

# Source Says Sarah Hyland Will Bounce Back From Alleged Abuse



By Amanda Boyer

On Tuesday, Sept. 23, news broke that *Modern Family* actress, Sarah Hyland's life may not be as glamorous as it seems. Hyland has gotten an order of protection against her ex-boyfriend Matt Prokop and claims to that he has threatened and verbally abused her throughout the duration of their relationship. According to a source for [UsMagazine.com](http://UsMagazine.com), Hyland is now keeping to herself and will not date for awhile now.

**What are some ways to support a friend after an abusive**

**relationship?**

**Cupid's Advice:**

Want to be there for a friend once they leave a terrible situation? Cupid has some tips:

**1. Talk it out:** Talk about how she feels and what you can do. This can be perfect with a movie night and some ice cream. Be supportive, and let her lean on you if she needs it.

**Related:** [Camille Grammer Is Granted Permanent Restraining Order Against Ex-Boyfriend](#)

**2. Come to terms:** Start bringing her out to talk to new people and reconnect with others. She will realize it is okay to feel upset, but trying to have fun to counteract the negatives in her life will help her stay on track.

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**3. Seek help if needed:** If she is not doing well after a few weeks, explain to her that maybe it is better to go to a professional to help her talk how she is feeling out. Explain the benefits and a possible outcome.

**Have other ways you could help them out? Comment below!**