

**How do you know if your partner is a good influence?**

**Cupid's Advice:**

Starting a new relationship can have its concerns. So how do you know if your partner is a good influence? Cupid has some advice for you:

**1. Honesty:** If your partner is honest with then he or she will most likely be a good influence on you. You will be more honest with yourself and with other people. Keep your partner around if they're honest with you it will only make you a better person.

**2. They treat you right:** If your partner doesn't treat you respect then its safe to say they will probably be a bad influence. Being treated poorly makes you act out in ways that you normally wouldn't. Make sure you are with someone who treats you with respect.

**3. Supports you:** If your partner supports you and helps you get through the tough time, he is a keeper. Having someone who will be there for you when you need them the most is a good sign of a partner who will positively influence you.

**How can you tell if your partner is a good influence? Share your thoughts below.**