

# 'Shameless' Co-Stars Emmy Rossum and Tyler Jacob Moore Break Up



By Kristyn Schwiep

After two years, Emmy Rossum and Tyler Jacob Moore have broken up. The cause of the break-up is unclear, but she told friends about the breakup over July 4th weekend, according to the [New York Post](#). Rossum does not seem to be dwelling on the separation. On Friday, July 5, she tweeted, "Hope you all had a happy and safe 4th. Back to work starting tonight on a new film called Curfew in my home state New York."

**What are some ways to move on after a breakup?**

**Cupid's Advice:**

Moving on can be hard and painful. If you've just broken up with someone (or gotten broken up with), what are some ways to

move on? Cupid has some advice:

**1. Accepting it:** Before you can truly move on, you need to accept the fact that you are no longer with this person. Though it may take a while for reality sink in – let it. The sooner you can accept that this part of your life is over, the faster you will be able to allow yourself to move on.

**2. Focus on you:** After being tied down now is the time to focus on you. Do something fun or adventurous, go out with your friends, pamper yourself, just keep yourself busy. Focusing on yourself can boost your self-esteem at a time like this, so get out there and do something for yourself!

**3. It's time to go out:** Once you've accepted the end and spent some time focusing on you, now it's time to get out there. Grab a group of friends and go out for the night. It's time to start socializing and meeting new people. This doesn't mean you should try and pick up the first person you see at a bar, but going out and meeting new people is a great way to land your next relationship.

**What are some tips you have for moving on after a breakup? Share your thoughts below.**

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*This post*

*is sponsored by Boostcase.*

By Daniela Agurcia

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