

Lindsey Vonn is Close Friends with Tiger Woods' Ex Elin Nordegren



By Louisa Gonzales

Tiger Woods' current girlfriend Lindsey Vonn and ex-wife Elin Nordegren have formed an unlikely friendship. According to UsMagazine.com, sources say this friendship came about because Nordegren originally wanted to get to know the woman who would be spending numerous amounts of time in her children's lives. The model, 34, has two kids a daughter Sam, 6, and son Charlie, 5, with her famous golfer ex-husband, 38. The whole group recently went on a vacation together and sources say the two women in Woods' life get along quite well, respect one another and seem to have a lot in common. Vonn and the super star athlete first went public with their relationship back in March 2013, and she has reportedly said that they "relate really well to one another."

How do you keep jealousy at bay with respect to your ex's new partner?

Cupid's Advice:

Jealousy is something everyone faces from time to time, no matter how much we try to deny it. When it comes to relationship it's natural to get jealous every once in a while, but what if you're getting jealous about your ex's new beau? Cupid has some advice on how to keep your jealousy at bay with respect to your ex's new partner:

1. Remember you want them to be happy: If you truly want the best for your ex and to remain on at least a somewhat friendly basis, you have to let them move on. When you care about someone you want them to be happy. Sure, it can be hard when you see your ex finding love with someone new, but don't let jealousy ruin whatever relationship you have left with him.

Related: [Sources Say Elin Nordegren Doesn't Approve of Tiger Woods Dating Lindsey Vonn](#)

2. Know you will be moving on too: To help get your jealousy at bay when it comes to your ex's new lover, remember you too will find someone new. Once you realize your both can move on and find happiness in a new relationship, you both can maintain a positive relationship. Plus, it will be easier for you, the new significant other, your ex and maybe even your new romantic mate to get a long.

Related: [How Do You Handle Your Ex's New Partner?](#)

3. Put in effort to get to know their new love: Who knows maybe his current sweetheart and you will have loads in common. Showing your ex that you are respectful enough to take the time and get to know his new special someone will show how mature and supportive you are. Plus, if you focus your energy on getting to know their new beau in a courteous way

rather than look for reasons why you don't like them, you will be much happier.

How do you keep your jealousy from getting out in respect to your ex's new partner? Share in the comments below.