

# Why a Rebound Romance is a Good Thing



By Lori Zaslow and Jennifer Zucher for [Project Soulmate](#)

A rebound romance tends to be a controversial subject for men and women in today's dating world. After exiting a relationship, we are often told to take some time for ourselves or to learn how to be comfortable alone. Though these are valid points, we feel it's important to not let the failure of one relationship hinder us from entering another. Here at Project Soulmate, we believe there is absolutely an upside to a quick relationship turnaround, so we recommend you jump right back on that dating horse and gallop enthusiastically around the track in search of your proverbial "victory lap."

What better way to dismiss the thoughts of a past relationship than to occupy your mind with someone or something else like a momentary distraction or the start of a new relationship? As a matchmaking company, it's not uncommon for us to come across new clients who are new to the singles' circle. This is our perfect opportunity to get these people back into the dating scene and prevent them from falling into the black hole of despair. Allowing these people to see that there are more great partners out there can open up a different world and lead them to believe in love again.

**Related Link:** [Hollywood Stars Who Rebounded With a Hot and Heavy Romance](#)

In other instances, women or men may have felt depressed or suffocated in their previous relationships and are looking for someone to ignite their spark once again. Exploring the dating world and beginning a new relationship will bring with it a newfound confidence and allow people to remember that they are absolutely worthy of being happy and finding love.

A perfect example of a successful rebound relationship is that of Ashton Kutcher and Mila Kunis. Kutcher and his longtime friend and former co-star began dating before the *Two and a Half Men* star's divorce from previous wife, Demi Moore, was even finalized. The two are now happily engaged and are expecting their first child together. Talk about a quick turnaround! What better validation do you need?

**Related Link:** [Can a Rebound Relationship Turn Into True Love?](#)

So there you have it: A "rebound" romance may be just what the doctor ordered! No matter what kind of relationship one may have had or the amount of time it lasted, there is no written rule that demands we evaluate our lives before jumping into another one. Everyone deserves love, so don't waste time sulking about the past. Be proactive, have some fun, and find your soulmate!

*For more information about Project Soulmate, click [here](#).*

**Do you think a rebound fling can turn into the real thing?  
Share with us in the comments below!**