

Nikki Reed and Derek Hough Hook Up Post-Paul McDonald Split



By Sanetra Richards

More fish in the sea! According to UsMagazine.com, Nikki Reed has *Dancing with the Stars* pro Derek Hough on her hook. The news about the pair came out nearly a month after the announcement of her split from husband of two years, Paul McDonald. A source revealed the 25-year-old *Twilight* actress and 28-year-old were spotted making out at L.A.'s Rock & Reilly's on April 18th. They were joined by Hough's friends and costars Mark Ballas and Cheryl Burke: "The whole group was drinking and partying. Derek bought shots for Nikki at the bar," said an eyewitness. "There was lots of PDA, Nikki was feeding him, holding hands, and they left together. They didn't seem to care if anyone was watching." The pair may have been canoodling, but a source says it is "nothing serious".

“Nikki isn’t currently dating anyone. She is focused on her divorce from Paul and caring for that relationship as well as her latest film projects,” says the insider. “Nikki and Julianne are good friends, and she has hung out with Derek a few times through her. They’re having fun but it’s nothing serious.”

How do you know when it’s time to move on from a past relationship?

Cupid’s Advice:

For some, moving on from an ex seems like an impossible task and/or a long process. You are constantly going back and forth with yourself if you made the right decision. You might even find yourself mentally replaying memories between you and your ex. However, there are quite a few signs that let you know when and how to move on, in a timely manner:

1. All ties have been cut: One of the most clear ways to tell it is time to completely move on is when there is nothing (besides emotions) keeping you and your ex connected. If you both agreed the relationship will never resurface, it is best to consider moving on. However, do not be afraid to take the time needed to help you emotionally heal from the breakup.

Related: [Nikki Reed and Paul McDonald Split After 2 Years of Marriage](#)

2. They have moved on: There is certainly no need to continue holding on to the what could be’s, should be’s, and would be’s if your ex-partner has found someone else. Any chance of you all getting back together is slim to none – frankly, it is probably best that they have moved on because you all are not together for a reason. This could either be their way of making it clear they are past the relationship or trying to cope with the breakup. Whatever the reason may be, use it to your advantage to move on.

Related: [How to Move On After Heartbreak](#)

3. You've let go: All of your resentment towards your ex has slowly disappeared and you are at a state where you want to mix and mingle a little bit. You have made up your mind that you will not carry the baggage from the relationship over into the next. These are two definite ways to tell that you have moved on.

How do you know you are ready to move on from a past relationship? Share your thoughts below.