

Nina Dobrev and Ian Somerhalder Joke About Awkward Breakup



By Brittany Stubbs

Despite the fact that Nina Dobrev and Ian Somerhalder ended their relationship, fans aren't ready to let go of their love...at least the love between their characters on *Vampire Diaries*, Elena Gilbert and Damon Salvatore. UsMagazine.com discusses how the costars, and real-life exes, won "Favorite Onscreen Chemistry" at the 40th Annual People's Choice Awards on Wednesday, Jan. 8. Taking the stage to accept their trophy, the duo joked about their history. "We started dating in real life," Somerhalder said. "And then we broke up in real life," Dobrev added. "And yet our characters are still

dating on the show,” he continued. “It’s a good thing it’s not awkward!” she joked, resulting in roars of laughter from the audience.

How do you continue your professional relationship post-breakup?

Cupid’s Advice:

Breakups are always difficult and awkward to some extent, especially between two people that are forced to be around each other in the workplace. But despite what happened between the two of you, it’s important to keep your history from interfering with your professional life:

1. Don’t involve other people: Discussing the breakup with fellow co-workers or mutual friends should be avoided. This not only gets them involved in your business and often leads to gossip, but you will look unprofessional to them. If you value your current position and even aspire to move up, you need to make it clear your past-romance hasn’t changed anything. Also, if your ex gets word that you’re talking poorly about them or the relationship to other people, you’re only adding tension to an already awkward situation.

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2. Agree to leave the past in the past: Whether your breakup was completely amicable or there is still unresolved tension between the two of you, it’s important that you both make an agreement to forget about your history while you’re in the workplace. Being on the same page about this, meaning neither of you will be discussing, joking about, or reminiscing your past relationship, allows for you to both move forward professionally.

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3. Avoid playing games: Often times when a relationship ends but the couple is still running in the same circle, they'll get in the habit of playing games with one another. Whether this means harmlessly flirting with a mutual co-worker or friend to make an ex jealous, or pretending like the two of you are complete strangers, these games rarely end well for either person. It's best to acknowledge your history and just move on, avoiding anything that might add tension or more hurt feelings down the road.

How do you continue your professional relationship post-breakup? Share your thoughts below.