

Celebrity Exes Reese Witherspoon and Jake Gyllenhaal Reunite at Golden Globes



By [Rebecca White](#)

Tis the season for red carpets, designer gowns, and fabulous celebrity news! According to UsMagazine.com, celebrity exes Reese Witherspoon and Jake Gyllenhaal ran into each other and reportedly “had a moment together during one of the show’s commercial breaks.” Running into an ex can lead to some awkward confrontations, and even celebrity breakups aren’t exempt. These encounters are sometimes unavoidable so be prepared for when you do bump into that former flame.

Celebrity breakups can lead to some awkward confrontations. What are some ways to keep things civil like these celebrity exes did at the Golden Globes?

Cupid's Advice:

While it may be awkward at first to remain amicable with a past partner, you can take a cue from celebrity exes Witherspoon and Gyllenhaal. Even if the relationship ended on negative terms, Cupid has some advice on how to keep breakup emotions from spiraling out of control:

1. Smile and be friendly: Just putting in the extra effort to smile and make small talk during an awkward encounter with an ex, is all it takes to keep things civil. Try to remember that you are both moving on, if you haven't already.

Related Link: [Ryan Phillippe Says He's 'Proud' of How He and Reese Co-Parent](#)

2. Don't make it a bigger deal than it is: Running into an ex after a breakup can be just like running into an old friend you haven't seen since high school. There's no need for any drama, if you just treat them casually like they are an old friend.

Related Link: [Reese Witherspoon and Ryan Phillippe Reunite for Son's Football Game](#)

3. Keep the past in the past: Moving on from the relationship by keeping your focus on your future happiness with someone else is the best way to get out of the past. Celebrity exes Witherspoon and Gyllenhaal even hugged at the Golden Globes, remembering that the past is gone and the present is here.

These small efforts will go a long way.

How did you keep things civil after your last breakup? Share your thoughts below.