

Britney Spears' Ex Jason Trawick is Dating 'Hunger Games' Star



By Brittany Stubbs

Britney Spears' former agent and fiancé Jason Trawick, has moved on to actress Leven Rambin. Sources exclusively confirm to UsMagazine.com that Trawick and the *Hunger Games* actress are "hooking up and dating." After Trawick ended his two year engagement with Spears in January 2013, the pop star moved on shortly after with David Lucado and has been with him ever since.

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

Cupid's Advice:

Break ups can be difficult and healing takes time (and sometimes a tub of cookie dough). It's important to allow yourself an adjustment period to recover before jumping back out there:

1. You're emotionally stable: Break ups are often roller coasters when it comes to your emotions. One moment you're balling your eyes out in the bathtub, the next you're enraged and cutting up every photo you have of the two of you. When you've finally gotten to a point where you feel secure someone could mention his name or you could even run into him in public and not be tempted to have a dramatic meltdown in anyway, you've come a long way.

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2. You no longer talk about them: It's normal for everyone to get in the habit of constantly mentioning their ex, whether you're going on rants about how poorly they treated you or just finding little opportunities to bring up their name. This usually means they're still on your mind and you're still pretty attached. But if you get to a point where you can pass by their work or hear their favorite song and not feel the need to bring it up to your friend, you've gotten over him.

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3. You're done cyberstalking him: We've all been guilty of it before – constantly refreshing his Facebook page, seeing if he's Tweeted lately, etc. But if you find yourself getting online and no longer have the urge to check if he's been tagged in any recent photos with someone new, it's a good sign you're ready to move on.

How have you determined you're ready to move on from someone? Share your experiences below.