

# Jennie Garth Says Dating after Divorce is “a Weird Type of Torture”



By April Littleton

According to [UsMagazine.com](http://UsMagazine.com), Jennie Garth is still having some trouble getting back in the dating scene after her divorce from Peter Facinelli. “It’s super challenging,” Garth said during an interview on *Bethenny*. “It’s fun, and it’s awful all at the same time. It’s like a weird type of torture. But it can be fun.” The *Beverly Hills, 90210* alum has three daughters. Facinelli and Garth were married for 11 years before splitting in June.

**How do you know when you’re ready to start dating after a divorce?**

**Cupid’s Advice:**

Getting over a divorce can take some time, especially if kids are involved. How do you know when you're really ready to give love another try? Cupid is here to help:

**1. Your anger is gone:** All of the resentment and other negative feelings you had for your ex are gone. When the two of you do see each other, it's strictly about the kids (if you have any together). If you're able to co-parent in a peaceful manner and you're no longer hoping that the two of you can reconcile one day, you may be ready to move on.

**2. You're looking:** You know you're ready to get back out there, when you notice a cute guy staring right back at you. Noticing other men again is one of the first signs of moving on. Don't rush into anything though. Take your time, test the waters and have some fun.

**3. You're OK with being by yourself:** Before you can let anyone into your heart, you need to be comfortable with being alone first. Take some time to get to know yourself. You may need to reevaluate what you want out of a relationship and a love partner before you start dating again.

**How did you know you were ready to start dating after a divorce? Share your experience below.**