

# Are Amanda Seyfried & Dominic Cooper Together Again?



Last May, [Perez Hilton](#) online reported that Amanda Seyfried (*Letters to Juliet*) and Dominic Cooper (who co-starred with Seyfried in *Mamma Mia!*) were taking a break after Cooper did some major partying Lindsay Lohan. Now, it seems that they are at least casually, dating again.

**What causes couples to take 'breaks' in their relationships?**

## **Cupid's Advice:**

Relationships tend to falter after a certain point, but when you ask the two involved, both have trouble indicating one thing: why. Cupid has some reasons why, as well as tips to help break the cycle:

**1. Lack of maturity:** Neither party is ready to handle the

immense responsibility of commitment. Rethink where you want your relationship to go, and take it from there.

**2. Fear of change:** Things seem to be going great without a label – why shake things up? If you think this anxiety is holding you back, sit down and communicate your feelings. This may be something the other person is struggling with as well.

**3. Baggage:** Regardless of how “over” it either of you may be about prior relationships, past baggage can sometimes resurface and get in the way. To remove your previous hang-ups, be open with your partner. Working through your concerns can make your bond stronger.