

Michael Sheen Moves On from Rachel McAdams with Carrie Keagan



By Gabriela Robles

According to UsMagazine.com, Michael Sheen can be seen with his new girlfriend Carrie Keagan. Last February, Sheen and his *Midnight in Paris* costar Rachel McAdams ended their almost-two year relationship. A source has revealed, "They have know each other for a really long time – but have been spending more time together recently."

How do you know when you're ready to move on after a breakup?

Cupid's Advice:

People tend to move on too quickly after they break things off

with their ex. Some jump into relationships to feel better about how things ended. Doing this isn't healthy and in fact, it doesn't make you feel better at all. So how do you know when you're really ready to move on? Well, Cupid has some ideas:

1. When you stop thinking about them: If you've stopped thinking about your ex completely, you're ready. That may sound obvious, but most people let their exes linger in their minds. Don't do that. Wait till you move on internally completely. Only then should you move on externally.

2. The new person you want to date isn't only a distraction: You want to make sure your next partner is not only there to distract you from your old feelings. He should be your date because you genuinely like to spend time with him. If you jump into a relationship with someone and you aren't over your ex, you will only end up hurting your new boo as well as yourself.

3. You feel better about everything: When things start to appear sunny and every step you take is like a breath of fresh air, that's when you've moved on. You feel good about yourself, your ex, and are looking forward to your future and the things that you hold in front of you. This is essential to being ready to move on.

How did you know when you were ready to move on after a breakup? Share with us in the comments below.