

# Amanda Seyfried Discusses Remaining Friends With Her Ex



Amanda Seyfried covers the March 2012 [Glamour](#) Magazine and is uncensored when it comes to dishing on her personal life. The actress, who may star as porn actress Linda Lovelace in the upcoming biopic *Lovelace*, admits that the next guy she commits to may be the one she decides to have kids with, and if not, there's always her ex-boyfriend British actor, Dominic Cooper. "My God, yeah. He was my last real boyfriend. We still joke about having kids, like, 'If it doesn't work out with other people, we might as well just have a child.' And there's a part of that that feels...possible."

**What are the advantages to staying friends with your ex?**

**Cupid's Advice:**

Who says you can't be friends after a breakup? Some people

may think it's best to forget about your ex, but here a few benefits to staying on good terms with your old flame:

**1. Friends with benefits:** Everyone has their wants, but you can't get them from everywhere. Depending on the terms of the split, it may be convenient for you to get what you want from your ex while looking for something new. Be careful not to get confused in the process.

**2. Don't burn bridges:** If your relationship ended on good terms, try to keep it that way. You never know who you may need in the future to talk to when you could use a quick "cheer-me-up."

**3. Patch it up:** Maybe your breakup didn't end so well. But, reaching out to your ex may be just what you need to help you move on. Most of the time, when you receive closure from a past relationship, it makes it a lot easier to be cool with your former love.

Are you still friends with you ex? Share your comments below.

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## Amanda Seyfried Admits to Dating Ryan Phillippe





*Red Riding Hood*

actress Amanda Seyfried has finally confirmed dating rumors circulating around her and actor Ryan Phillippe, reports [UsMagazine.com](http://UsMagazine.com). In the April issue of *Elle Magazine*, Seyfried discussed both her budding relationship with Phillippe and the end of her relationship with *Mamma Mia!* costar Dominic Cooper. Seyfried and Cooper split when she found out that Cooper and his previous girlfriend were still together. "I was just kind of foolishly thinking that the two of them were done and Dom and I were involved. But we weren't really as involved as I thought. So I got my heart broken pretty hard," says Seyfried.

"And then it took a long time for us to break up again. After that, it's really hard to open myself up to a new person. Really hard."

**How do you trust in love again after being heartbroken?**

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

Heartbreak is arguably the hardest thing to deal with, but there are ways to ensure that you move on. Here are a few tips:

**1. Visit your family:** Spending time with relatives may be the first step you need to take in order to cure heartbreak. Family almost always has the ability to brighten your day.

**2. Spend time with friends:** Even if you don't re-enter the dating world, going out with friends can help ease you back into a more social lifestyle.

**3. Take it slow:** If you get an anxious feeling when you think about being in a relationship, then you probably aren't ready. Give yourself some time, and eventually you will feel confident enough to put yourself out there again.

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## 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 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.