

Rumor: Jake Gyllenhaal Dating Rachel McAdams



By Laura Seaman

Rumor has it that **Jake Gyllenhaal dating Rachel McAdams**. They have been spotted together once again as they left the Miguel Cotto vs. Sergio Martinez fight on June 9. Rumors have been flying about whether or not these outings means that they are actually dating, but sources tell UsMagazine.com that the two are just friends, and that the reason they're spending so much time together is to prepare for their upcoming movie *Southpaw*. Not only that, but McAdams is still with Patrick Sambrook, the couple showing some PDA back in May.

How do you know if you should risk your friendship for love?

Cupid's Advice:

It's a situation that has plagued almost everyone at some point, like Jake Gyllenhaal : Should you turn your friendship into a relationship? This often leads to people being 'friend-zoned' and told that the risk isn't worth it, or that they can't be anything more than a friend because the person "just doesn't see them that way". With all of this in mind, sometimes it's worth the risk of asking your friend to be more than your friend.

1. Figure out your feelings. Make sure that you truly want to start dating this person, not because you just got out of a breakup or you suddenly find them attractive, but because you truly care about them more than the normal friend would. If you're risking your friendship, you need to be sure that it's for something you really want.

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2. Read the signs. As strong as your feelings might be, they won't get you very far if your friend doesn't return them. Look for phrases such as "you're like a brother/sister to me," or conversations about other people they're interested in. If your friend comes to you on dating advice about other men/women, they probably haven't considered dating you.

Related: [How to Prevent Yourself from Rushing into a Relationship](#)

3. Make sure they're ready for a relationship. Timing is important, and as a friend you should know better than anyone how they're feeling about love. If your friend just got dumped, or is in a stage of their life where they're just enjoying being single, it's probably not the best time to confess your feelings. You need to be there as a friend, so don't be selfish! Wait until they're ready.

Have you ever dated a friend? How did it work out? Let us know

in the comments!