

# Celebrity Dating Rumors: Gwyneth Paltrow Is Dating 'Glee' Co-Creator Ben Falchuk



By Shannon Seibert

According to celebrity dating rumors, romance has once again struck on the set of *Glee*! Gwyneth Paltrow and Ben Falchuk were spotted on a flirty dinner date at East Borough in L.A., according to [UsMagazine.com](http://UsMagazine.com). Paltrow has made five guest appearances on the co-creator's show as Holly Holliday since 2010. Following her celebrity divorce from Chris Martin in March, Paltrow's relationship with Falchuk has progressed from professional to personal over recent months. Falchuk has also recently split from his ex-wife Suzanne of 10 years. Both the

actress and the producer share children with their celebrity exes and are seemingly close to their former partners. We're excited to see what Cupid has in store for the new [celebrity couple](#)!

**Rumor has it that Paltrow is already part of a new celebrity couple. How do you know when you're ready to move on after a split?**

### **Cupid's Advice:**

Moving on can sometimes feel like you're climbing a never-ending mountain, but then one day, you finally reach the top, and you realize the view isn't half bad. When you feel that you have closure from your past relationship, the next step is moving forward. If you're wondering whether or not you're up to starting something new, consider these three pieces of love advice:

**1. You physically feel better:** Sometimes, emotional pain transitions into physical pain. There seems to be a never-ending pit in your stomach that leaves you feeling nauseous. When you've let go of past emotions and memories and accept that he isn't coming back, you feel lighter. The songs on the radio don't "speak" to you anymore; you aren't avoiding certain places you went together; and you find yourself forgetting to think about him from time to time. This weight that lifts is a sign that you don't have to be held back anymore. Paltrow has been able to let go of past grievances after her celebrity divorce, and they've even remained close friends. There is nothing keeping you in the past, so you can create your own future.

**Related Link:** [Gwyneth Paltrow and Husband Chris Martin Split](#)

**2. You've thought about dating again:** When you're ready to move on, thoughts of dating cross your mind more frequently, and they usually aren't about your past significant others. Finding new men to reach out to can help stimulate the healing process and allow you to consider new avenues for finding love. Celebrity couple Paltrow and Falchuk both waited until the right moment to be together.

**Related Link:** [Chris Martin Says He's 'Friends' With Estranged Wife Gwyneth Paltrow](#)

**3. You've had complete closure:** Closure is hard to come by, but when you finally have it, everything feels at peace. Though the truth about why things ended may hurt, it also allows you to feel more in tune to your senses. There won't be any more "what ifs" nagging at your mind before you go to sleep each night. You won't be analyzing everything that went wrong, and you'll be able to just have the memories of everything you did right. Use your past relationships and love to help you in the future.

**How did you know it was time for you to move forward? Share your story with us in the comments below!**